

Universidad Latina de Panamá

Facultad de Ciencias de la Educación y Desarrollo Humano

Traducción del libro "Yo soy Abundancia" de Hector Rosas B

Págs. 1-50

Proyecto final de graduación presentado como requisito para optar por el título de Licenciatura de Inglés con énfasis en Traducción

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Dedication

I dedicate this project to my family, especially my mom, because she was there for me in the hardest decisions of my life, for being patient, and encouraging me when I was afraid of something, and last but not least, for me, because translating something is not easy, but with dedication and effort this project taught me how to convey an information to another language that have a different grammatical structure, idioms, proverbs, etc.

Introduction

Translation is the process of converting text, speech, or any other form of communication from one language into another while retaining the original meaning, tone, and context. Translation is one of humanity's oldest practices; three examples would be the Bible, the Quran, and Buddhist scriptures, which were translated early on to reach new cultures. Translation is necessary for many reasons; in the global business, a mistranslation in a legal document would cost millions or damage brand trust. In healthcare, doctors require translation for matters of life and death. Finally, translation serves as a means of cultural exchange and preservation of idioms, traditions, humor, and beliefs.

Translation techniques are strategies that help professional translators address common problems encountered in literary or commercial texts. Translation techniques are essential to achieve a quality translation that translates all the nuances and intentions of the original into the target language. These techniques take into account a wide range of linguistic, cultural, and environmental considerations, allowing translators to navigate the complexities of cross–lingual communication. In summary, translation methods are essential to the translation process because they affect the efficacy, precision, and cultural sensitivity of translated materials.

The purpose statement of this project is to translate at least 50 pages of the book "Yo soy Abundancia," written by Hector Rosas, while applying various translation techniques to determine how to implement them properly and effectively. In this project, we will try to answer the following question: how does the implementation of certain translation techniques reflect the meaning and content of the book Yo soy Abundancia, written by Hector Rosas?

In the first chapter of this translation work, we discuss the antecedents of this work, the justification, the general and specific objectives, and the methodology of the translation techniques, including their definitions, two examples, page numbers, and a brief analysis. In the first chapter of this final project, we translate 50 pages of the source text from Spanish into the target language (English) in two columns. In the third chapter of this translation, we propose some conclusions and recommendations, as well as the challenges we face, and a glossary of the key terminology of this translation. Finally, a bibliography and an annex are presented.

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First Chapter

1.1Antecedents

Translation is the process of converting text, speech, or any other form of communication from one language into another while retaining the original meaning, tone, and context. Translation is more than just changing words from one language to another; it builds bridges between cultures so that you can exchange ideas, beliefs, and practices across communities, directly influencing globalization. Also, translating books can preserve languages and cultures, especially endangered ones, and, on the other hand, translated books can serve as educational resources for language learning and cultural studies, helping promote cross-cultural understanding.

Hector Rosas Bordones was born in Chiriquí, Panama, in 1984. Besides being a writer, he was enrolled in business administration at the Universidad de Panamá, but he is currently focused on personal development and motivation to help others. He grew up in a Catholic family, where he went to church, but whenever he tried to read the Bible, he could not understand it well. At school, he liked to write verse and had a small notebook to write songs. Before the pandemic, he was going through hard moments in his life because he was asking for a sign to enlighten him in a personal way.

A day before quarantine, he went to a famous library in Panama at a pharmacy looking for sanitary alcohol, although he went to the book aisle, forgetting to buy sanitary alcohol instead of a book. However, in the book aisle, there was one book that caught his attention just for its title: “Conversaciones con Dios” (Conversations with God). At some point, he moved from Arraiján to his sister’s house at San Miguelito, where there are four bibles. He decided to read them and take notes from the book of Genesis to the book of Revelation. When he finished, he noticed that all in his notebook was completed. So, he came up with the idea that if he understood everything he read in the Bible, then why not make it physical so that everyone could understand it the way he did?

“Yo Soy Abundancia” is a book written by Hector Rosas B. It contains 110 pages. The publisher was assisted by a person named Christian Beder from Peru, who contacted him on Instagram to help him publish a physique book, because most publishers in Panama denied him the opportunity to publish it due to the content or the costs. The front page is a black book with two hands holding a plant, which means you have the seed to plant, whether it’s light or darkness. The book was published on January 5, 2023, and it contains verses, parables, images, and a summary of his understanding of the Bible.

"Yo soy Abundancia" was created to show people that God is a being of love, who doesn't watch you to see what you are doing, nor to judge or condemn you, but rather to accept

God above all else, as expressed in the book. It is a motivational book for personal development that helps us see things differently, showing how God truly wants His children to live in abundance above all else, and to break free from that stagnation where we give up, saying we do not have enough strength and that everything is against us. Sometimes, the problem with human beings is that we focus on the problems and do not look for a solution; instead, we look for something different to solve the same problem. Because we pray and say we have faith, but He answers in another way, and we ignore Him, and He tells us to continue down this path, to listen and evaluate what we are doing.

As I mentioned before, this is a self-help book to help people understand that we are not separate from God and realize how big and powerful we are, and what God always wanted and desired for humanity; there is only one way to discover that potential, and that is to realize who you really are. He is not a punishing God who teaches, but a God of pure love who is everywhere. He gives us the tools so that we can advance and give our best version on Earth. The author's intention is not to attack any religious beliefs or change the way of thinking you have; he just wants to share a summary of verses he read in the Bible and how it transforms his life.

1.2 Justification

Intercultural translation plays a crucial role for a translator: it does not just mean translate or replace the words of one language with the words of another; no, it has to be adapted to the customs and traditions of the target country, with its cultural codes, values, symbols, and references. A translator not only needs an excellent command of the source and target languages, but also requires the ability to grasp the cultural nuance, guarantee effective communication between different cultures, identify potential to avoid misunderstandings and ambiguities, and help to improve communication between people from different countries by strengthening relations and breaking down prejudices.

This is a motivational book for self-development for those who have problems asking the same question, like: "why is me?" or "why is God allowing this?" Well, humanity will always have problems with life every day, and they try to find a solution, but they don't know how, and they tend to blame God or others for their own issues. So, the author intends to help people get ahead in life, not just for Latino people, but for foreigners who are in the same boat of problems in their lives. Therefore, translating this book will help so many people to know that God is a being of pure love who doesn't want worse for you.

For me, this is an important moment because I will put all my knowledge into action to get a diploma. But I know this will not be easy due to translating 50 pages, collecting the 50 unknown words for the glossary, and making the bibliography, but all of these will be worth it, because these 4 years at Universidad Latina will be worth it. Also, this will help to get a diploma and a job afterwards. As a student, this will not be easy, but with the help of my mentor, I will succeed in this thesis. Therefore, we will put into practice everything that our teachers have taught us in these years of college.

Applied English Linguistics and learning in translation both play essential roles in modern language education. Applied Linguistics offers theoretical insights and methodologies that enhance language teaching, while translation–based learning provides hands–on experience that solidifies language comprehension. By integrating both approaches, educators can create a comprehensive language learning environment that not only addresses the technical aspects of language but also nurtures intercultural competence.

1.3 Objectives

1.3.1 General Objective

To translate pages 1 to 50 of the book "Yo Soy Abundancia." written by Hector Rosas B. from Spanish to English.

1.3.2 Specific Objectives

- To implement 7 translation techniques from the source language of the book "Yo Soy Abundancia" written by Hector Rosas B. into the target language, in this case, English, providing two examples per technique as well as an analysis.
- To demonstrate effective use of the mechanics of writing in the target (the book that is being translated): punctuation, capitalization, coherence, and unity.
- To create a bilingual glossary of key terms, idioms, and proper names found on the pages, justified translation choices.
- To analyze and compare the linguistic structure of both languages, addressing syntax, semantics, and pragmatics to ensure accurate translation choices in a two-column (mirror-like) structure.
- To use parallel-text research (corpora, dictionaries, reference translations) to support difficult lexical or syntactic choices; document sources consulted.
- To interpret and convey cultural and sociological nuances from the source text to produce a fluent translation that respects and reflects the target-language culture.
- To conduct a pre-translation on text analysis to identify register, genre, tone, and audience of the source pages.

1.4 Methodology

In this modern world, translation plays an important role because it serves as a bridge that brings our communities together by exchanging understanding, culture,

and global progress. In the business world, the translation of legal documents or providing multilingual support is the key to building productive international relationships. The cultural exchange allows us to foster empathy, respect for other nations, and break down stereotypes through foreign art, music, and films. Finally, its relevance is undeniable in fostering international cooperation and resolving conflicts by minimizing the risk of disputes in our world.

However, translating something is not easy because the grammatical structure of the source language is different from that of the target language, and the cultural contexts and idioms are important too. That is why translation techniques come into play. Translation techniques are mechanisms used to achieve the best result in the target language, taking into account the cultures, spaces, and times of the source and target languages.

1.4.1 Translation techniques implemented

1. Translation technique: Borrowing

1.1 Definition: Borrowing is a translation technique using loan words or borrowed phrases directly from other languages. (Molina and Albir, 2002).

1.2 Example #1 (p.38)

SL: Hoy día estamos saliendo de una de las pandemias más terribles, y quizá nunca se acabará el covid, pero tenemos que adaptarnos y sacar nuestra mejor versión.

TL: Today, we're emerging from one of the most terrible pandemics, and perhaps COVID will never truly end, but we must adapt and bring out the best in ourselves.

1.3 Example #2 (p.41)

SL: Hay muchas formas de aprender. Está el internet, videos, clases que usted puede adquirir virtualmente.

TL: There are many ways to learn. There's the internet, videos, and classes you can take online.

1.4 Analysis: As you can see in the two examples, three words do not need to be translated. In the first example, the word "COVID" does not need to be translated because it is a proper noun and scientific acronym coined by the World Health Organization (WHO) to be used globally. In the second example, the words "internet" and "videos" are global technical terms that have become part of modern communication.

2. Translation technique: Literal

2.1 Definition: This technique tries to translate a word or phrase word by word or word-for-word based on the function and meaning at the sentence level. (Molina and Albir, 2002)

2.2 Example #1 (p.11)

ST: La Esencia del Amor.

TT: The Essence of Love

2.3 Example #2 (p.36)

ST: Cambiando Nuestra Imagen.

TT: Changing our Image

2.4 Analysis: In the two examples, there is no need to use an oblique translation to change the grammatical structure of the sentences. They were translated word-for-word and are understandable in both languages.

3. Translation technique implemented: Calque

3.1 Definition: A type of loan translation or borrowing, this translation technique translates the morpheme or word of a language into equivalent morphemes or words in other languages. (Richard, 1992)

3.2 Example #1 (p.4)

ST: Después de haber buscado respuestas y haber tratado de comprender un poco más sobre la Biblia o libro sagrado.

TT: After searching for answers and trying to understand a little more about the Bible, or Holy Book.

3.3 Example #2 (p.4)

ST: Tuve que leer y analizar el libro completo de esta obra maestra y en este libro (el mío) plasmo la manera en que la he comprendido.

TT: I had to read and analyze the whole book of this masterpiece, and in this book (mine), express how I have understood it.

3.4 Analysis: As you can see, the words “holy book” and “masterpiece” belong to the Calque technique because they were formed by literally translating the individual components of a foreign phrase into English, rather than importing the original foreign words directly.

4. Translation technique implemented: Equivalence

4.1 Definition: Also called reformulation, it is used when an idiom, phrase, or expression in the source language has a completely different but functionally equivalent expression in the target language. (Elite Asia, 2026)

4.2 Example#1 (p.38)

ST: No podemos pensar en ser prósperos si estamos estancados a esperar que las cosas nos caigan del cielo.

TT: We can't expect to prosper if we're stuck waiting for things to fall into our laps.

4.3 Example# 2 (p.40)

ST: Luego cayó lo del covid para completar.

TT: Then COVID hit to top it all off.

4.4 Analysis: In the two examples, the source and target texts are different, but they share the same meaning. In the first example, "caigan del cielo" and "fall into our laps" mean that something unexpected or fortunate happens to someone without much effort on their part. In the second example, "to top it all off" means to introduce the worst point after a list of things.

5. Translation technique implemented: Adaptation

5.1 Definition: It goes one step further than equivalence. It replaces a cultural reference or concept from the source language with one that is familiar and relevant to the target audience. (Elite Asia, 2026)

5.2 Example #1 (p.47)

ST: Usted es abundancia en todo, es un ser de luz hecho a imagen y semejanza de Dios, ya que posee el ADN perfecto de la realeza.

TT: You are abundance in everything, you are being of light made in the image and likeness of God, for you possess the perfect DNA of royalty.

5.3 Example #2 (p.37)

ST: Así siempre fue desde los inicios de la tierra y le recuerdo que así desea Dios que vivan sus hijos.

TT: This has always been the case since the beginning of time, and I remind you that this is how God desires his children to live.

5.4 Analysis: In the first example, the word “ADN” is translated into DNA in the target language and is considered an adaptation technique because it represents the phrase translated into each language’s word order, following the adjective – noun rules. In the second example, the phrase “inicios de la tierra” is “beginning of time” because it conveys a broader, more natural, or culturally appropriate equivalent in the target language.

6. Translation technique implemented: Modulation

6.1 Definition: Modulation involves changing the form of a message in the source language (SL) to convey the same meaning in the target language (TL) while ensuring the translation remains natural and accurate. (Soumaya Salti, 2024)

6.2 Example #1 (p.14)

SL: Cada día recuerdan su pasado como si hubiese solución a lo que ya pasó.

TL: Every day, they dwell on their past as if there was a solution to what has already happened.

6.3 Example#2 (p.33)

SL: Recuerde que el sol siempre sale para todos.

TL: Remember that the sun always shines for everyone.

6.4 Analysis: The messages in both examples were changed to convey the same meaning in the target language. In the first case, the expression “they dwell on their past” means to keep thinking or talking about something, especially something bad or unpleasant. Therefore, the meaning remains like that. In the second case, the word “sale” in the target language is “rises” or “goes out”, but the best modulated word is “shines” to produce a more natural-sounding phrase.

7. Translation technique implemented: Transposition

7.1 Definition: It is a translation technique that involves changing grammatical forms from the source language to the target language. (Catford, 1965)

7.2 Example#1 (p.9)

ST: Todo lo que se encuentra escrito fue dejado para que usted no cometa los mismos errores y se gloríe de la sabiduría y de la ciencia.

TT: Everything written here was left so that you don't repeat the same mistakes and can boast of wisdom and knowledge.

7.3 Example #2 (p.14)

ST: "Viva como merece, en abundancia de salud en todos los sentidos".

TL: "Live as you deserve, in abundant health in every sense."

7.4 Analysis: In both cases, there is a grammatical change. In the first case, the subject "Todo lo que se encuentra escrito" is a compound subject formed by a core/pronoun and an adjective subordinate clause. Still, in the target language, "Everything written here" is a noun phrase composed of a subject and a reduced relative clause. In the second example, the sentence "en abundancia de salud" is a circumstantial complement of state or mode formed by an

Adverbial phrase (en abundancia) and name complement (de salud), but change as a prepositional phrase (In abundant health).

Second Chapter

2.1 Translated Book

Página 1 **Yo soy abundancia** "Empiece a creer y a vivir la vida que desea" Hector Rosas B.	Page 1 **I am abundance** "Start to believe and live the life you want." Hector Rosas B.

Página 2

Dedicado a todas las personas que han buscado el éxito, que desean seguir intentándolo cada día o se encuentran estancados y aún tienen dudas sobre el creador de todo el Universo.

“Deseo de todo corazón y entusiasmo poder ayudar a transformar tu vida al leer este pequeño libro y que empieces a construir la vida que siempre has deseado”.

Hector Rosas B.

Page 2

Dedicated to all the people who have sought success, who wish to keep trying every day, or who find themselves stuck and still have doubts about the creator or the entire universe.

"I wholeheartedly and enthusiastically wish to help transform your life by reading this little book and that you begin to build the life you have always wanted."

Hector Rosas B.

Página 3

Prólogo

Page 3

Prologue

Página 4	Page 4
Después de haber buscado respuestas y haber tratado de comprender un poco más sobre la Biblia o libro sagrado, he querido aventurarme y realizar esta pequeña obra de los versículos que han dado un giro a mi vida. Y de esa manera, empezar a ver las cosas de un modo distinto a lo que creía con anterioridad.	After searching for answers and trying to understand the Bible, or holy book, a little more, I wanted to venture forth and create this small work about the verses that have changed my life. And in this way, begin to see things differently than I previously believed.
Comparto de modo que usted pueda darse cuenta lo grande y poderoso que somos, y lo que Dios siempre quiso y querrá para el ser humano; solo hay una forma de descubrir ese potencial, y es darse cuenta de saber quién es usted en realidad.	I share this so that you can realize how great and powerful we are, and what God always wanted and will want for humankind; there's only one way to discover that potential, and that is realize who you really are.
Son muchos los versículos o parábolas escritas sobre el gran poder que Dios nos regala.	There are many verses and parables written about the great power that God is gives us.
Eclesiastés 3:11 nos menciona:	Ecclesiastes 3:11 tells us:
" *Todo lo hizo hermoso en su tiempo; y ha puesto eternidad en el corazón de ellos, sin que alcance el hombre a entender la obra que ha hecho Dios desde el principio hasta el fin".*	*"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."*
Quizás usted ha buscado la manera de salir adelante, pero no ha sido posible y se siente estancado y aún siente dudas sobre Dios y las cosas que suceden en nuestro diario vivir. Pues estas líneas ayudarán a comprender más sobre la sabiduría infinita que lo es todo. Cada versículo que aquí les comparto ayudó a transformar mi vida y es lo que también deseo para usted.	Perhaps you've been searching for a way forward, but haven't found it, and you feel stuck and still have doubts about God and the things that happen in our daily lives. Well, these lines will help you to understand more about the infinite wisdom that is everything. Every

	verse I share here helped me transform my life, and that's what I want for you too.
Quizá su creencia o religión, con la cual usted ha sido moldeado en su niñez, le hace seguir el patrón de ver las cosas y obviar el don o poder que se nos ha concedido. Puede que por ciertos momentos a medida que vayas leyendo este libro te sientas en desacuerdo conmigo, pero solo he querido compartir otra manera de ver las cosas, es decir, una perspectiva distinta a como las personas utilizan la Biblia o modo crítica y apología hacia Dios.	Perhaps your beliefs or religion, which shaped you in your childhood, lead you to follow a certain pattern of seeing things and overlook the gift or power that has been bestowed upon us. You may disagree with me at times as you read this book, but I simply wanted to share another way of seeing things – a different perspective from how people use the Bible or how they criticize and defend God.
También les recuerdo que es mi manera de comprender las cosas. Tuve que leer y analizar el libro completo de esta obra maestra y en este libro (el mío) plasmo la manera en que la he comprendido.	I also want to remind you that this is my way to understand things. I had to read and analyze the whole book of this masterpiece and in this book (mine) express how I have understood it.
Me ha ayudado mucho porque cambié mis pensamientos y mi manera de ver las cosas. Hoy en dia siento y amo al Dios vivo que está en mí y le reconozco por sobre todas las cosas.	It has helped me a lot because it changed my thoughts and my way of seeing things.
Mi intención no es que cambies tu opinión a la creencia que ya tienes, Si sientes que te va bien hasta ahora, pues debes continuar haciendo lo mismo hasta hoy.	Today I feel and love the living God who is in me and I recognize him above all things.
Tampoco es mi intención atacar a ninguna religión, iglesia o creencia, solo comparto lo que transformó mi vida.	My intention is not to change your opinion or your existing beliefs. If you feel things are working well for you so far, then you should continue doing what you're doing.
Hay muchas promesas en los libros de la Biblia, los cuales desconocemos por sentirnos incapaces de leer tan magnífica obra.	
En conclusión, aquí solo comparto una mínima parte de toda la abundancia de Dios para con sus hijos…	

Hector Rosas B.	Nor is it my intention to attack any religion, church, or belief; I am simply sharing what transformed my life. There are many promises in the books of the Bible, which we are unaware of because we feel incapable of reading such a magnificent work. In conclusion, here I share only a small part of all the abundance God has for His children… **Hector Rosas B.**

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# Capítulos	# Chapters
1. Acepte a Dios 2. La esencia del Amor 3. Conociendo a Dios 4. Obtenga más Fe 5. Viva en Salud 6. Tengo Gratitud 7. Construya buenos hábitos 8. Cambiando nuestra imagen 9 rodéate de grandeza.	1. Accept God 2. The essence of Love 3. Getting to know God 4. Gain more faith 5. Live in health 6. Have gratitude 7. Build good habits. 8. Changing our image 9. Surround yourself with greatness

Página 6 Capítulo 1	Page 6 Chapter 1
Acepte a Dios "Acepte que Dios lo es todo y que es uno con todos y que todos somos uno".	**Accept God** "Accept that God is everything and that He is one with everyone and that we are all one."

Página 7	Page 7

Así como lo afirma "Yo soy tu Dios el dueño de la tierra, oro, plata y de todos los que en ella habitan".
Entonces, para empezar, dejemos de negar a Dios, fuimos creados hijos a su imagen y semejanza. Acepte que Dios hay uno solo, llámelo como usted quiera decirle o conocerlo y que ese poder está por sobre todas las cosas en la tierra y fuera de ella.
Así como lo escribió Moisés:
"Solo hay uno no te hagas semejanza, en los cielos, debajo de la tierra ni en las aguas. Él es esa sustancia divina que lo está en todo, quizás sienta temor a Dios, pero cómo temer si es parte suya y está dentro de usted. No temas porque yo soy tu Dios".

En estos párrafos no te hablaré del Dios vengativo, rencoroso y castigador, o el que condena a sus hijos. Ese Dios al cual hago referencia es el Dios que ha sido utilizado por el hombre en iglesias y religiones para infundir temor y caos a sus fieles, y sé que ese es el Dios del cual las personas hablan o enseñan… el que castiga a sus hijos, pero yo no hablaré de ese Dios.

El que ahora conozco y comparto es el de amor, alegrías, abundancia; el que ama a sus hijos por igual, el Dios vivo. Pero para conocer a este Dios, primero debe despojarse de ciertos pensamientos y creencias limitantes.

Dicho esto, le invito a reencontrarse con su verdadero yo de paz y armonía. Sé que le tomará dudas y días, pero si cambia su forma de pensar, empezará a sucederle

As he affirms, "I am your God the owner of the earth, the gold, the silver, and all who live in it".
So, to begin with, let's stop denying God, we were created as children in his image and likeness. Accept that there's only one God, call him whatever you want or know him by, and that power is above all things on earth and beyond.
As Moses wrote:
"There is only one God, do not make for yourself an imitation of him in heaven or on earth or in the waters. He is the divine substance that is in everything. Perhaps you fear feel of God, but how can you fear him when he is part of you and is within you? Do not fear, for I am your God."
In these paragraphs, I will not speak of the vengeful, resentful, or punishing God, or the one who condemns his children. The God I'm referring to is the God that has been used by man in churches and religions to instill fear and chaos in his followers, and I know that this is the God people talk about or teach about… the one who punishes his children, but I won't speak of that God.

The God I now know and share is the God of love, joy, and abundance, the one who loves all his children equally, the living God. But to know this God, you must first let go of certain limiting thoughts and beliefs.

Having said that, I invite you to reconnect with his true self of peace and harmony. I know it will take some time and doubt, but if you change your way of thinking, wonderful things will begin to happen as you reshape your thoughts. For He is our Father, the one who lives within you.

God always wanted and wanted and still wants his children to live in a land of plenty. Just as he did with

cosas maravillosas a medida que moldea sus pensamientos. Porque él es nuestro padre, el que vive en vosotros. Dios siempre quiso y quiere que sus hijos vivan en una tierra abundante. Así como lo hizo con el pueblo de Israel cuando les sacó de Egipto, en donde eran esclavos del faraón. Lo cual no fue fácil, pero cumplió con su palabra de llevarles a la tierra prometida. Aun así, en el pueblo de Israel hubo personas que no creían en Dios, porque simplemente estaban acostumbrados a ser esclavos del faraón. Ya que estaban cómodos de llevar la vida que tenían y siempre tentaban a Dios, y hacían lo contrario para cuestionarlo. Hoy en este mundo moderno hay personas que dicen no creer en Dios, y es porque simplemente no están de acuerdo con que haya sufrimiento y demás caos. A pesar de que Dios ha hecho al ser humano lleno de luz y sabiduría, para este mundo es más fácil hacer lo contrario que aceptar a Dios y desarrollar ese don divino que yace dormido en él. Las personas solo creemos en Dios cuando todo nos sale bien y como queremos. Pero cuando algo es lo contrario, lo cuestionamos, dudamos y nos atrevemos a decir que no existe; pero muchas veces es Dios hablándonos y no lo escuchamos. Entonces tenemos que aprender a escuchar y ver las cosas, de tal modo que podamos encontrar soluciones a nuestras circunstancias.	the people of Israel when he brought them out of Egypt, where they were slaves to Pharaoh. It wasn't easy, but he kept his promise to lead them to the promised land. Even so, there were some among the people of Israel who didn't believe in God, simply because they were used to being slaves to Pharaoh. They were comfortable with their lives and constantly tested God, doing the opposite of what He commanded in order to challenge him. Today, in this modern world, there are people who say they do not believe in God, simply because they disagree that suffering and chaos exist. God has made humankind full of light and wisdom. In this world, it's easier to do the opposite than to accept God and cultivate that divine gift that lies dormant within. The people only believe in God when everything goes well and as we want. But when things go wrong, we question Him, we doubt, and we dare to say He doesn't exist; yet often it is God speaking to us, and we don't listen. So, we have learned to listen and see things, thereby we can find solutions to our situations.

"El que tenga oído, para oír que oiga" Dios hizo al ser humano lleno de facultades, sabiduría y pensamiento crítico para que fuese desarrollado a su más alto nivel, pero muchas personas no aceptamos, ni creemos en que Dios nos ha dado todas esas facultades. Porque al ser humano y a la clase pobre no nos gusta aprender, ya que siempre creemos que lo sabemos todo. O simplemente seguimos lo que escuchamos de los demás, ya que es más fácil hacer lo que nos dicen a tener que buscar y aprender por nosotros mismos. La Biblia está repleta de abundancia y de todo lo que Dios quiere para sus hijos, pero para el ser humano es complicado aceptar y leer tales escritos. Es mejor hacer lo que creen y tener una vida miserable, a tener que enfrentar la vida con gallardía, vencer obstáculos y salir adelante. Reconozca a Dios por sobre todas las cosas y por lo cual usted está hoy aún en esta tierra. Todo ser y todo aquello que tenga vida es la esencia y lo divino de Dios manifestada para con sus hijos. **"Quien midió las aguas con el huevo de sus manos y los cielos con su palmo, y juntó el polvo de la tierra con sus dedos".** Hoy día la vida es más fácil que cuando existieron aquellos tiempos del pueblo	**"Whoever has ears to hear, let them hear."** God created humankind with abilities, wisdom, and critical thinking skills so that we could develop to our fullest potential, but many of us don't accept or believe that God has given us all these abilities. This is because people, especially those from impoverished backgrounds, don't like to learn, since we always think we know everything. Or we simply follow what others tell us, because it's easier to do what we're told than to seek and learn for ourselves. The Bible is full of abundance and everything that God wants for his children, but for human beings, it is difficult to accept and read such writings. It's easier to do what they believe and live a miserable life than to face life with courage, overcome obstacles, and thrive. Acknowledge God above all things, for it is the reason you are still on this earth today. Every being and everything that has life is the essence and divinity of God manifested for His children. **"He measured the waters with the egg of his hands and the heavens with his span, and gathered the dust of the earth with his fingers."**

israelí. Muchas cosas han cambiado para bien de la humanidad, pero estamos distraídos con el mundo exterior que se nos olvida la grandeza de lo interior y de las maravillas que podemos ser.	Life is easier today than it was in the times of the Israelites. Many things have changed for the better, but we are so distracted by the external world that we forget the greatness within and the wonders we can be.

Dios lo dijo así: **"Esto que te he dado no es tan difícil de cumplir para el hombre, porque sólo debe escuchar lo que sale de su boca y lo que siente su corazón".** El hombre por naturaleza siempre va estar incómodo porque así fueron dejadas las circunstancias o problemas (como le llamamos), pero es parte de nuestro diario vivir para que nos desarrollemos, superemos y aprendamos; quizás es incómodo de comprender, pero nadie más tiene la culpa de lo que elegimos y creemos por nosotros mismos. Una persona sin circunstancias sería un animal cómodo en su entorno o una lombriz de tierra en su entorno infinito. Entonces cada circunstancia es una oportunidad para crecer, salir adelante y no ser la víctima de su propia vida. Se lo que se siente estar estancado, a veces darlo todo por perdido y no querer seguir, pero esto solo sucede cuando se tiene pensamiento de sufrimiento y nos limitamos, y nos terminamos escuchando en frases como estas.	God said it this way: **"This commandment is not too difficult for man to fulfill, because he only needs to listen to what comes out of his mouth and what his heart feels."** Man by nature will always be uncomfortable because that's how circumstances or problems (as we call them) were left, but it's part of our daily life so that we develop, overcome and learn; perhaps it's uncomfortable to understand, but nobody else is to blame for what we choose and believe for ourselves. A person without circumstances would be like an animal comfortably in its environment or an earthworm in its infinite surroundings. Therefore, every circumstance is an opportunity to grow, to move forward, and not be a victim of one's own life. I know what it feels like to be stuck, sometimes to give up hope and not want to go on, but this only happens when we dwell on suffering, and limit ourselves, and end up hearing ourselves say things like these. God knows what He's doing. Just another example of God's will. If God wills it. If God allows it. It's God's will.

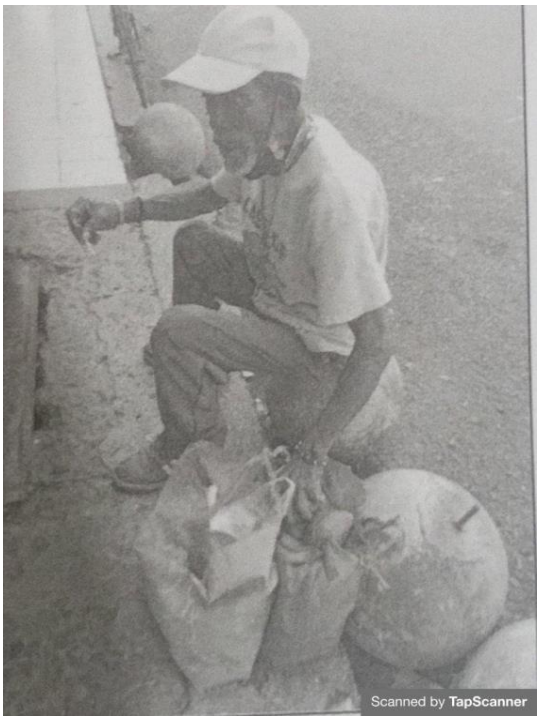
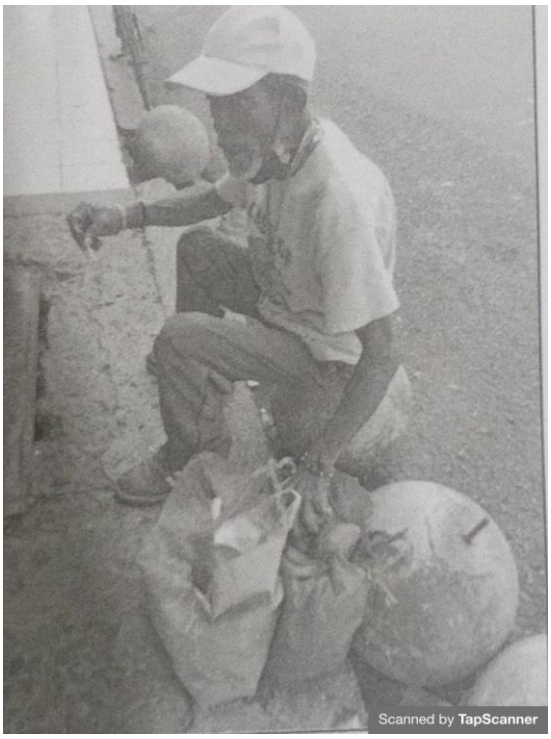
Dios sabe lo que hace. Una prueba más de Dios. Si Dios quiere. Si Dios lo permite. Es la voluntad de Dios. Todas estas frases son para utilizar a Dios en nuestras desdichas. Frases creadas por uno mismo de personas víctimas de su propio entorno. Pero Dios siempre quiere lo mejor para cada uno de vosotros. Busque el espejo más cercano, véase y encontrará parte de sus quejas, fortunas o infortunios, incluso hasta su propio enemigo verá.	All these phrases are used to blame God for our misfortunes. Phrases created by people who feel victimized by their own circumstances. But God always wants what's best for each of you. Look in the nearest mirror, see yourself, and you'll find some of your complaints, fortunes, or misfortunes reflected there; even your own enemy will see you.

Página 9 Dios no pone prueba, ni quiere que usted viva una vida miserable. O le pregunto como padre, si usted se regocija de ver sufrir a sus hijos, familiares cercanos o a su prójimo… me imagino que no. Entonces Dios no disfruta de eso. Ni lo pone a sufrir, ni tampoco le desea el mal. Es usted el que ha decidido hasta hoy hacer de su vida así tal cual es. Porque en la medida que piense y actúe, eso recibirá. Así como se menciona en **Lucas 11:11** *"¿Qué padre de vosotros, si su hijo le pidiera pan le dará una piedra? ¿o en lugar de pescado, le dará una serpiente, o en vez de un huevo le dará un escorpión? Pues si vosotros, siendo malo saber dais buenas dádivas a vuestros hijos, ¿cuánto más vuestro padre celestial dará el Espíritu Santo a los que se lo pidan?*	Page 9 God doesn't test you, nor does He want you to live a miserable life. Or, as a father, I ask you, do you rejoice in seeing your children, close relatives, or neighbors suffer? I imagine not. Then God doesn't enjoy that either. He doesn't make you suffer, nor does He wish you harm. You are the one who has decided, up to this point, to live your life this way. Because to the extent that you think and act, that is what you will receive. As mentioned in **Luke 11:11** *"Which of you fathers, if your son asks for bread, will give him a stone? Or instead of a fish, a snake? Or instead of an egg, a scorpion? If you then, though you have evil knowledge, give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"*

Vuestro padre es de amor y abundancia. Él no quiere para usted lamentos, tristezas, dolores, ni clemencias. Él da sabiduría y herramientas a sus hijos cada día, pero usted decide cómo utilizarlas. No le puso en la tierra para que usted viva pobre, mendigo o necesitado. Él prometió abundancia todos los días de tu vida. Como bien nos dice en 2 Pedro 1:3 *"Todas las cosas que pertenecen a la vida y a la piedad nos han sido dadas por su divino poder mediante el conocimiento de aquel que nos llamó por su gloria y excelencia".* Estas líneas escritas son para que usted amigo lector conozca más sobre la abundancia de nuestro Padre para con sus hijos; sino lo comprende al leerlo una vez, vuelva a leerlo una vez más… vuelva y repítalas porque todo es promesa de abundancia. Quizás ya las hayas leído en el pasado, pero quisiera estar completamente seguro de que las comprenda mejor.	Your Father is a father of love and abundance. He desires neither sorrow, sadness, pain, nor pity for you. He gives wisdom and tools to His children each day, but you decide how to use them. He did not place you on Earth for you to live in poverty, beggary, or need. He promised abundance every day of your life. As it tells us in 2 Peter 1:3 *"His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness."* These lines are written so that you, dear reader, may know more about the abundance our Father bestows upon His children. If you don't understand it the first time, read it again… return and repeat it, for everything is a promise of abundance. Perhaps you have read them before, but I would like to be absolutely certain that you understand them better.

Dios solo quiere que usted viva en su estado natural de gracia, virtud, felicidad y abundancia. La Biblia siempre nos dice lo que Dios hace para que el hombre tenga mayor abundancia. Desde los tiempos de la	God simply wants you to live in a natural state of grace, virtue, happiness, and abundance. The Bible always tells us what God does to bring greater abundance to humankind. From the time of creation,

creación del mundo, se le concedió tal poder de pensar, imaginar y crear en beneficio de sí mismo y de los demás. De esta forma, nos muestra cómo deberíamos tener una vida exitosa. Todo lo que se encuentra escrito fue dejado para que usted no cometa los mismos errores y se gloríe de la sabiduría y de la ciencia. Tal como le pasó a Moisés, según: Génesis 12: 1-2. Por ejemplo, en **Éxodo 3:17** nos menciona que Dios desea que tanto tú, como yo vimos en gozo, abundancia y fortuna… Asimismo, en Timoteo 1:6-7 nos dice: *"Por lo cual te aconsejo que avives el fuego del don de Dios que está en ti por la imposición de mis manos, porque no nos ha dado Dios espíritu de cobardía, sino de poder, de amor y de dominio propio".* Página 10 Acepte y sea uno con él, así como él manda, avive esa llama de su don interior que está dormida y despierte a ese gigante de sabiduría que yace en usted. Asimismo, Dios le dice que elimine toda cobardía, porque eso no es lo que él quiere para usted. Además, le ordena que tome el control de su dominio propio, tome las ordenanzas de Dios y lo acepte. Porque él es justo, amoroso y bondadoso. Elimine toda esa creencia limitante acerca de	humanity was granted the power to think, imagine, and create for the benefit of itself and others. In this way, it shows us how we should live a successful life. Everything written here was left so that you don't repeat the same mistakes and can boast of wisdom and knowledge, just as happened to Moses, according to Genesis 12:1-2. For example, in **Exodus 3:17**, it mentions that God desires that both you and I live in joy, abundance, and prosperity… Likewise, in Timothy 1:6-7, it tells us: *Therefore, I remind you to stir up the gift of God which is in you through the laying on of my hands. For God has not given us a spirit of fear, but of power and of love and of a sound mind."* Page 10 Accept Him and be one with Him, just as He commands. Rekindle that dormant flame of your inner gift and awaken the giant of wisdom that lies within you. God also tells you to eliminate all cowardice, for that is not what He desires for you. Furthermore, He commands you to take control of your self-discipline, embrace God's commandments, and accept Him. For He is just, loving, and gracious. Eliminate all limiting beliefs about our

nuestro padre y empiece a ser como él manda. Cuando usted acepta y cree en Dios no puede tener dudas, temores o darle el crédito a cualquier otra cosa que no sea el poder y la misericordia de Dios. Recuerde que el que camina confiando en Dios lo hace como un león, mientras que el incrédulo huye sin que nadie le persiga. Deja de limitarse y ser la víctima de su propio entorno. **"Las religiones han hecho creer a la humanidad que entre los más pobre y mendigo, más cerca estará de Dios".**	Father and begin to live as He commands. When you accept and believe in God, you cannot have doubts, fears, or give credit to anything other than God's power and mercy. Remember that those who walk trusting in God do so like lions, while the unbeliever flees even when no one is chasing them. Stop limiting yourself and being a victim of your own circumstances. **"Religions have led humanity to believe that the poorest and most destitute, the closer one will be to God."**
	

Página 11 Capítulo 2	Page 11
La esencia del Amor "El amor de nuestro Padre es la manifestación de la maravillosa naturaleza la cual nos rodean".	Chapter 2 **The essence of love** "Our father's love is the manifestation of the wonderful nature that surrounds us."

Página 12	Page 12
El amor de nuestro padre es inseparable para todos lo que le invocan en espíritu y verdad. Él nunca le dejará, ni aun así en la peor tormenta. Aunque usted haya vivido alejado sin aceptarlo, él siempre estará junto a ti. Porque, así como cae la lluvia sobre lo justo e injusto. Así también es su amor divino. **Genesis 28:15** *"No temas porque yo estoy contigo"* Y aún va más allá de lo que usted lo ha imaginado, que quede claro que jamás el ser humano estará separado de Dios, aun no aceptando si existe o no, porque como está escrito, no hay otro modo de que sea lo contrario. **1 corintios 3:16-17** *"No sabéis que soy templo de Dios y que el Espíritu de Dios mora en vosotros, si alguno destruyere el templo de Dios os será destruido, porque el templo de Dios, el cual sois vosotros santo es".*	Our Father's love is inseparable from all who call upon Him in spirit and in truth. He will never abandon you, not even in the worst storm. Even if you have lived apart from Him without accepting Him, He will always be with you. For just as the rain falls on the just and the unjust, so too does His divine love. **Genesis 28:15** *"Do not be afraid, for I am with you."* And it goes even further than you have imagined, let it be clear that human beings will never be separated from God, even if they do not accept whether He exists or not, because as it is written, there is no other way for it to be otherwise. **1 Corinthians 3:16-17** *"Do you not know that I am the temple of God and that the Spirit of God dwells in you? If anyone destroys the temple of God, it will be destroyed*

Reconociendo esto no podemos decir que estamos lejos de Dios, o perdidos, y que no le encontramos. Usted es parte de la creación divina e infinita. Usted es hijo de Dios. Tener y reconocer al Dios viviente en todo es ser dueño por herencia de todas las cosas que existen en la faz de la tierra. Ya que solo él es propietario de todo el universo.	*from you; for the temple of God, which you are, is holy."* Recognizing this, we cannot say that we are far from God, or lost, and that we cannot find Him. You are part of God's divine and infinite creation. You are a child of God. To have and acknowledge the living God in everything is to be the inherited owner of all things that exist on the face of the earth, for He alone owns the entire universe.

Y así es como el desea que usted viva. Por ello, no se cohíba por malas decisiones que lo llevan a desgracias, pobreza, sufrimiento. Levántese y asuma su posición. Romanos 8:17 *"Y si hijos también herederos de Dios y coherentes con Cristo, si es que padecemos juntamente con él, para que juntos seamos glorificados."* El amor de Dios con el ser humano es tan inmenso como un rayo del sol a todos por igual. Es el amor por el cual usted ha sido creado. Poder que le da facultad de elegir crear su vida para bien o para mal durante sus días en la tierra. Pero una persona sin amor está vacía y siempre encontrará obstáculos para salir adelante. Dios habla del amor para todos por igual. Incluso le da instrucciones que usted debe seguir.	And that is how He wants you to live. Therefore, do not hold back because of bad decisions that lead to misfortune, poverty, and suffering. Stand up and take your place. Romans 8:17 *"And if children, then heirs of God and co-heirs with Christ, if indeed we suffer with Him, so that together we may also be glorified."* God's love for humankind is as immense as a ray of sunshine, shining on everyone equally. It is the love by which you were created. The power that gives you the ability to choose to shape your life for good or for evil during your time on earth. But a person without love is empty and will always encounter obstacles to moving forward. God speaks of love for everyone equally. He even gives you instructions that you must follow.

Juan 13:34 *"Un mandamiento nuevo os doy: Que os améis unos a otros como Yo os he amado, que también os améis unos a otros".* Dios siempre desea que viva en paz y armonía. Una persona con amor nunca dañaría a su prójimo. Efesios 4:2 *"Siempre humildes y amables, pacientes, tolerantes unos con otros en amor".*	John 13:34 A new command I give you: Love one another. As I have loved you. You must love one another. God always wants us to live in peace and harmony. A loving person would never harm their neighbor. Ephesians 4:2 *"Be completely humble and gentle; Be patient, bearing with one another in love."*

Página 13 Este es el deseo de Dios para sus hijos. Que sean uno en amor divino. Que sean correctos con los demás y en todo lo que hagan. Si usted aún vive es porque tiene un propósito que cumplir en esta tierra. Un propósito en beneficio de los demás. La grandeza de una persona no es ser más que los demás, ni sentirse superior. La grandeza de una persona es dejar un legado por el cual debe ser recordado. Y ese es el mayor regalo de amor que usted debe darle a Dios. El desarrollo de un propósito en beneficio de la humanidad. Pero mientras no veas el amor y la belleza de la creación, vivirás en un vacío tratando siempre de satisfacerte.	Page 13 This is God's desire for His children: that they be one in divine love, that they be righteous to others and in all they do. If you are still alive, it is because you have a purpose to fulfill on this earth. A purpose for the benefit of others. A person's greatness isn't about being more than others or feeling superior. A person's greatness lies in leaving a legacy for which they will be remembered. And that is the greatest gift of love you can give to God: fulfilling a purpose for the benefit of humanity. But as long as you don't see the love and beauty of creation, you will live in a void, always trying to satisfy yourself.

Mientras no comprendas el marchitar de la flor con vida abundante, no comprenderás el propósito de la vida. Empieza por observar a la naturaleza para que comprendas la realidad de las cosas. Dios le puso en la tierra para que viva en abundancia. Empiece por amarse primero para que pueda dar amor a otros. No puedes pedir o tratar de dar amor si vives juzgando a los demás por su manera de actuar. **Colosenses 3:14** *"Por encima de todo, vístanse de amor que es el vínculo perfecto".*	Until you understand the withering of a flower that once bloomed with life, you will not understand the purpose of life. Begin by observing nature to understand the true nature of things. God put you on earth to live abundantly. Start by loving yourself first so you can give love to others. You can't ask for or try to give love if you spend your time judging others by their actions. **Colossians 3:14** *"Above all, clothe yourselves with love, which binds everything together in perfect harmony."*
Brindarle amor al prójimo es aceptarse como es, porque en la manera que actúa una persona es lo que tiene para dar. Pero usted no debe juzgar, ni condenar con sus comentarios acerca del comportamiento de esa persona que sus actitudes usted no las ve y nadie se las dice. **"Procure no verse superior o inferior a los demás para que no se pierda la esencia de su yo divino del amor Dios".** **Proverbios 3:3-4** *"Que nunca te abandoné el amor y la verdad, llévalos siempre alrededor de tu cuello y escríbelo en el libro de tu corazón. Contarás con el favor de Dios y tendrás buena fama entre la gente."*	To show love to others is to accept them as they are, because the way a person acts reflects what they have to offer. But you shouldn't judge or condemn someone's behavior with your comments, especially if you don't see their actions and no one tells them about them. **"Try not to see yourself as superior or inferior to others so that you do not lose the essence of your divine self of God's love."** **Proverbs 3:3-4** *"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God."* Plant yourselves in this way and sow the good seed of abundance, harmony, and

Plántense así mismo y siembre la buena semilla de la abundancia, armonía y paz, y compártela con el prójimo. Recuerde que nuestro Padre es expresión de amor divino sobre la humanidad. Empiece por ser próspero en pensamientos armoniosos, una mente ocupada con cosas positivas es gratificante, pero si decide continuar con su manera de actuar o pensar no espere cambios en su vida. Cambie la manera de actuar con los demás y cambiará su vida. **"Sea con los demás como le gustase que fuera con usted".** El amor de Dios es tan maravilloso que le da instrucciones para que le pida en su santo nombre y os concederá.	peace, and share it with your neighbor. Remember that our Father is the expression of divine love for humanity. Begin by cultivating harmonious thoughts; a mind occupied with positive things is rewarding. But if you choose to continue with your current way of acting or thinking, don't expect changes in your life. Change how you treat others, and you will change your life. **"Treat others as you would like to be treated."** God's love is so wonderful that He gives you instructions to ask Him in His holy name and He will grant it to you.

Página 14 Así que, si usted vive su vida en lamentos, angustias, dolor, sufrimiento y escasez, no se sorprenda, porque eso es lo que obtendrá de la vida. La mayoría de las personas hacen sus días miserables, víctimas de sus desdichas para llamar la atención de los demás. Lo que las personas sufren en el presente son los destellos del pasado. Cada día recuerdan su pasado como si hubiese solución a lo que ya pasó. Se olvidan de estar presentes, de vivir el momento, el ahora, que es todo lo que se tiene.	Page 14 So, if you live your life in moan, anguish, pain, suffering and shortage, don't be surprised, because that is what you get in life. Most people make their days miserable, wallowing in their misfortunes to get attention. What they suffer in the present are mere echoes of the past. Every day they dwell on their past as if there was a solution to what has already happened. They forget to be present, to live in the moment, the now, which is all they truly have. **Matthew 8:22**

Mateo 8:22 *"Jesús dijo: sígueme, deja que los muertos entierren a sus muertos".* No te preocupes por el ayer, ni el mañana. Así lo quiere Dios. Mateo 6:34 *"Por tanto no os preocupéis por la mañana, porque el día de mañana se cuidará a sí mismo. Bástele a cada día su afán".* Isaías 43:18 *"No recordéis las cosas anteriores, ni consideréis las cosas del pasado".* Usted es ese propósito divino, producto del amor. El cual Dios hecho a imagen y semejanza. Es un ser perfecto, es decir, una parte de Dios.	*But Jesus told him, "Follow me, and let the dead bury their own dead".* Don't worry about yesterday or tomorrow. That's what God wants. Matthew 6:34 *"Therefore, do not worry about tomorrow, for tomorrow will worry for itself. Each day has enough trouble of its own."* Isaiah 43:18 *"Forget the former things; do not dwell on the past".* You are that divine purpose, a product of love. You were made in God's image and likeness. You are a perfect being, that is, a part of God.

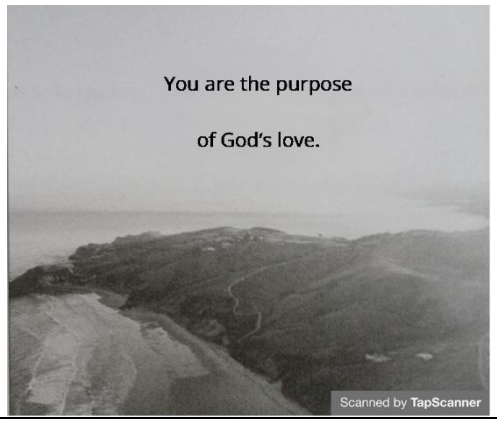
Nunca podrá estar satisfecho negando a Dios en su interior. Ya que todo ser humano en la faz de la tierra reconoce que hay un ser divino superior, pero deciden sufrir amarguras, soledad, fracasos, pobreza, odio. Si tan solo supieran del amor infinito de Dios que yace en cada uno de nosotros, no habría porque dañarse a sí mismo o a los demás. Empiece por amarse más, dígale a esa persona que ve a través del espejo las maravillas que es capaz de crear y de lo armonioso que es consigo mismo.	You can never be satisfied by denying God within yourself. Every human being on earth recognizes that there is a higher divine being, yet they choose to suffer bitterness, loneliness, failure, poverty, and hatred. If only they knew of God's infinite love that resides in each of us, there would be no reason to harm themselves or others. Begin by loving yourself more. Tell that person you see in the mirror the wonders you are capable of creating and how harmonious you are within yourself. Forgive yourself and forgive

Perdónese y perdone a los demás. Viva la vida de armonía que Dios desea para usted. Él lo ama tanto que le concede lo que verdaderamente usted desea. Salmos 84:11 *"No quitará el bien a los que andan en integridad".* Una actitud negativa de desprecio por los demás jamás le dará el éxito. Recuerde que no puede cambiar a los demás, pero si puede aceptar su forma de actuar. Cultive el amor, paz y bienestar por los demás, y la vida le dará más de eso. Recuerde que cada palabra que salga de su boca jamás regresará vacía. Así que la próxima vez que algo le incomode, piense lo que va a decir; no vaya ser que se condene a sí mismo. Página 15 Viva en el amor infinito de Dios, es decir, amarlo por sobre todas las cosas. Dios ama al ser humano, tanto que dio a Jesús como muestra de amor y fue crucificado para perdonar sus pecados. Por ello, las personas jamás podrán estar separadas del amor de Dios. Ya que el ama con misericordia y asimismo desea que el ser humano lo haga con su prójimo.	others. Live the harmonious life God desires for you. He loves you so much that He grants you what you truly desire. Psalm 84:11 *"He will withhold no good thing from those who walk uprightly."* A negative attitude of contempt for others will never bring you success. Remember that you cannot change others, but you can accept their way of acting. Cultivate love, peace, and well-being for others, and life will give you more of it. Remember that every word you speak will never return empty. So the next time something bothers you, think before you speak; you might condemn yourself. Page 15 Live in God's infinite love, that is, love Him above all things. God loves humanity so much that He gave Jesus as an expression of His love, and He was crucified to forgive our sins. Therefore, people can never be separated from God's love, for He loves with mercy and desires that we, as His people, love our neighbors.
Amar a Dios, amarse y amar el prójimo es el deseo de Dios para con sus hijos. Porque sobre toda ley está el amar a tu prójimo como a ti mismo.	To love God, to love oneself, and to love one's neighbor is God's desire for his children. Above all laws is the

El amor es infinito. Es esa esencia de lo que usted es. Por tanto, debe saber identificarse así mismo primero y así lo hará con los demás.



commandment to love your neighbor as yourself.
Love is infinite. It is the essence of who you are. Therefore, you must first understand yourself, and then you will understand others.



Página 16

Capítulo 3
Conociendo a Dios
"Dios solo quiere ser su amigo, permita abrir esa puerta y acéptelo como él desea".

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Chapter 3
Getting to Know God
"God only wants to be your friend; allow Him to open that door and accept Him as He desires."

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Dios vive continuamente en usted, permita abrir esa puerta de lo divino y déjala fluir. Él solo quiere ser su amigo y que lo acepte como parte suya.

Juan, 15:14-15
"Vosotros sois mis amigos, si hacéis lo que yo os mando, ya no os llamaré

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God lives continually within you; allow Him to open that door to the divine and let it flow. He simply wants to be your friend and for you to accept Him as a part of yourself.

John 15:14-15
You are my friends if you do what I command. I no longer call you

siervos, porque el siervo no sabe lo que hace el amo, pero yo os llamaré amigos, porque todas las cosas que oí de mi padre las he dado a conocer." Así le habla el Dios vivo del cual usted forma parte. No sienta dudas, miedo, temor, inseguridad, culpa, condena o inferioridad, solo déjale ser tu amigo como él quiere. No le temas a Dios porque él no es vengativo como el ser humano, o como hasta ahora usted le ha considerado. Porque él solo desea para usted amor abundante de vida eterna. Él lo ama como usted ha sido hasta hoy. No le juzga, ni condena, pero sí le entristece verle sufrir por sus pensamientos y por su manera de actuar. Dios le ha dado la sabiduría en su más alto y divino poder, como, por ejemplo, de crearse a sí mismo. No siga desperdiciando ese poder divino con sus creencias limitantes. Efesios 2:18-19 *"Porque por medio de él los unos y otros tenemos entrada por un mismo Espíritu al Padre. Por ello, ya no sois extranjeros, ni forasteros, sino conciudadanos de los santos y miembros de la familia de Dios."*	*servants, because a servant does not know his master's business. Instead, I will call you friends, for everything that I learned from my father I have made known to you.* This is how the living God, of whom you are a part, speaks to you. Do not feel doubt, fear, dread, insecurity, guilt, condemnation, or inferiority; simply let Him be your friend as He desires. Do not fear God, for He is not vengeful like humankind, or as you have thus far perceived Him. He desires only abundant love and eternal life for you. He loves you just as you have been until now. He does not judge or condemn you, but it does grieve Him to see you suffer because of your thoughts and actions. God has given you wisdom in His highest and most divine power, such as the power to create yourself. Don't continue to waste that divine power with your limiting beliefs. Ephesians 2:18-19 *For through him we both have access to the Father by one Spirit. Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household.*

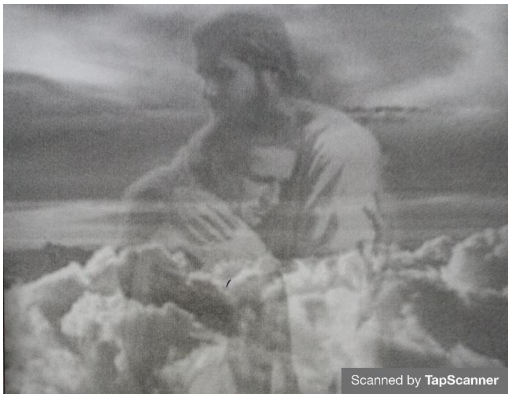
Dios le dice que le hable para que sea su amigo. Que mire dentro de usted. Analice sus pensamientos y lo que sale de su boca. Que es un solo espíritu. Como se menciona anteriormente, él está dentro de usted y dentro de cada cosa en la faz de la tierra. Así quiere que se le conozca. Cada molécula de su entorno y del universo es Dios, reconózcalo de ese modo. Al hombre se le concedió tal poder desde los primeros días en la tierra. Así lo dijo Dios. Genesis 3:22 *"He aquí el hombre es como uno de nosotros, sabiendo el bien y el mal; ahora, pues que no alargue su mano, y tome también el árbol de la vida y coma y viva para siempre".* A usted le ha dado el poder de hacer de su vida como usted la desee, pero ese poder no debería ser para dañar a otros, ni a usted mismo. Usted es creación divina, nadie puede adivinar su potencial y hasta donde puede desarrollarlo, ni aun la persona más inteligente puede descifrarlo. Solo usted es el único que sabe hacia dónde va, pero es desperdiciado por la mayoría de las personas que no saben cuál es su verdadero yo.	God tells you to speak to Him so that He may be your friend. To look within yourself. To analyze your thoughts and what comes out of your mouth. That you are one spirit. As mentioned before, He is within you and within everything on the face of the earth. That is how He wants to be known. Every molecule in your environment and in the universe is God; acknowledge Him as such. Man was granted such power from the earliest days on earth. So said God. Genesis 3:22 *"Behold, the man has become like one of us, knowing good and evil; now, lest he reach out his hand and take also from the tree of life and eat, and live forever."* You have been given the power to shape your life as you wish, but that power should not be used to harm others, or yourself. You are a divine creation; no one can predict your potential or how far you can develop it, not even the most intelligent person can decipher it. Only you know where you are going, but that potential is wasted by most people who don't know their true selves.

Es más fácil adoptar una actitud negativa que desarrollarnos a nosotros mismos.	It is easier to adopt a negative attitude than to develop ourselves.

Página 18 Asumimos actitudes destructivas, vivimos en estado constante de estrés, dolor, angustias y toda clase de sufrimiento. Porque es más fácil para el ser humano asumir esos estados que empezar por hacer algo para motivarnos y sobresalir. Conocer a Dios es empezar a escuchar nuestro interior. La mejor manera de hablar con Dios es escuchar el silencio y prestar atención a cómo él nos habla. **"Solo aquel que ha estado solo sabe cuál es el lenguaje de Dios".** Dios siempre nos dice que hablemos con él en silencio. **Juan 6:6** *"Mas tú, cuando ores entra en tu aposento, y cierra la puerta, ora a tu padre que está en secreto; y tu padre que ve en lo secreto te recompensará en público.* Dios le ordena que cierre la puerta. Esto quiere decir que usted cierre la puerta de su mundo exterior y se concentre en lo interior de su alma, y hable en secreto porque ahí hallará las respuestas para ser recompensado.	Page 18 We adopt destructive attitudes, living in a constant state of stress, pain, anxiety, and all kinds of suffering. Because it's easier for human beings to accept these states than to start by doing something to motivate ourselves and excel. Knowing God begins with listening to our inner selves. The best way to speak with God is to listen to the silence and pay attention to how He speaks to us. **"Only those who have been alone know the language of God."** God always tells us to talk to him in silence. **John 6:6** *"But when you pray, go into your room, close the door and pray to your Father, who sees what it is secret.Then your father, who sees what is done in secret, will reward you."* God commands you to close the door. This means that you should close the door to your outer world and focus on the inner workings of your soul, and speak in secret because there you will find the answers to be rewarded.

Dios siempre quiere todo lo bueno para usted. También le recomienda cómo hablarle. Le da instrucciones para que usted ore y hable con él porque así será escuchado. Él no es el Dios que usted imagina, barbudo, rencoroso, ni lleno de ira. El que solo está esperando que sus hijos pequen para juzgarlos y castigarlos. Ese no es nuestro Padre.	God always wants what is best for you. He also advises you on how to speak to Him. He gives you instructions on how to pray and talk to Him because that is how you will be heard. He is not the God you imagine—bearded, spiteful, and full of anger. The one who just waits for his children to sin so he can judge and punish them. That is not our father.

Él nos dice que el padre les da a sus hijos piedras cuando estos le pide pan. Él es nuestro amigo maravilloso por sobre todas las cosas. Nos dice que nos regocijemos en él y tendremos victoria. Entonces, pensemos armoniosamente en todo. Filipenses 4:8 *"Todo lo que es verdadero, todo lo honesto, todo lo injusto, todo lo puro y todo lo amable, todo lo que es de buen nombre, si hay virtud alguna, si algo digno de alabanza, en esto pensad".* Juan 10:10 *"Yo he venido para que tengas vida y que sea en abundancia".* Usted no está aquí para vivir como un necesitado. Está para ser abundante sobre fortuna y prosperidad.	He tells us that the father gives his children stones when they ask for bread. He is our wonderful friend above all else. He tells us to rejoice in him and we will have victory. Therefore, let us think harmoniously about everything. Philippians 4:8 *Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.* John 10:10 *"I have come that you may have life, and have it abundantly."* You are not here to live in need. You are here to be abundant in fortune and prosperity.

Todo el sufrimiento de esta tierra no es más que el pensamiento destructivo de la humanidad. Dios no construyó el sufrimiento. Él creo todo sobre la base del amor. Conviértase en su amigo y administre todos los bienes que Dios ha dejado. Desarrollarse, educarse y adquirir conocimientos cada día debería ser lo primordial de cada ser humano. Nadie es limitado para adquirir estas cualidades. Página 19 Dios solo quiere y desea esto para usted. Recuerde, acepte, reconozca que solo hay uno y lo es todo, y que mora en usted. **Efesios 4:6** *"Un Padre y Padre de todo en el cual sobre todos y por todos en todos"* **Corintios 1:4 -2** *"Ahora bien, se requiere de los administradores que cada uno sea hallado fiel".* 	All the suffering on this earth is nothing more than humanity's destructive thinking. God did not create suffering. He created everything on the foundation of love. Become His friend and steward all the gifts God has bestowed. Self-development, education, and the acquisition of knowledge should be paramount for every human being. No one is limited in their ability to acquire these qualities. Page 19 God wants and desires only this for you. Remember, accept, and acknowledge that there is only one, and He is everything, and He dwells within you. **Ephesians 4:6** *"One Father and Father of all, who is over all and through all in all"* **Corinthians 1:4-2** *"Now it is required of stewards that each one be found faithful."* 

Página 20	Page 20
Capítulo 4 **Obtenga más fe** "Construya más en base a la fe."	Chapter 4 **Gain More Faith** "Build more on the foundation of faith."

Página 21	Page 21
El ser humano siempre tiene la idea de reprochar a Dios y a los demás. Con dichos como: ¿Por qué a mí? ¿Por qué permites esto? ¿Es culpa de alguien más?	Human beings always have the tendency to blame God and others, with phrases like: Why me? Why do you allow this? Is it someone else's fault?
Es tan difícil reconocer que es nuestra propia actitud y manera de pensar la que nos hace estar en esa posición. Siempre tiene que haber un culpable para nuestras desdichas.	It's so hard to admit that it's our own attitude and way of thinking that puts us in this position. There always has to be someone to blame for our misfortunes.
Una persona sin fe vive la vida sin entusiasmo, haciéndose la víctima de todo y esperando siempre a que suceda lo que él cree que debería pasar. He conocido personas que hablan de sí mismos de una manera despectiva y reconocen y afirman estar acostumbrados a que siempre algo malo tiene que sucederles. Afanándose y diciendo que es su mala suerte. Suerte que no existe si siguen pensando de ese modo.	A person without faith lives life without enthusiasm, playing the victim and always waiting for what they believe should happen. I've known people who speak of themselves in a derogatory way and acknowledge and claim they're used to something bad always happening to them. They lament and say it's their bad luck. Luck that doesn't exist if they continue thinking in such a way.
"Una persona sin fe vive en completo abandono de sí mismo"	**"A person without faith lives in complete self-abandonment."**
Cuando no se tiene fe nada puede ser creíble y siempre se pasa cuestionando	

el pasado o tratando de buscar la forma que lo hubiera hecho mejor. Ahora tener fe es estar convencido de sí mismo. De qué se está logrando el objetivo trazado. Que no importan los obstáculos, ni circunstancias que la vida no presenta, ya que son parte de nuestro diario vivir para alcanzar nuestros objetivos. Hebreo 11:1 *"Ahora bien, la fe es la garantía de lo que se espera, la certeza de lo que no se ve"* La fe es el elemento primordial de la mente, tener fe no es vivir en duda. Aprende a construir y tener más fe. Empiece por hablar cada mañana y cada noche sobre las cosas hermosas que ve en usted. Si carece de fe en usted mismo ¿Cómo espera cambiar su entorno? Si no dices cosas hermosas, no esperes escucharlas de los demás. Mateo 17:20 *"La fe mueve montañas"* Desbloquee todo pensamiento negativo. Empiece por mover esas montañas que son los obstáculos de su vida. No vea el obstáculo, mire la manera en que puede rodear la montaña para atravesarla, ya que eso es lo que Dios quiere.	When you lack faith, nothing can be believable, and you always spend your time questioning the past or trying to find ways to do things better. Now, having faith means being convinced of oneself, of achieving the set goal, and of recognizing that obstacles and circumstances don't matter, as they are part of our daily lives and our journey to reach our objectives. Hebrews 11:1 *"Now faith is the assurance of things hoped for, the conviction of things not seen."* Faith is the primary element of the mind; having faith is not living in doubt. Learn to cultivate and strengthen your faith. Begin by speaking each morning and each night about the beautiful things you see in yourself. If you lack faith in yourself, how can you expect to change your surroundings? If you don't say beautiful things to yourself, don't expect to hear them from others. Matthew 17:20 *"Faith moves mountains."* Unlock all negative thoughts. Begin by moving those mountains that are the obstacles in your life. Don't focus on

Nunca vivirá feliz mientras viva concentrado en los obstáculos. Mientras confiese con sus labios cada día sus desdichas, desgracias o carencias por estar falta de fe. Dice no creer en Dios, pero no cree en usted, siempre dice no poder hacerlo o no tener la voluntad de intentarlo de otro modo. Vive en un constante estrés por sus carencias; preocupado por sobrevivir. Siempre tratando de obtener lo que le hace falta. Victimizándose de sus decisiones. Hasta dice que sus desdichas son la voluntad de Dios (blasfemia).	the obstacle itself; look for a way around the mountain to overcome it, because that is what God wants. You will never be happy as long as you dwell on your obstacles. As long as you confess your misfortunes, hardships, and shortcomings every day because of your lack of faith. You say you don't believe in God, but you don't believe in yourself; you always say you can't or don't have the will to try any other way. You live in constant stress because of your deficiencies, worried about surviving, always trying to get what you lack, and playing the victim because of your decisions. You even say that your misfortunes are God's will (blasphemy).

Página 22 La voluntad de nuestro Padre es que usted viva en abundancia por sobre todas las cosas. Levántese, tome el control de su vida y llene sus pensamientos de cosas positivas armoniosas. Salmos 68:19 *"Bendito sea el Señor, cada día nos colma de beneficios el Dios de nuestra salvación"* Tenga fe, confíe más en usted y no viva atemorizado. El miedo solo le hace estar estancado. Dios le pregunta: ¿Por qué has tenido miedo? ¿en quién has estado creyendo que no has invocado el nombre de tu padre?	Page 22 Our Father's will is that you live in abundance above all else. Rise up, take control of your life, and fill your thoughts with harmonious, positive things. Psalms 68:19 *"Blessed be the Lord, the God of our salvation, who daily fills us with benefits."* Have faith, trust yourself more, and don't live in fear. Fear only keeps you stuck. God asks him: Why have you been afraid? In whom have you been

Una cosa es tener miedo y paralizarse, y otra cosa es ser precavido, pensar y hacer lo conveniente. Si creemos en Dios no podemos vivir con miedo. Tenemos que aprender a enfrentar a nuestros propios enemigos que nos paralizan.

Deuteronomio 33:27
"Dios es tu refugio, él echará delante de ti todo enemigo y te dice destrúyelo".
Esto quiere decir que usted saque todo pensamiento negativo que le impide tener fe, porque son sus enemigos. Del mismo modo tendría que destruirlos de inmediato, con pensamientos positivos.

La palabra fe es poderosa, sin fe usted no podrá avanzar en su camino por lograr sus metas. No tendrá logros si sus labios profesan cada día el sabor de la derrota. Muchas veces afirmamos que no podemos hacer las cosas sin antes por lo menos tener un intento.

"Nos sentimos derrotados antes de empezar".

Son innumerables los textos de la voluntad de Dios para con sus hijos. Para que sean bendecidos y vivan felices.
Deuteronomio 8:18
"Acuérdate del Señor tu Dios, porque él es quien da el poder para adquirir las riquezas a fin de confirmar el pacto que juró a tus padres, como lo hace hasta hoy".

believing that you have not called upon the name of your Father?

It's one thing to be afraid and paralyzed, and another to be cautious, to think and do what's right. If we believe in God, we cannot live in fear. We must learn to confront our own enemies that paralyze us.

Deuteronomy 33:27
"God is your refuge; he will drive out every enemy before you and says, 'Destroy him. "
This means you must eliminate all negative thoughts that prevent you from having faith, because they are your enemies. Likewise, you must immediately destroy them with positive thoughts.

The word faith is powerful; without faith, you cannot advance on your path to achieving your goals. You will not achieve anything if your lips utter the taste of defeat every day. We often say that we cannot do things without at least trying.

"We feel defeated before we even begin."

There are countless texts that reveal God's will for His children, so that

La fe es todo aquello inimaginablemente posible. Lo que quiero decir es que hay límites para que usted adquiera lo que desee en la faz de la tierra. Ahora todo requiere que usted empiece a construirse en base a la fe. Crearlo primero, imaginarlo, trabajar en ello para después obtenerlo. Todo es posible en la medida que hagan las cosas desde el fondo del corazón. Pero no puedes tener fe si sigues dudando de ti mismo. Despójese de esas sombras limitantes y desestime el poder de lo que usted no es. Si dudas, ¿Cómo puedes obtener lo que deseas? **"Todo lo que la mente humana concibe, puede ser posible".**	they may be blessed and live happily. Deuteronomy 8:18 *"Remember the Lord your God, for it is He who gives the power to acquire wealth, to confirm the covenant that he swore to your fathers, as he does it this day."* Faith is everything that is unimaginably possible. What I mean is that there are limits to what you can acquire on this earth. Now, everything requires that you begin to build yourself on the foundation of faith. Create it first, imagine it, work for it, and then obtain it. Everything is possible as long as you do things from the bottom of your heart. But you cannot have faith if you continue to doubt yourself. Cast aside those limiting shadows and dismiss the power of what you are not. If you doubt, how can you obtain what you desire? **"Everything the human mind can conceive, can be possible."**

Página 23 **Santiago 1:6** *"Ora con fe, sin dudar porque quien duda es como las olas del mar agitadas y llevadas de un lado a otro por el viento".*	Page 23 **James 1:6** *"Pray with faith, without doubting, because whoever doubts is like the waves of the sea, tossed and driven by the wind."*

Una vez más le recuerdo que la fe es eso que usted no ve, pero que lo visualiza posible; siente que ya es parte suya y que se regocija en eso que usted desea. Dios le da ese poder para desearlo y crearlo imaginariamente, de eso se trata la fe. **Marcos 11:24** *"Por eso os digo, creed que ya has tenido todo lo que estás pidiendo en oración y lo obtendrás".* **Corintios 2: 5-7** *"Vivimos por fe, no por vista"* **"Así que imagina, cree primero, para que veas".** No fuerce las cosas, ya que todo tiene que suceder en el momento preciso. Sea paciente porque ninguna tormenta es para siempre. Usted no puede orar pidiendo fe, ya que la fe es algo que usted debe construir. Ponga acciones detrás de su fe, reemplace lo negativo por pensamientos creativos empezando por ahí. Sé que quizás diga: pero yo oro, creo y no sucede nada. Sí, pero no es suficiente si lo haces de la manera contraria. Dios no quiere clemencia, ni que le ruegues. Él te dice que construyas en base a la fe. **Mateo 9:29** *"Todo te será dado según su fe".* Tenemos la mala costumbre de imponer a Dios lo que queremos y que sea a nuestro	Once again, I remind you that faith is that which you do not see, but visualize as possible; you feel that it is already a part of you and that you rejoice in what you desire. God gives you the power to desire it and create it in your imagination; that is what faith is all about. **Mark 11:24** *"Therefore, I tell you, believe that you have already received everything you are asking for in prayer, and you will receive it."* **2 Corinthians 2:5-7** *"We live by faith, not by sight."* **"So imagine, believe first, so that you may see."** Don't force things, as everything has to happen at the right time. Be patient because no storm lasts forever. You cannot pray for faith, because faith is something you must build. Put actions behind your faith, replace negativity with creative thoughts, starting there. I know you might say: but I pray, I believe, and nothing happens. Yes, but it's not enough if you do it the other way around. God doesn't want mercy, nor does he want you to beg. He tells you to build on faith. **Mathew 9:29**

modo. Entonces, él nos responde de manera contraria, y luego decimos que es nuestra desdicha y desgracia, pero no observamos la respuesta de Dios. Dios siempre nos utiliza para darnos respuesta a nuestras plegarias o a nuestras propias acciones y actitudes, pero estamos ciegos porque estamos centrados en alcanzar nuestro objetivo a nuestro modo, y no analizamos lo que nos muestra la vida o Dios. Usted no puede hacer una plegaria y quedarse esperando que suceda. Tiene que ir trabajando en ello y sorteando que se le presenten. ¿Usted ve las aves? Dios siempre las suple cada día, pero estas no se quedan esperando en una rama. Ellas siempre están en movimiento de un lado a otro. Entonces la fe es creer en usted, creer en Dios aun cuando todo está en su contra. No tendrá éxitos si no tiene fe de lograrlo. Tienes que aprender a esperar a Dios porque él sabe los anhelos de su corazón. Pero usted tiene que dar el primer paso.	*"Everything will be given to you according to your faith."* We have a bad habit of trying to impose our will on God in our own way. Then, He responds in the opposite way, and we say it's our misfortune and tragedy, but we don't observe God's response. God always uses us to answer our prayers or our own actions and attitudes, but we are blind because we are focused on achieving our goal in our own way, and we do not analyze what life or God shows us. You can't just say a prayer and wait for it to happen. You have to work at it and be prepared for it so it may come your way. Look at the birds. God provides for them every day, but they don't just sit around waiting on a branch. They're always moving from one place to another. So, faith is believing in yourself, believing in God even when everything is against you. You won't succeed if you don't have faith in your ability to do so. You have to learn to wait on God because He knows the desires of your heart. But you have to take the first step.

Página 24 **"El ser humano siempre espera que Dios cambie los problemas del mundo. Mientras que Dios siempre espera que el ser humano empiece por cambiar sus pensamientos, y construya su vida de armonía y abundancia".** El día que dejemos de culpar a Dios y a los demás por nuestras desdichas, desgracias e infortunios y asumamos que todo lo que sucede en nuestra vida es nuestra única responsabilidad. Solo en ese momento empezaremos a ver la gloria de nuestro Padre. Tener fe es ponerla en acción, no es agarrarla y ponerla en un cajón y guardarla. Es ir trabajando en base a ello, ya que la fe verdadera se posee. Hable siempre con fe de que usted posee todo lo necesario para obtener las cosas. Recuerde que Jesús dijo: **"Lo que el hombre siembra, eso cosechará"** Así que de usted depende qué sembrar. Si siembra derrota, estará derrotado. Si confiesa victoria y abundancia aun antes de que acontezca tenga por adelantado que eso será. **Proverbio 3:9-10** *"Honra al Señor con tus bienes y las primicias de todos tus frutos; entonces tus graneros estarán colmados con abundancia y tus lagares rebosarán de mosto".*	Page 24 **"Human beings always expect God to change the world's problems. While God always expects human beings to begin by changing their thoughts, and build their lives of harmony and abundance."** The day we stop blaming God and others for our misfortunes, tragedies, and hardships, and accept that everything that happens in our lives is our sole responsibility, only then will we begin to see the glory of our Father. Having faith is about putting it into action, not just taking it, putting it in a drawer, and storing it away. It's about working on it, because true faith is something you possess. Always speak with faith that you have everything you need to obtain things. Remember that Jesus said: **"What a** man **sows, that he will also reap."** So it's up to you what you sow. If you sow defeat, you will be defeated. If you declare victory and abundance even before it happens, know in advance that it will be so. Proverbs 3:9-10 *"Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing,*

	and your vats will brim over with new wine."
Página 25 Capítulo 5 **Viva En Salud** "Viva como merece, en abundancia de salud en todos los sentidos".	Page 25 Chapter 5 **Live in Health** "Live as you deserve, in abundant health in every sense."

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Dios hizo al cuerpo humano inteligente porque es la manifestación de la esencia divina, hecha a imagen y semejanza. Ser divino lleno de luz, sabiduría y abundancia espiritual que irradia energía.

Inteligencia encargada de lidiar consigo misma de tal manera que tenga el poder de adaptarse a cualquier circunstancia de modo exitoso. Capacidad para aprender, comprender, atraer información y resolver problemas.
Cada célula de su ser en su cuerpo cumple con una función. Tanto así que puede regenerar su cuerpo con el descanso.
Pero la mayoría de los habitantes del planeta desconocen tal información de sí mismo. Información que usted debería saber con tan solo prestarle atención a su más grande tesoro.
Las personas siempre eligen lo fácil y dañan su propio cuerpo. Esa es una de las cosas que hacen a diario.
Dios hizo al cuerpo humano sano y perfecto, y lo plantó en la tierra para que diera frutos de bien. Pero para la mayoría de las personas estas facultades son desperdiciadas por causa de una vida de constante estrés, alcohol y drogas. O por tratar de cambiar algo que fue dejado, o que simplemente

God made the human body intelligent because it is the manifestation of the divine essence, made in His image and likeness. A divine being full of light, wisdom, and spiritual abundance that radiates energy.
Intelligence responsible for managing itself in such a way as to have the power to adapt successfully to any circumstance. The capacity to learn, understand, gather information, and solve problems.
Every cell in your body serves a purpose. So much so that your body can regenerate through rest.
But most people on the planet are unaware of this information about themselves. Information you should know simply by paying attention to your greatest treasure.
People always choose the easy way out and harm their own bodies. That's one of the things they do every day.
God made the human body healthy and perfect, and planted it on earth to bear good fruit. But for most people, these faculties are wasted because of a life of constant stress, alcohol, and drugs. Or because of trying to change something that was left behind, or something that you simply accumulated through your bad habits.
God gave clear instructions that his body is his temple and whoever defiles

usted por sus malos hábitos logró acumular. Dios dejó instrucciones claras de que su cuerpo es su templo y quien lo profane será destruido. También le recordó descansar para adorarle. Éxodo 20:8-11 *"Acuérdate del día de reposo para santificarlo, seis días trabajarás y harás todas tus obras, más el séptimo día es reposo, porque en seis días Jehovah hizo cielo, tierra, mar y todo lo que en ellos habita, más el séptimo día lo tomó como reposo"* La mayoría de personas obviamos esta ordenanza y siempre andamos preocupados, inquietos y profanamos nuestro día libre. Todo lo contrario, a descansar, reflexionar y adorar su cuerpo. Una persona insatisfecha de sí misma nunca podrá amarse, ni verá lo bueno de sí. Porque cada vez que se para frente a un espejo dirá lo contrario a como realmente se ve; frases despectivas que lo causarán más estrés y perderá toda la esencia de lo que en realidad es. Proverbio 16:24 *"Panal de miel son las palabras amables, endulzan la vida y dan salud al cuerpo".* La mayoría de las enfermedades son causadas por la propia mente del ser humano. Es decir, enferman cada día para luego echar la culpa a los demás o al sistema de salud; envenenan su cuerpo con licores y comidas exóticas	it will be destroyed. He also reminded him to rest in order to worship him. Exodus 20:8-11 *"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of rest. For in six days the Lord made heaven and earth, the sea, and all that dwells in them, but he took the seventh day to rest."* Most of us ignore this rule and are always worried, restless, and ruining our day off. The opposite should be true: rest, reflection, and caring for your body. A person dissatisfied with themselves will never be able to love themselves, nor see their own good qualities. Because every time they stand in front of a mirror, they'll say the opposite of how they truly see themselves; derogatory phrases that will cause them more stress and make them lose sight of their true essence. Proverbs 16:24 *"Kind words are like a honeycomb, sweet to the soul and healing to the bones."* Most illnesses are caused by the human mind itself. In other words, people get sick every day and then blame others or the healthcare system; they poison their bodies with liquors and exotic foods that are difficult for our bodies to digest.

que a nuestro cuerpo se le hace difícil digerir.	

Página 27 Pero cuando una persona es víctima de su vida cree que a los demás les interesa saber su condición de salud o circunstancia. Enferman por estrés, van al doctor y este les receta un fármaco y después sienten curarse de lo que ellos mismos causaron. Padecer una enfermedad les hace sentir que son privilegiados ante los demás. Hasta les hace sentir orgullosos una enfermedad. Pero nadie reconoce, estudia o evalúa lo que le llevó a esa condición. Cuando una persona actúa como víctima dice que su mal es voluntad de Dios o que su destino es sufrir. Porque algún familiar cercano ha fallecido de tal enfermedad. Entonces se escudan y aceptan padecer de tal mal. Por consecuencia, creen que estar enfermo es parte del plan de Dios para con sus vidas. **Proverbios 17:22** *"Gran remedio es el corazón alegre, pero el ánimo decaído seca los huesos".* Solo usted posee el don y elige como sentirse, Dios le dejó poderoso y abundante en salud, deje de escudarse en pensamientos limitantes. Empiece por nutrir su mente con pensamientos positivos; los doctores no le curan, ellos	Page 27 But when a person is a victim of their own life, they believe that others are interested in knowing their health or circumstances. They get sick from stress, go to the doctor, who prescribes medication, and then they feel cured of what they themselves caused. Having an illness makes them feel privileged compared to others. They even feel proud of their illness. But no one acknowledges, studies, or evaluates what led to their condition. When someone acts like a victim, they say their illness is God's will or that suffering is their destiny. They often do this because a close relative has died from a particular disease. They then use this as an excuse and accept suffering from that evil. Consequently, they believe that being sick is part of God's plan for their lives. **Proverbs 17:22** *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."* Only you possess the gift and choose how you feel. God has made you powerful and abundant in health; stop hiding behind limiting thoughts. Begin by nourishing your mind with positive thoughts; doctors don't cure you; they

le tratan sus síntomas para ayudarle a controlar el mal. Tome el control de su mente, mientras siga pensando en enfermedad usted estará enfermo, ya que Dios le hizo sano, perfecto, y a imagen y semejanza de él. Pero el solo quiere que usted se sienta en completa paz y armonía consigo mismo. Piensa que está sano, aunque esté pasando algún tipo de dolencia en su vida. Alimente su cuerpo con alimentos sanos. Haga ejercicios dos días a la semana como mínimo. Coma lo que usted cree necesario, mas no se sacie. Una diabetes o problemas del corazón solo fueron causados por sus malos hábitos alimenticios. Recuerde, así como tiene el poder para enfrentarse, también puede curarse. Empiece a construir el hábito de nutrir sus pensamientos con cosas productivas que le traigan beneficio a su vida. No pierda más tiempo llenándose de estrés viendo noticias, películas o algún otro programa que no le produzca pensamientos constructivos. Investigue, lea, y aprenda a cómo tratar ese mal que le aqueja. Solo usted tiene la capacidad de cambiar su entorno si es que no le gusta o no se siente cómodo. Recuerde que la voluntad de Dios es que usted viva próspero, bendecido y	treat your symptoms to help you manage the illness. Take control of your mind, as long as you keep thinking about sickness you will be sick, since God made you healthy, perfect, and in his image and likeness. But he just wants you to feel completely at peace and in harmony with yourself. He believes you are healthy, even if you are experiencing some kind of ailment in your life. Nourish your body with healthy foods. Exercise at least two days a week. Eat what you think you need, but don't overeat. Diabetes or heart problems were caused by your poor eating habits. Remember that you can confront, as well as heal. Begin cultivating the habit of feeding your mind with worthwhile endeavors that improve your life. Don't waste any more time stressing yourself out by watching news, movies, or other programs that don't generate positive thinking. Research, read, and learn how to deal with the problem that is bothering you. Only you have the power to change your environment if you don’t like it or feel uncomfortable in it Remember that God's will is for you to live prosperously, blessedly, and in

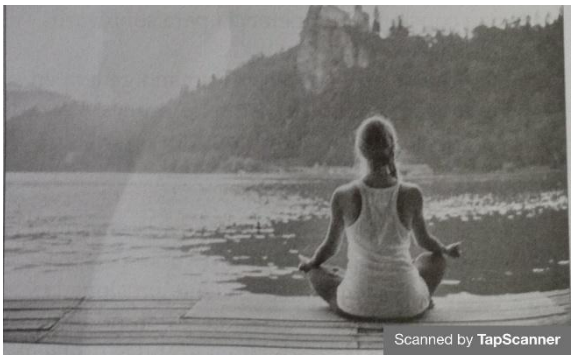
en armonía con usted mismo. Ya que solo así podrás hacerlo con los demás. Deje de escuchar y de utilizar a Dios en su mal creado por usted mismo. Empiece por evaluarse y tome nota de lo que debe o no hacer. **Eclesiates 11:10** *"Aleja de tu mente las preocupaciones y echa fuera de ti tu sufrimiento".*	harmony with yourself. Only then will you be able to do so with others. Stop listening to and using God for the evil you created yourself. Start by evaluating yourself and taking note of what you should and shouldn't do. **Ecclesiastes 11:10** *"Put your worries away from your mind and banish your suffering from your heart."*

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Recuerde que los doctores vendan sus heridas, pero Dios las sana. Por ende, aprenda a manejar sus impulsos, deje la ira y la rabia. Ya que todo esto le hace alterar y dañar su sistema nervioso. Las preocupaciones solo le harán causar más caos en su vida. Todo tiene una solución, pero debemos tener la paciencia para afrontar las desdichas de nuestro entorno. La mayoría del ser humano hoy en día vive estresado, ya que se centran más en la carencia que en hacer algo para cambiar las circunstancias. Por consecuencia, la acumulación de estrés conlleva a altos índices de reacciones, que en su gran mayoría se tornan violentas. La toma de decisiones equivocadas producto de satisfacer necesidades temporales lleva al ser humano a vivir en una constante competencia para sobrevivir. Este mundo moderno para el ser humano genera en su mayor parte situaciones de estrés. Algunas veces la imposibilidad de satisfacerse conduce a estados de frustración y ansiedad. Las personas hoy en día están limitadas a formar buenas relaciones interpersonales. Es decir, una persona con demasiadas responsabilidades se siente presionada y se vuelve nerviosa, inquieta o cansada. Alterando todo su sistema nervioso que le conducirá a	Remember that doctors only treat your wounds; God cures them. So, learn to control your urges and let go of your anger and rage. Because all of this you get upset and harms your nervous system. Worries will only cause more chaos in your life. Everything has a solution, but we must have the patience to face the misfortunes of our surroundings. Most human beings nowadays live stressed, since they focus more on what they lack than on doing something to change circumstances. As a consequence, the accumulation of stress leads to high levels of reactions, which for the most part become violent. Making wrong decisions to satisfy temporary needs leads human beings to live in a constant competition to survive. This modern world for human beings mostly generates situations of stress. Sometimes the inability to satisfy oneself leads to states of frustration and anxiety. People today are limited in their ability to form healthy interpersonal relationships. In other words, someone with too many responsibilities feels pressured and becomes nervous, restless, or tired, disrupting their entire nervous system and leading to significant health problems. Increasingly, young people are suffering

grandes problemas de salud. Cada vez más la juventud sufre de todas estas consecuencias causadas por la acumulación de estrés. Por ello, mantenga la mente sana y piense en positivo.
Una persona positiva no solo se beneficia a sí misma, sino que también puede ayudar a evitar el estrés en los que le rodean.
Dios le hizo sano, perfecto y le dio un cuerpo con una mentalidad infinita para desarrollar. Le dio la cualidad de vivir en armonía, paz y abundancia, y que también sea prosperado en todo lo que haga.

3 Juan 1:2

"Querido hermano, oro para que te vaya bien en todos tus asuntos y goces de buena salud, así como prosperas espiritualmente".

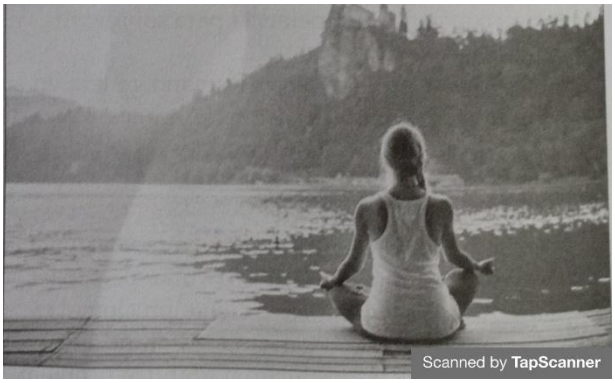


from these consequences caused by the accumulated stress. Therefore, maintain a healthy mind and think positively.
A positive person not only benefits themselves, but can also help prevent stress in those around them.

God made you healthy, perfect, and gave you a body with an infinite mind to develop. He gave you the ability to live in harmony, peace, and abundance, and to prosper in everything you do.

3 John 1:2

"Dear brother, I pray that you will prosper in all your affairs and enjoy good health, as well as spiritual prosperity."



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Capítulo 6 **Tenga Gratitud** "La gratitud es la mayor de las virtudes, es la evidencia de todo lo que nos sostiene."	Chapter 6 Be grateful Gratitude is the greatest of virtues, it is the evidence of all that sustains us.

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Acepte y agradezca la vida que tiene. Nadie más que usted ha sido el arquitecto de lo que posee como ser humano. Así que si está satisfecho o no es solo usted el responsable. Si hay algo que no le agrada de su vida acéptelo y empiece a buscar la manera de cambiar el mal que le aqueja. Aceptar es como encontrar ese camino para perdonar y perdonarse. Porque no puede estar agradecido si siente odio, rencor y dolor. **"Si las cosas van mal es que hay algo que usted no sabe".** Estar agradecido es vivir en armonía con nuestro entorno. Es apreciar la belleza de todo lo que nos rodea y dar las gracias por ello. Si no está del todo satisfecho debería buscar un motivo por el cual dar gracias. De esa forma terminará obteniendo más de lo que se imagina. Ya que dar gracias por adelantado le	Accept and be grateful for the life you have. No one but you have been the architect of what you possess as a human being. So, whether you're satisfied or not, you alone are responsible. If there is something you don't like about your life, accept it and start looking for a way to change the evil that troubles you. Acceptance is like finding that path to forgive others and forgive yourself. Because you can't be grateful if you feel hate, resentment, and pain. **"If things are going badly, it's because there is something you don't know."** To be grateful is to live in harmony with our surroundings. It's to appreciate the beauty of everything around us and give thanks for it. If you are completely satisfied, you should look for something to be thankful for. In that way, you will end up getting more than you imagine. Giving thanks in advance will make you believe

hará creer que usted es merecedor de todo lo que desea. Vivir en gratitud es estar en constante acto de conocimiento de uno mismo **1 tesalonicenses 5:18** *"Dad gracias en todo momento, porque esta es la voluntad de Dios".* Dios siempre quiere que usted viva agradecido, en armonía con usted mismo. Jamás podrá estar agradecido y a la vez enojado, porque cuando usted está agradecido solo le hará sentir paz, felicidad y gozo. La mayoría de las personas viven sin darle importancia a esta gran virtud de la vida. Hacen sus días miserables, menos armoniosos, y viven estresados y preocupados por sobrevivir el día a día. Ya que no tienen un motivo para agradecer. Cada día que abrimos los ojos en un despertar es un motivo para estar agradecidos. Ya que cada despertar se convierte en un milagro. Pero cómo puede esperar cosas grandiosas de un día si ni siquiera es capaz de agradecer por tan maravilloso acto. Despierta y lo primero que hace es recordar su miserable pasado. Siente enojo y estrés, lo cual convierte cada día en más problemas para su vida. ¿Cómo cree usted tener una vida abundante con tales actitudes? Mientras siga dándose eso seguirá obteniendo más de lo mismo	that you are worthy of everything you desire. Living in gratitude is to be in a constant act of self–awareness. **1 Thessalonians 5:18** *"Give thanks in all moments, because this is God's will".* God always wants you to live gratefully, in harmony with yourself. You can never be grateful and angry at the same time, because when you are grateful, it will only make you feel peace, happiness, and joy. Most people live without giving importance to that great virtue of life. They made their lives miserable, less harmonious, and they live stressed and worried about surviving each day. Because they don't have a reason to be grateful. Every day we open our eyes to a new day. It is a reason to be grateful, because each awakening becomes a miracle. But how can you expect great things from a day if you aren't capable of giving thanks for such a wonderful act? You wake up, and the first thing you do is to remember your miserable past. You feel anger and stress, which make each day more problematic for your life. How do you expect to have an abundant life with such attitudes? As long as you continue to give in to those

La gratitud es esa virtud que está en todo lo que el ser humano haga o deje de hacer. Siempre será un buen momento para estar agradecido. No espere que le vaya bien o estar en abundancia para tener un corazón agradecido. Página 31	attitudes, you will continue to get more of the same. Gratitude is the virtue that underlies everything a human being does or fails to do. It's always a good time to be grateful. Don't wait until things are going well or you're living in abundance to have a grateful heart. Page 31

Mateo 13:12 *"A quien tiene gratitud se le dará y tendrá más en abundancia, pero al que menos tiene gratitud se le quitará, aun lo que tiene"* Promesas de vuestro padre es que sus hijos vivan en abundancia y no tengan que ser mendigos. La vida va dando y quitando en la medida que usted actúe. No espere para recibir si no tiene nada para dar, ni tampoco podrá dar algo que no tiene. Es decir, si carece de esta cualidad, no espere que la vida le recompense. Una persona agradecida siempre es sinónimo de abundancia y prosperidad, merecedora de todo lo que a su vida llega o posee. Dar las gracias por cualquier motivo es siempre hacerle sentir al prójimo esa satisfacción del deber cumplido o que está haciendo algo por lo cual usted se siente complacido. Cuando usted	Matthew 13:12 *"To those who are grateful, more will be given, and have more in abundance; but from those who are ungrateful, even what they, have will be taken away."* Your Father's promise is that his children will live in abundance and will not have to be beggars. Life gives and takes away according to how you act. Don't expect to receive if you have nothing to give, nor can you give something you don't have. That is, if you lack this quality, don't expect life to reward you. A grateful person is always synonymous with abundance and prosperity, deserving of all that comes to or possesses in their life. Giving thanks for any reason always makes others feel the satisfaction of a duty fulfilled or that they are doing something you appreciate. When you

agradece no insulta, ni tampoco siente desprecio por el prójimo. Pero así también como da las gracias debe saber aceptarlas para que no pierda ese poder de manifestación en esa palabra. Cuando alguien le da las gracias dígale: acepto tus gracias o estoy complacido. Jamás se le ocurra contestar con un "De nada o por nada". Porque de esa forma, se pierde ese poder de lo divino, y estaría cerrando las bendiciones que trae ese gesto de agradecer. Dios siempre quiere que usted sea agradecido en todo lo que haga, ya sea en palabra u obra. Colosenses 3:17 *"Y todo lo que hagan, de palabra o de obra, háganlo en el nombre del señor Jesús, dando gracias a Dios el Padre por el medio de él".* Sea agradecido aun así en su peor momento. Busque un motivo por el cual usted se sienta bien y empiece a dar las gracias por ello. Agradezca, aunque no posea riquezas. Nada le es limitado para que usted no deba de estar agradecido. Recuerde que el sol siempre sale para todos. Empiece ahora, en este momento de estar leyendo estas líneas que están llenas de conocimiento para que usted haga un cambio en su vida. Mire y agradezca lo que tiene a su alrededor, ya que todo es parte de la creación divina. Creación divina que se le ha dado en abundancia para que	express gratitude, you are not insulting or showing contempt for others. But just as you give thanks, you must also know how to accept them so that you don't lose that power of manifestation in that word. When someone thanks you, say: I accept your thanks or I am pleased. Never answer with "You're welcome" or "It's nothing." Because in that way, you lose that power of the divine, and you would be closing the blessings that that gesture of gratitude brings. God always wants you to be grateful in everything you do, whether in word or deed Colossians 3:17 *"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.* Be grateful even in your worst moments. Find a reason to feel good and start giving thanks for it. Be grateful, even if you don't have riches. Nothing is so limited that you shouldn't be grateful for it. Remember that the sun always shines for everyone. Begin now, this very moment, as you read these lines filled with wisdom to help you make a change in your life. Look around and be grateful for what you have, for everything is part of divine creation. Divine creation that has been given to

usted sea prosperado en todos los aspectos. Todo lo que usted posee en su vida ha sido creado. Quizás no tenga lujos, pero cada uno es merecedor de lo que posee, porque así lo cree para sí mismo. Ahora tiene un motivo para ver las cosas de otro modo y por lo cual empezará a ser agradecido **"La gratitud es la evidencia de todo lo que nos sostiene".** Sea agradecido por todo y empezara a notar cambios en su vida. **Colosenses 3:15** *"Que gobierne en sus corazones la paz de Cristo, a la cual fueron llamados en un solo cuerpo; y sean agradecidos."*	you in abundance so that you may prosper in every way. Everything you have in your life has been created. You may not have luxuries, but everyone deserves what they have, because that is what they believe for themselves. Now you have a reason to see things differently and for which you will begin to be grateful. **"Gratitude is the evidence of all that sustains us."** Be grateful for everything, and you will begin to notice changes in your life. **Colossians 3:15** *'Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

Página 32 Capítulo 7 **Construya buenos hábitos** "Empezar a hacer pequeños actos nos llevan a grandes logros.	Page 32 Chapter 7 **Build good habits** "Starting with small actions leads to great achievements
Página 33 Las personas siempre solemos hacer lo mismo. Seguimos los patrones que los demás dicen o tenemos la idea de pretender saber siempre lo que hacemos. Un ejemplo simple es como las religiones se encargan de cambiar los pensamientos de las personas. Haciéndoles creer que siendo fieles a lo que ellos dicen serán salvos.	Page 33 People always tend to do the same thing. We follow the patterns that others dictate or we have the idea of pretending to always know what we are doing. A simple example is how religions are responsible for changing people's thoughts. Making them believe that by being faithful to what they say, they will be saved.

Pues así resuelta con los hábitos que usted forma en su diario vivir. Cada día se basa en lo mismo de siempre, siguiendo los mismos patrones. Cómo espera tener una vida abundante dentro de 5 años si hasta hoy no ha funcionado nada de lo que hace o cree correcto. Del mismo modo, vamos haciendo creer a nuestros hijos de los mismos patrones que nos fueron dados. Y de alguna manera estamos tratando de enseñar algo que en la vida nos ha funcionado. Pero nadie se da cuenta de eso, simplemente hacen todos los días una vida monótona, es decir, repetitiva. Cambiar hábitos no es una tarea de la noche a la mañana. Ni tampoco puede engañarse así mismo diciendo: empiezo mañana, o dentro de una semana, o el otro mes. Cambiar hábitos conlleva un estudio de uno mismo y encontrar aquello en lo cual puede ser mejor. Pero no podrá hacerlo si no empieza por las cosas de un modo distinto al que está acostumbrado. Es decir, a lo que siempre ha seguido. Tampoco es algo que sea difícil. Simplemente es darse cuenta de dónde está y hacia dónde quiere ir. Por ejemplo, si desea bajar de peso debe evaluar lo que come y con qué frecuencia. Entonces, sabiendo esto usted empezará a disminuir los alimentos. De este mismo modo, puede hacerlo con la forma de pensar, pero	That's how it works with the habits you form in your daily life. Every day is based on the same old thing, following the same patterns. How can you expect to have an abundant life in five years if nothing you've done or believe is right has worked so far? Similarly, we pass on the same patterns we were given to our children. And in a way, we're trying to teach them something that has worked for us in life. But no one realizes it; they simply live a monotonous, repetitive life every single day. Changing habits isn't an overnight task. Nor can you fool yourself by saying: I'll start tomorrow, or in a week, or next month. Changing habits involves studying yourself and finding areas where you can improve. But you won't be able to do that unless you start doing things differently from how you are used to doing them. In other words, from what you have always done. It's not difficult either. You just have to realize where you are and where you want to go. For example, if you want to lose weight, you need to evaluate what you eat and how often. Then, knowing this, you will start to eat less. You can do the same with your way of thinking, but be careful not to deceive yourself by saying

teniendo en cuenta de no engañarse con decir empiezo tal día y no cumplirlo. Uno de los problemas de la humanidad es que creemos siempre estar en competencia por ser mejor que los demás. Todo lo convertimos en competencia y así con ello la implementación de hábitos destructivos con nosotros mismos y con los demás. No podrá ver la belleza de nuestro alrededor si se niega a ser bondadoso con el prójimo. En el capítulo anterior hablamos de la gratitud, es decir, de lo que significa ser y estar agradecidos. Cuando usted empiece por cambiar un hábito, este le llevará por sí solo a ver las cosas de otro modo y así lo irá implementando en su diario vivir. A veces obviamos de fijarnos en esos pequeños actos, pequeños actos que conllevan a grandes cosas como una vida abundante en todos los aspectos.	you'll start on a certain day and then not following through. One of humanity's problems is that we always believe we are competing to be better than others. We turn everything into a competition, and in doing so, we develop destructive habits towards ourselves and others. You will not be able to see the beauty around us if you refuse to be kind to your neighbor. In the previous chapter, we talked about gratitude, that is, what it means to be and feel grateful. When you start by changing a habit, this will take you see things in another way by itself, and like that you will implement it in your daily life. Sometimes we overlook those small acts, small acts that lead to great things, like an abundant life in all aspects.

Página 34 Hay varios hábitos que nos hacen ser mejores personas cada día. Como, por ejemplo, saludar siempre, dar las gracias, ser generosos y desear siempre lo mejor para los demás. Los hábitos son esa parte fundamental de romper con los paradigmas, ideas o ejemplos que usted sigue y no le funcionan. Una persona con malos hábitos siempre busca la manera de satisfacerse a como de lugar.	Page 34 There are several habits that make us better people every day. For example, always saying hello, saying thank you, being generous, and always wishing the best for others. Habits are a fundamental part of breaking with the paradigms, ideas, or examples that you follow and that don't work for you. A person with bad habits always looks for ways to satisfy themselves at any cost.

Recuerde, si no empieza por cambiar pequeñas cosas ¿cómo podrá obtener grandes resultados? **Efesios 4:22-24** *"Hace falta renovarse espiritualmente; deben ustedes renunciar a su antigua forma de vivir y despojarse de lo que eran, ya que todo eso ha corrompido, por causa de los deseos engañosos. Deben renovarse espiritualmente en su manera de juzgar y revestirse de nueva naturaleza, creada a imagen de Dios y que se distingue por una vida recta y pura, basada en la verdad.* La biblia nos recuerda que debemos cambiar el hábito de hablar de los demás. Cosas tan sencillas como esta es a la que me refiero con pequeños actos. De cómo asumimos nuestro diario vivir, y así vamos moldeando nuestro futuro. Empiece por tener el hábito de perdonarse cada día antes de dormir, y corrija eso que usted sabe le hace mal. Empiece por irse a dormir de manera positiva, tome el hábito de decir estas frases poderosas: gracias, por favor, lo siento, perdóname y te amo. Ya que es la mejor manera de recordarse a uno mismo lo brillante, maravilloso y poderoso que somos. Le recuerdo, empieza por uno y así se irá dando cuenta de la forma errónea que estaba acostumbrado a seguir su patrón de vida. Usted es esencia divina, lo imposible puede ser posible, solo tiene que tener la voluntad de querer hacerlo.	Remember, if you don't start by changing small things, how will you ever achieve great results? **Ephesians 4:22-24** *"You need to be renewed in the spirit of your souls, putting off your old self, which is corrupt through its deceitful desires; and being made new in the minds of your God; and putting on the new self, created to be like God in true righteousness and purity of life."* The Bible reminds us that we must change the habit of talking about others. Simple things like this are what I mean by small acts. It's about how we approach our daily lives and how we shape our future. Start by making it a habit to forgive yourself every day before bed, and correct what you know is harming you. Begin by going to sleep in a positive way, and make it a habit to say these powerful phrases: thank you, please, I'm sorry, forgive me, and I love you. This is the best way to remind yourself how brilliant, wonderful, and powerful you are.

Cosas sencillas como arreglar nuestra cama, limpiar y tener todo ordenado, hacen las cosas tan brillantes. 2 Timoteo 2:21 *"Si dejamos de hacer lo malo y nos olvidamos de las falsas enseñanzas, seremos como esos objetos útiles y muy especiales. Toda vuestra vida le será útil a Dios que es su dueño, y estaremos preparados para hacer toda clase de bien".* Cambiar nuestras formas de pensar conlleva a adquirir nuevas formas de ver las cosas. El pensamiento es la fuente original de toda riqueza, todo éxito, toda ganancia y todos aquellos grandes descubrimientos, ingenios y logros. Haga una autoevaluación de sus valores y se dará cuenta en dónde están sus debilidades. Así podrá ir empezando a cambiar hábitos. Hoy en día las personas están tan ocupadas con el internet que a veces se les olvida hasta tener una buena alimentación. Dedican la mayor parte del día o noche a contaminarse con información negativa. Información que los llena de ansiedad, estrés y toda clase de preocupación, alterando su sistema nervioso. Cambie esos malos hábitos y nutra sus pensamientos con información valiosa Deje de tratar de averiguar la vida de los demás e invierta ese tiempo en usted.	I remind you, start with one and you will realize the wrong way you were used to following your life pattern. You are a divine essence, the impossible can be possible, you just have to have the will to want to do it. Simple things like making our bed, cleaning, and keeping everything tidy make things so bright. 2 Timothy 2:21 *"If we stop doing evil and forget false teachings, we will be like those useful and very special objects. Your whole life will be useful to God who owns it, and you will be prepared to do all kinds of good.* Changing our ways of thinking leads to acquiring new ways of seeing things. Thought is the original source of all wealth, all success, all gain, and all those great discoveries, inventions, and achievements. Take a self- assessment of your values, and you will discover where your weaknesses lie. This will allow you to begin changing your habits. Nowadays, people are so busy with the internet that they sometimes forget to eat well. They spend most of their day and night exposing themselves to negative information. Information that fills them with anxiety, stress, and all sorts of worries, disrupting their nervous system. Change those bad habits and nourish your thoughts

	with valuable information. Stop trying to find out about other people's lives and invest that time in yourself.

Página 35 Dios les recuerda que el que sabe mucho de los demás desconoce su potencial. Tenga como primer hábito de aquí en adelante de poner a Dios primero en todo lo que haga. Ya que, de esa manera, empezará a gozar de las maravillas que él tiene preparado para usted.  	Page 35 God reminds them that he who knows a lot about others is unaware of his own potential. Make it your first habit from now on to put God first in everything you do. Because in that way, you'll begin to enjoy the wonders he has prepared for you. 

Página 36 Capítulo 8 **Cambiando nuestra imagen** "Todo empieza en nuestra manera de ver las cosas, obtener logros cambiando nuestros pensamientos."	Page 36 Chapter 8 **Changing our image** "Everything begins with how we see things, achieving success by changing our thoughts.

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Ahora que tenemos un poco más de conocimiento sobre las abundancias que nuestro Padre tiene para nosotros cada día, es necesario que de aquí en adelante arreglemos nuestra forma de pensar y ver las cosas.

La Biblia fue escrita para que el ser humano conociera de las leyes de Dios y todas esas promesas de abundancia que él siempre quiso para sus hijos, muchas de estas promesas están escritas en parábolas para que fuesen mejor comprendidas por el ser humano. Aunque falten y se hallan ocultos versículos importantes de la Biblia siempre se va a conocer o develar lo que Dios quiere que cada hijo sepa para que viva en abundancia. Y así no cometa los errores de aquellas personas en los inicios del mundo.

Se dice que la Biblia es un libro de negocios porque se habla más de dinero que de fe y de oración. Toda persona que estuvo liderando el pueblo de Israel antes de Jesús fue rico y próspero. Nadie fue mendigo, ni necesitado, ya que todos tenían bienes en abundancia. Así siempre desde los inicios de la tierra y le recuerdo que así desea Dios que vivan sus hijos.

Josué 1:8-9

"Que el libro de esta ley nunca se aparte de ti; medítalo día y noche para obrar fielmente en todo lo que está escrito en él. Así harás prosperar tus empresas y tendrás éxito ¿acaso no soy quien te ordeno que

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Now that we have a little more knowledge about the abundance that our father has for us every day, it's necessary that from now on we fix our way of thinking and seeing things.

The Bible was written so that humanity Could know God's laws and all the promises of abundance that he always wanted for his children. Many of these promises are written in parables so that they could be better understood. Even though important verses of the bible are missing or hidden, what God wants each child to know so they can live in abundance will always be revealed. And thus, they will not repeat the mistakes of those people at the beginning of time. The Bible is often called a business book because it talks more about money than faith and prayer. Every leader of Israel before Jesus was rich and prosperous. No one was a beggar or in need, as everybody had abundant possessions. This has always been the case since the beginning of time, and I remind you that this is how God desires his children to live.

Joshua 1:8-9

"Let the book of this law never depart from you; meditate on it day and night so that you may act faithfully in all that is written in it. Then you will make your way prosperous, and you will have success. Am

seas fuerte y valiente? No temas, ni te acobardes, porque el señor tu Dios estará contigo donde quieras que vayas". Son innumerables las parábolas escritas en la Biblia sobre la prosperidad del hombre en la tierra, en donde Dios quiere que sea abundante. Pero también hay órdenes para seguir y ser prosperado. La mayoría de las personas obviamos estas enseñanzas y se nos hace más fácil y rápido para tratar de crear éxitos. De esa forma, nos equivocamos y elegimos hacer lo contrario para alcanzar las cosas. Ninguna fortuna formada en base de dañar a otros es duradera. Por eso se nos ordena a ser correctos en todo lo que hagamos. Si usted ha llegado hasta aquí es porque quiere formar nuevos hábitos y nuevas maneras de hacer las cosas. Nuevos pensamientos, actitudes y aptitudes, las cuales desarrollamos cada día con el fin de ir formando ese camino hacia donde queremos ir. No es fácil, pero tampoco imposible. La vida siempre nos pone en posiciones incómodas para que saquemos nuestra fuerza interior y venzamos esos obstáculos. Todas las personas tenemos grandes inconvenientes cada día, pero el detalle está en cómo afrontamos estos inconvenientes. Muchos se hunden, mientras que otros sacan beneficios y así vamos actuando.	*I not the one who commands you to be strong and courageous? Do not fear, nor be dismayed, for the lord your God will be with you wherever you go."* There are countless parables written in the Bible about man's prosperity on Earth, in which God wants you to be abundant. But there are also commands to follow in order to prosper. Most people ignore these teachings and find it easier and faster to create success. In that way, we make mistakes, and we choose to do the opposite in order to achieve things. No fortune built on harming others is lasting. That is why we are commanded to be righteous in everything we do. If you have made it this far, it's because you want to create new habits and new ways of doing things. New thoughts, attitudes, and skills, which we develop every day, in order to forge that path toward where we want to go. It's not easy, but it's not impossible either. Life always puts us in uncomfortable positions so that we can draw on our inner strength and overcome those obstacles. We all face significant challenges every day, but the key lies in how we deal with them. Many are overwhelmed, while others turn them to their advantage, and that's how we act. **"It's not what happens, but what we do".** And that's where the difference lies,

“No es lo que suceda, sino lo que hacemos”. Y ahí es donde está la diferencia del porqué hay unos, más prósperos que otros.	explaining why some are more prosperous than others.

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Todos tenemos las mismas 24 horas de un día, pero lo que nos diferencia es la manera en el uso que le damos a las mismas. No podemos pensar en ser prósperos si estamos estancados a esperar que las cosas nos caigan del cielo. Tenemos que luchar e intentarlo de todas las maneras posibles. Busque o empiece por algo que le guste. O algo para lo que usted crea que tiene talento. Puede ser cualquier cosa, pero usted quizás lo haga mejor y diferente a alguien de su competencia. No escuche las críticas de los demás, las personas solo quieren que usted esté por debajo del nivel en que ellos están. **"Opinar, juzgar y condenar es el trabajo más fácil y cualquiera lo hace".** Siempre encontrará a esas personas que no hacen nada, pero que sugieren cómo hacerlo. En la medida que usted crea, piensa y actúe lo hará posible. Sé que al inicio es un poco complicado porque estamos acostumbrado a seguir un patrón que muchas veces nos hace sentir cómodos, pero si queremos cosas buenas y nuevas en nuestras vidas debemos dar el gran paso, y dejar de limitarnos. Hoy día estamos saliendo de una de las pandemias más terribles, y quizá nunca se acabará el covid, pero tenemos que adaptarnos y sacar nuestra mejor versión. Cambiar nuestra forma de ver las cosas, dejar el temor y avanzar; el temor a veces nos estanca, nos pausa, pero si no aprendemos a enfrentarlo	We all have the same 24 hours in a day, but what differentiates us is the way we use them. We can't expect to prosper if we're stuck waiting for things to fall into our laps. We have to fight and try every way we can. Find or start with something you enjoy. Or something you believe you have talent for. It can be anything, but you might do it better and differently than someone in your competition. Don't listen to other people's criticism; they just want you to fall below their level. **"Giving opinions, judging, and to condemning is the easiest job, and anyone can do it."** You will always find those people who do nothing, but suggest how to do it. To the extent that you believe, think, and act, you'll make it possible. I know that at first it is a little complicated because we are used to following a pattern that often makes us feel comfortable, but if we want good and new things in our lives, we must take the big step and stop limiting ourselves. Today, we're emerging from one of the most terrible pandemics, and perhaps COVID will never truly end, but we must adapt and bring out the best in ourselves. We need to change our perspective, let go of fear and move forward. Fear sometimes paralyzes us, holds us back, but if we don't learn to confront it, we will spend all our time trying to hide, and we will miss out on the potential we have to develop. Most COVID deaths have been due to obesity and others to anxiety. It's predicted that the next pandemic will be caused by obesity, and all these types of illnesses, but you don't see people wanting to change their eating habits.

viviremos todo el tiempo tratando de ocultarnos, y nos perderemos esa parte del potencial que tenemos para desarrollar. La mayoría de las muertes de covid ha sido por la obesidad y otras por la ansiedad. Se pronostica que la próxima pandemia es por causa de la obesidad, y todo este tipo de enfermedades; pero usted no ve a las personas querer cambiar sus hábitos alimenticios. Las personas prefieren hacer lo que los demás dicen, antes de tomar sus propias decisiones. Y muchas veces son las mismas personas quienes esquivan eso de tener que enfrentar las consecuencias, ya que piensan que es mejor ser el último de la fila a ir de primero. **"Donde hay queja, dolor y sufrimiento ahí están las oportunidades".** Siempre queremos saber cómo le va a los demás. Estamos tan limitados por nuestras creencias que a veces nos cuesta levantar la mano para pedir algo o expresarnos. Vivimos con tanta timidez de explorar otras cosas. Cuando era niño, era tanta mi falta de autoestima que me costaba pararme al frente de los demás a leer algún texto. Mis hermanos siempre fueron sobresalientes en clases con sus notas, pero yo temía que ser burlado al pasarme al frente. El cual fue un paradigma que me costó vencerlo hasta	People prefer to do what others say, rather than make their own decisions. And often, it is the same people who avoid facing the consequences, thinking it's better to be the last in line than first. **"Where there is complaint, pain, and suffering, there are opportunities.** We always want to know how others are doing. We're so limited by our beliefs that sometimes we find it difficult to raise our hand to ask something or express ourselves. We live with such timidity when it comes to exploring other things. When I was a child, I had such low self-esteem that I found it difficult to stand in front of others to read a text. My siblings always excelled in class with their grades, but I was afraid of being mocked when I stood up in front of the class. This was a paradigm that I struggled to overcome until I was 35 years old, at which I began to make a change in my life.

los 35 años, edad en la que empecé a hacer un cambio en mi vida. Página 39 Cosas como estas nos limitan tanto que a veces nos hacen sentir cómodos con ser víctimas y vivir en escasez. Las escuelas nunca enseñan las cualidades y el potencial que podemos desarrollar. Nadie nos motiva y el mundo en general nos enseña cosas que a nadie le funciona. Por otro lado, las religiones limitan a las personas, y una persona con carencia jamás estará bendecida, ni se sentirá feliz con la vida que lleva. Sembremos esa buena semilla de la abundancia y seamos persistentes. Y si algo no resulta, pues intentemos con otra cosa, pero que sea una a la vez. Recuerda que, si sembramos buenas acciones, eso tendremos. Y si decidimos sembrar lo contrario entonces no nos quejemos. Una buena semilla crecerá y dará frutos, aun si le rodea la mala semilla. He aquí la parábola del sembrador de la buena semilla de Jesús. **"Aquel jornalero que decidió sembrar la buena semilla, pero en la noche cuando todos dormían vino su enemigo y sembró la mala semilla. Ambas nacieron y crecieron. Eran tan idénticas que se le dejó crecer juntas. Una dará frutos, pero la otra será distinta, por lo cual se le arrancará y quemará."**	Page 39 Things like this limit us so much that we sometimes become comfortable with being victims and living in scarcity. Schools never teach the qualities and the potential that we could develop. No one motivates us, and the world in general teaches us things that don't work for anyone. On the other hand, religions limit people, and a person with lack will never be blessed, nor will they feel happy with the life they lead. Let's sow that good seed of abundance and be persistent. And if something doesn't work out, then let's try something else, but one thing at a time. Remember that if we sow good deeds, that's what we will reap. And if we choose to sow the opposite, then let's not complain. A good seed will grow and bear fruit, even if surrounded by bad seeds. Here is the parable of the sower of the good seed of Jesus. **"There was a farmer who decided to sow the good seed, but at night, while everyone was sleeping, his enemy came and sowed bad**

Así deberíamos aplicarlo a nuestras vidas. No mezclar, ni escuchar la cizaña de los demás. Ya que a medida que usted vaya formando nuevas formas de pensar. Así también irá actuando su entorno.	seed. Both sprouted and grew. They were so identical that they were left to grow together. One will bear fruit, but the other will be different; so, it will be pulled up and burned." This is how we should apply it to our lives. Don't mix things up, and don't listen to the negativity of others. Because as you develop new ways of thinking, so too will those around you begin to act accordingly.
Es más fácil dejarnos llevar por lo que dicen los demás. Puedes hacer noventa y nueve cosas buenas, pero si haces una mala tendrás que lidiar con tu conciencia, quizá por muchos años. Del mismo modo sucede con las personas que están a tu alrededor; podrás escuchar comentarios positivos, pero tan solo escuches uno negativo, tendrás que lidiar con eso y no servirán los buenos. Porque para el ser humano es más fácil lo negativo, que centrarse y concentrar sus energías en aquello que le incomoda o le aqueja. Levántese, cambie su mentalidad y haga que las cosas prosperen para bien. Todo lo que sucede en nuestras vidas es para bien y eso es lo que Dios quiere para usted. Me hubiese gustado que alguien me hubiera dicho estas palabras o brindado algún consejo como estos. Mi vida ha sido muy miserable, me condenaba con mis propias acciones y actitudes. Creía que todo lo que me sucedía y de lo cual me quejaba era mi destino por causa de mi forma de vivir. Fui una persona limitada por mi capacidad mental en todos los aspectos.	It's easier to let ourselves be swayed by what others say. You can do ninety-nine good things, but if you do one bad thing, you will have to deal with your conscience, perhaps for many years. The same way goes for the people around you; you might hear positive comments, but as soon as you hear one negative one, you will have to deal with that, and the good ones won't help. Because for human beings, negative is easier than focusing and concentrating their energy on what bothers and troubles them. Get up, change your mindset, and make things work out for the best. Everything that happens in our lives is for the best, and that is what God wants for you. I wish someone had said these words or given me advice like this. My life has been very miserable; I condemned myself with my own actions and attitudes. I believed that everything that happened to me, and that I complained about was my destiny because of the way I lived.

Siempre creí que hacía lo correcto porque se me había enseñado a seguir esos patrones. No culpo a mis padres de eso porque ellos quizás tuvieron esas mismas limitaciones de niños.	I was limited by my mental capacity in every way. I always believed that I was doing the right thing because I had been taught to follow those patterns. I don't blame my parents for that because they may have had those same limitations as children.

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Ser pobre no da beneficios más que quejarse. Uno de mis peores errores fue que creía estar pobre porque estaba más cerca de Dios y así lo creí hasta los 34 años. Fue una vida muy miserable que no le deseo a nadie, pero lo peor vino a mí cuando tuve que separarme de mi esposa e hijos y salir de casa. Pasé como dos años en la calle porque no tenía a donde ir, ni tampoco quería molestar a mis familiares. Hasta que un día exclamé el universo al universo por una señal. Recuerdo que fui a casa de una hermana a asearme. Me metí al baño y vi a este tipo en el espejo que no estaba satisfecho consigo mismo. Luego cayó lo del covid para completar. Entonces fui a una farmacia por alcohol para las manos y nunca me había interesado por leer algo en donde hubiera dolor y sufrimiento. Dentro de esta farmacia tenían un pasillo de libros. Entonces, caminando desorientado, me quedé viendo un solo libro entre muchos que había con diferentes títulos. Lo tomé y noté que estaba sellado… y no pude comprarlo en ese momento. Cuando llegué a casa de mi hermana para refugiarme de la cuarentena, pensé en aquel libro. Comencé a investigar hasta que pude descargarlo en el celular. Vaya que me fue un	Being poor brings no benefit other than complaining. One of my worst mistakes was believing that I was poor because I was closer to God, and I believed that until I was 34. It was a very miserable life that I wouldn't wish on anyone, but the worst came when I had to leave my wife and children and leave my house. I spent about two years in the street because I had nowhere to go nor did I want to bother my relatives. Until one day I cried out to the universe for a sign. I remember going to a sister's house to shower. I went into the bathroom and saw this guy in the mirror who wasn't happy with himself. Then COVID hit to top it all off. So, I went to a pharmacy for hand sanitizer, and I have never been interested in reading anything about pain and suffering. Inside this pharmacy, they had a book aisle. So, walking around disoriented, I stopped to look at a single book among many with different titles. I picked it up and noticed it was sealed… and I couldn't buy it at that moment. When I arrived at my sister's house to take refuge from the quarantine, I thought about that book. I started researching it until I was able to download it to my phone. It was quite a new awakening for me, as I began by creating new habits, and one led to another.

nuevo despertar, ya que empecé por crear nuevos hábitos, y así uno me llevó a otro. Me ha tomado tiempo y años, pero hoy estoy agradecido de todo lo que me sucedió, y aún siguen pasando cosas extrañas que a veces me hacen querer pensar como antes, pero ahora tengo otra mentalidad y lo corrijo de inmediato, es decir, no acepto esos pensamientos negativos. Así es nuestro diario vivir, todo el mundo tiene circunstancias, pero solo depende de cómo actuemos ante ellas. Dios da para todos los mismos beneficios porque es uno con todos. Pero solo depende de cada persona, si decide que debe cambiar y no acostumbrarse a vivir la vida que lleva. Es necesario a veces pasar por momentos difíciles, todo el mundo los tiene, pero a veces creemos que se han terminado. Pero viene la vida y nos vuelve a colocar ahí abajo contra el piso, otra vez, y es ahí donde hay que sacar fuerzas para levantarse y salir adelante. Hay personas que se quedan ahí abajo, se acostumbran y hacen del sufrimiento y del dolor parte de su vida. El dolor es necesario en nuestras vidas porque es un gran maestro, pero sería mejor si aprendemos y no esperamos pasar por él. Entonces, ¿por qué sufrir cuando debemos gozarnos en sabiduría y	It has taken me time and years, but today I'm grateful for everything that happened to me, and strange things still happen that sometimes make me want to think like before, but now I have a different mindset, and I correct it immediately; that is, I don't accept those negative thoughts. This is how our daily lives are; everyone has circumstances, but it all depends on how we act in response to them. God gives everyone the same blessing because he is one with all. But it's up to each person whether they decide to change and not become accustomed to the life they're living. Sometimes it's necessary to go through difficult times; everyone has them, but sometimes we think they're over. Then life comes along and knocks us down again, and that's when we have to find the strength to get back up and move forward. Some people stay down there; get used to it, and make suffering and pain part of their lives. Pain is necessary in our lives because it is a great teacher, but it would be better if we learned from it and didn't wait to experience it. So, why suffer when we should be rejoicing in wisdom and harmony with ourselves? If only we would build the life we deserve, by having great thoughts or being positive, I believe everything would be different. Be mindful of how you speak to the person who is always with you, that

armonía con uno mismo? Si tan solo construiríamos la vida que merecemos, teniendo pensamientos de grandeza o siendo positivos, creo que todo sería distinto. Tenga cuidado de la forma en que le habla a la persona que siempre está con usted, a esa persona que ve en el espejo como su yo interior. Por ende, aprenda y reconozca que usted es un ser divino lleno de todas las bondades y facultades que nuestro Padre le dejó como persona. Un ser con capacidad de pensar, elegir, actuar y tomar decisiones de crear lo que desea. Pero debe aprender a liderarse a sí mismo, a tener el control sobre usted. Es un poco complicado poder controlarnos para hacer lo contrario, pero debemos empezar por ahí, y una vez logrado, será más fácil adquirir disciplina. Página 41 Si no logramos formar una disciplina quizás no tengamos éxito. Incluso así hagamos cosas positivas, por ende, aprenda, investigue y lea. Comience a adquirir conocimientos y deje esa mentalidad de pobre, esa mentalidad de creer que todo lo sabe. Aproveche que hoy en día adquirir conocimientos es gratis. Hay muchas formas de aprender. Está el internet, videos, clases que usted puede adquirir virtualmente.	person you see in the mirror as your inner self. Therefore, learn and recognize that you are a divine being filled with all the goodness and abilities that our father has bestowed upon you as a person. A being with the capacity to think, choose, act, and make decisions to create what you desire. But you must learn to lead yourself, to be in control of yourself. It's a bit complicated to control ourselves to do the opposite, but we must start there, and once we achieve that, it will be easier to acquire discipline. Page 41 If we don't manage to form a discipline, perhaps we may not succeed. Even if we do positive things, so learn, research, and read. Start acquiring knowledge and leave that poverty mindset. That mindset of believing you know everything. Take advantage of the fact that acquiring knowledge is free these days. There are many ways to learn. There's the internet, videos, and classes you can take online. Invest in things that bring you more knowledge. Educate yourself, unleash your full intellect, and develop yourself as a human being (bring it out from within).

Invierta en cosas que le traiga más conocimientos. Edúquese, saque todo su intelecto y desarróllese como ser humano (sáquelo desde adentro). Es hora de empezar… • Agradece todo lo que tienes. • Sea positivo. • Perdónese y perdone a los demás. • Invierte en ti mismo. • Confía en tus instintos. • Lidera con un corazón abierto. • Construya relaciones significativas. • Haz cosas que te traiga alegrías. • Se bondadoso con los demás. Ámese primero, perdónese, entierre su pasado y haga las paces con su yo interior. No permita ni siga diciendo cosas feas frente al espejo. Usted es otra persona, una renovada, llena de luz y sabiduría divina. De ahora en adelante usted es luz en la oscuridad. Recuerde que la felicidad y la paz interior solo depende de usted. Vivir feliz es estar en armonía con uno mismo. La felicidad no depende de lo material o de otras personas. La felicidad es una decisión que usted debe tomar, ya que nadie podrá hacerlo por usted. Las personas sufren cuando dependen de los demás o no son complacidos como ellos creen. Usted no debe de vivir engañado tratando de agradar a otros.	It's time to start… • Be grateful for everything you have. • Be positive. • Forgive yourself and others. • Invest in yourself. • Trust your instincts. • Lead with an open heart. • Build meaningful relationships. • Do things that bring you joy. • Be kind to others. Love yourself first, forgive yourself, bury your past, and make peace with your inner self. Don't allow or continue saying hurtful things to yourself in front of the mirror. You are a different person, a renewed one, full of light and divine wisdom. From now on, you are light in the darkness. Remember that happiness and inner peace depend only on you. To live happily is to be in harmony with yourself.

Agradezca usted y hágalo para tener gozo en la misericordia de Dios. Las personas sufren porque confunden la felicidad y la abundancia con las cosas materiales. La felicidad no es poseer grandes cantidades de bienes o dinero. La felicidad es estar agradecido con usted, con lo que le rodea. Por ejemplo, nunca podrá ser feliz aun teniendo toda la riqueza si no ve las pequeñas cosas que conforman su diario vivir. Las personas confunden el significado de las cosas. La mayoría de las personas se condenan a sí mismas debido a logros materiales (riquezas), las cuales pertenecen al diablo. Piensan y creen que el dinero es el causante de todos los males. Lo cual es erróneo, ya que, si bien la Biblia dice que no se debe amar a dos señores o servirles, se refiere a que usted no debe darle más significado del que tiene. Hay personas que no necesitan tener dinero para ser lo contrario, lo que usted tiene en su interior lo será con dinero o aun estando en pobreza.	Happiness doesn't depend on material things or other people. Happiness is a decision that you must make because no one can do it for you. People suffer when they depend on others, or aren't pleased as they expected. You should not live a life of delusion, trying to please others. Be grateful and do so to find joy in God's mercy. People suffer because they confuse happiness and abundance with material things. Happiness is not about possessing a large amount of goods or money. Happiness is to be grateful for yourself and what surrounds you. For example, you can never be happy even with all the wealth in the world if you don't notice the little things that make up your daily life. People misunderstood the meaning of things. Most people condemn themselves because of their material possessions (wealth), which belong to the devil. They think and believe that money is the root of all evil. This is wrong, because while the Bible says not to love two masters or serve two. It means you shouldn't attach more significance to it than it deserves. There are people who don't need money to be the opposite; What you have inside will be there with money or even in poverty.

Página 42 Dios es el dueño de todas las cosas sobre la tierra, oro y plata. Por ende, usted es una parte de él, usted no puede vivir tratando de sobrevivir o siendo mendigo. **Cambie sus pensamientos y la forma de ver las cosas "renuévese".** **Colosense 3:10** *"Revestido del nuevo hombre, que va renovando día a día a la imagen de su creador.*  	Page 42 God owns all the things on earth, gold, and silver. Therefore, you are a part of him. You cannot live merely trying to survive or as a beggar. **Change your thoughts and the way you see things, "renew yourself."** **Colossians 3:10** *"Clothed in the new man, who is renewing day by day the image of this creator."* 

Página 43 Capítulo 9 **Rodéate de grandeza** "Deje de etiquetar su vida con palabras falsas de lo que usted no es y empiece a manifestar lo que merece"	Page 43 Chapter 9 **Surround yourself with greatness** "Stop labeling your life with false words about what you aren't and start manifesting what you desire

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Rodéese de grandeza, no ponga límites a sus sueños y tenga la certeza de que cada día es un triunfo para seguir avanzando. La mejor evidencia de eso es darse cuenta de que aún respira y está vivo.

Limitamos nuestros sueños por vencernos al primer obstáculo que se nos atraviesa y decidimos que es mejor buscar una estabilidad.

Dios siempre nos ha querido enseñar a cómo vivir en el gozo de su éxito, Jesús lo dijo con la semilla de mostaza.

Todo éxito requiere de trabajo y esfuerzo. Nada que sea duradero se logra fácil y así es como Dios trabaja en vosotros.

Esforzarnos requiere levantarse con la fe absoluta de que somos vencedores con Dios y que no hay obstáculo que no podamos vencer. Asimismo, que tenemos las herramientas y la sabiduría de nuestro Padre para vencer cualquier piedra que se nos interponga. Así desea Dios que vivamos.

Quejarse solo traerá más infortunio a nuestras vidas. Deje de limitarse, de poner excusas y empiece avanzar. Deje de utilizar etiquetas día a día que solo hacen alejarlo más de lo que usted desea y de lo que no es. Las personas ponen

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Surround yourself with greatness; do not limit your dreams, and be certain that every day is a victory, a chance to keep moving forward. The best proof of that is realizing that you're still breathing and alive.

We limit our dreams by overcoming the first obstacle that comes our way, and decide that it is better to seek stability.

God has always wanted to teach us how to live in the joy of His success. Jesus said it with the mustard seed.

All success requires work and effort. Nothing that lasts is achieved easily, and that is how God works in you.

Striving requires getting up with absolute faith that we're victorious with God, and that there is no obstacle that we cannot overcome. Likewise, we must believe that we have the tools and the wisdom of our father to overcome any stone that stands in our way. This is how God wants us to live.

Complaining will only bring more misfortune to our lives. Stop limiting

títulos y etiquetas a sus vidas como: no soy capaz, no puedo, no soy inteligente, no es lo mío, estoy cansado, me siento mal, me utilizaron, etc. Cambie esas etiquetas por cosas positivas que lo llenen de entusiasmo, de armonía. Siéntase vivo y vea cómo es la esencia de lo divino, ya que usted es una parte muy importante de Dios. La Biblia nos invita a ser como Jesús, esto significa que usted debe estar preparado para cualquier situación en su vida, ya que va encontrar todo tipo de persona en su andar. Pero usted tiene que empezar a hacer la diferencia, mostrando una actitud distinta a los demás. Una actitud llena de fe y de gratitud, y que esa es la grandeza que debe practicar. No les dé vida a sus temores, ni a sus pensamientos negativos. Deseche toda cosa que le haga sentir carencia. Si usted está con Dios no debe sentir temor, ni debe tener preocupación. Renueve sus pensamientos, las cosas antiguas de su pasado no las atraiga a su presente. Cante cosas nuevas que lo lleven hacia adelante. Finalmente, recuerde cada día lo grande que es. Isaías 42:9 *"He aquí que las cosas anteriores se han cumplido, yo anuncio cosas nuevas, antes que salgan a la luz, yo os las haré notorias".* Dios solo quiere cosas nuevas en su vida, solo depende de usted permitirle la entrada. Abra esos brazos para recibirlas y no desvíe su atención en cosas del pasado.	yourself, stop making excuses, and start moving forward. Stop using labels every day, that only distance you further from what you want and from what you are not. People put labels on their lives, like: I'm not capable, I can't, I'm not smart, it's not my thing, I'm tired, I feel bad, I was used, etc. Replace those labels with positive things that fill you with enthusiasm and harmony. Feel alive and see the essence of the divine, for you are a very important part of God. The Bible invites us to be like Jesus. This means you must be prepared for any situation in your life, since you will encounter all kinds of people along your path. But you have to start making a difference by showing an attitude that sets you apart from others. An attitude filled with faith and gratitude. That is the greatness you must practice. Don't give life to your fears or negative thoughts. Discard anything that makes you feel lacking. If you are with God, you should feel neither fear nor worry. Renew your thoughts, don't let the old things of your past into your present. Sing new things that will move you forward. Finally, remember each day how great you are.

	Isaiah 42:9 *"See, the former things have to come to pass, and new things I now declare; before they spring forth, I make them known to you."* God only wants new things in your life; it's up to you to let them in. Open your arms to receive them, and don't let your attention be distracted by things from the past.

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Rodéate de grandeza, usted es merecedor de muchas cosas hermosas si las cree posible. Pero debe dejarlas fluir, no puede etiquetarse diciendo lo que no es.	Surround yourself with greatness; you deserve many beautiful things if you believe they are possible. But you must let them flow; you can't label yourself by saying what you are not.
"Hágase un favor, si no tiene nada positivo que decir o comentar; es mejor que guarde silencio".	**Do yourself a favor: if you don't have anything positive to say or comment on, it is better to keep quiet.**
Nunca nadie tiene una edad o fecha para empezar de nuevo. Rodéate de personas positivas que contribuyan a tu crecimiento. Asimismo, empiece a limitar y eliminar lo negativo. Sienta satisfacción por lo que hace y agradezca a los demás por estar en su vida.	No one is ever too old or has a set date to start over. Surround yourself with positive people who contribute to your growth. Also, start limiting and eliminating negativity. Find satisfaction in what you do and be grateful to others for being in your life.
Dios nos recomienda invertir en siete cosas que podamos. No sea conformista, busque siempre la manera de tener otros ingresos. Ahora no quiere decir que le da la libertad de hacer lo que quiera, ni comprar lotería para ganar y ser exitoso, así no es. En este mundo moderno siempre hay diferentes opciones, solo hay que atravesar y dar ese primer paso.	God recommends we invest in seven things we can. Don't be complacent; always look for ways to generate additional income. Now this doesn't mean he gives the freedom to do whatever you want or buy a lottery ticket to win, or be successful – It's not like that. In this modern world, there are always different options; you just have to take the first step.
Proverbios 16:3	Proverbs 16:3
"Encomienda tus obras al señor tu Dios y serás prosperado."	*"Commit your work to the Lord your God, and you will prosper."*
Recuerda que un sueño roto sirve para construir otro más grande. Por ejemplo, sea como la parábola de Jesús de los	Remember that a broken dream can be used to build a greater one. For example, be like Jesus in the parable of the gifts or coins, where God granted

dones o monedas, en donde Dios les concedió la gracia a sus sirvientes, y así como recibieron y pensaron en abundancia, así debe ser usted. Por el contrario, no sea como el pobre mendigo que por miedo la escondió y no obtuvo nada. Así que usted rodéese de grandeza. Piense y sueñe en grande, y ponga a trabajar sus habilidades. Es decir, no corra, ni haga lo que los demás le dicen. Tampoco le tome importancia a lo que comenten acerca de usted. Tome el consejo, evalúe y anote lo que debe mejorar. Tampoco sienta envidia por los demás, por el contrario, bendiga y dé gracias por los cambios o bendiciones que ve en los ellos. Por último, desee siempre el bien al prójimo. **Jeremías 29:11** *"Yo conozco muy bien los planes que tengo sobre ustedes, son planes de prosperidad y no de desgracias, para asegurarle un porvenir y esperanza".* **Filipenses 4:19** *"Dios colmará con magnificencia todas las necesidades de ustedes conforme a su riqueza en Cristo Jesús.* **Efesios 3:20**	grace to his servants, and just as they received and thought about abundantly, so you should be. On the contrary, don't be like the poor beggar who hid his gift out of fear and received nothing. So, surround yourself with greatness. Think and dream big, and put your skills to work. That is, don't rush, and don't do what others tell you. Don't pay attention to what people say about you. Take the advice, evaluate it, and note what you must improve. Don't feel envy towards others; on the contrary, bless and give thanks for the changes or blessings you see in them. Finally, always wish good for your neighbor. **Jeremiah 29:11** *"For I know the plans I have for you", declares the lord, "Plans to prosper you and not to harm you, plans to give you hope and a future.* **Philippians 4:19** *"God will meet all your needs according to his riches in glory in Christ Jesus.* **Ephesians 3:20** *"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.*

"A aquel que es capaz de hacer infinitamente más de lo que podemos pedir o pensar, por el poder que obra en nosotros. Proverbios 13:14 *"El perezoso codicia y su deseo es vano, pero el deseo de los laboriosos será colmado."*	Proverbs 13:14 *"The sluggard craves and his desires are worthless, but the desires of the diligent will be fulfilled.*

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Deuteronomio 15:10	**Deuteronomy 15:10**
"Cuando des algo, hazlo de buena manera; así el señor te va a bendecir en todas tus obras y hará crecer las empresas que realices.	*"When you give something, do it in a good way; then the lord will bless you in all your work and make your enterprises prosperous".*
Efesios 6:13	**Ephesians 6:13**
"Por lo tanto, tomen la armadura de Dios, para que puedan resistir en el mal día y mantente firme después de haber superado todos los obstáculos.	*"Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything to stand firm.*
Procure siempre tener pensamientos de grandeza y así podrá ser merecedor de todo lo que usted desea en su vida. Solo es una minúscula parte de todo lo que tiene la Biblia escrita para nosotros y la manera en que Dios quiere que vivan sus hijos.	Always strive to think big, and in this way, you will be worthy of everything you desire in your life. This is just a tiny part of all that the bible has written for us, and how God wants his children to live.
"Yo soy la luz que está por encima de todos, el universo ha surgido de mí y hacia mí se extiende todo. Parte un trozo de madera y ahí estaré, levanta una piedra y me encontrareis ahí."	**"I'm the light that is above all; the universe has emerged from me, and everything extends toward me. Split a piece of wood, and I'll be there; lift a stone, and you will find me there.**
"Cuando os conocéis a vosotros mismos, entonces seréis conocidos y os daréis cuenta de que sois los hijos del padre vivo. Pero si no lo conocéis a vosotros mismos, habitarais en la pobreza y seréis vosotros esa pobreza."	**"When you know yourselves, then you will be known, and you will realize that you are the children of the living father. But if you don't know yourselves, you will dwell in poverty, and you will be that poverty.**
Recuerde que Dios solo quiere lo mejor para usted. Es decir que viva en	

abundancia sobre su tierra, paz, alegrías, armonía, salud y todo el deseo cumplido de su corazón. Crease y sienta ser merecedor de todo lo bueno sobre sus días en la tierra y disfrute del éxito de Dios para usted. Éxitos y feliz viaje…	Remember that God only wants the best for you. That means, you live in abundance on this earth, peace, joy, harmony, health, and all the desires of your heart fulfilled. Believe in yourself and feel worthy of all the good things in your life on earth, and enjoy God's blessing. Good luck and have a happy trip…

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Yo soy abundancia

La abundancia de estar vivo, la abundancia de agradecer todo lo que tiene y todo lo que está a su alrededor. La abundancia de paz, amor, salud, prosperidad y la abundancia del éxito de Dios. La abundancia de compartir, de ayudar al prójimo y de querer hacer algo por los demás sin que te lo pidan. La abundancia de estar presente aquí y ahora. Usted es abundancia en todo, es un ser de luz hecho a imagen y semejanza de Dios, ya que posee el ADN perfecto de la realeza…

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I am abundance

The abundance of being alive, the abundance of gratitude for all that you have and all that surrounds you. The abundance of peace, love, health, prosperity, and the abundance of God's blessing. The abundance of sharing, of helping the neighbor, and of wanting to do something for others without being asked. The abundance of being present here and now. You are abundance in everything, you are being of light made in the image and likeness of God, for you possess the perfect DNA of royalty.

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Deseo

¿Deseo que el mundo fuera mejor? Déjame decirte qué hacer… Vigila tus acciones, mantente siempre en rectitud y verdad. Libera tu mente de motivos egoístas. Deja que tus pensamientos sean limpios y superiores. ¿Deseo que el mundo sea más sabio? Acumula sabiduría en tu corazón. Vive para aprender y aprende a vivir. Obtén primero y después das, ya que no puedes dar lo que no tienes. ¿Deseo un mundo feliz? Recuerda día a día esparcir la semilla de la gentileza mientras vas avanzando por la vida.

Autor: Desconocido.

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Desire

Do I wish for a better world? Let me tell you what to do… watch your actions, always remain upright and truthful. Free your mind from selfish motives. Let your thoughts be pure and noble. Do I wish for a wiser world? Accumulate wisdom in your heart. Live to learn and learn how to live. Receive first and then give, for you cannot give what you don't have. Do I wish for a happy world? Remember to sow the seed of kindness every day as you go through life.

Author: Unknown

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Conclusión

Este libro es una pequeña contribución querido amigo lector, sobre los innumerables textos de abundancia que Dios siempre quiso y querrá para sus hijos. Se dice que más de 2300 versículos referentes al dinero y a la abundancia aún más que oración y fe. Concluyo estos pequeños relatos que fueron dejados para que el ser humano analice y medite sobre las grandezas de nuestro Dios. Espero que hayas comprendido o encontrado respuestas a ciertas dudas que has tenido. Al concluir solo deseo para ti lo mejor y que encuentres reencontrarte contigo mismo y que sepas quién eres. Ese ser divino hecho a imagen de Dios dotado de toda grandeza… la esencia de lo divino.

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Conclusion

This book is a small contribution, dear reader, to the countless texts about abundance that God has always desired and will continue to desire for his children. It says that there are more than 2300 verses concerning money and abundance, even more than prayer and faith. I conclude these brief reflections, which were left for humankind to analyze and meditate on the greatness of our father. I hope that you have understood or found answers to some of the questions you may have had. In closing, I only wish you the best and that you may discover yourself and know who you are. That divine being made in the image of God, endowed with all greatness… the essence of the divine.

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Agradecimientos

Agradezco de todo corazón que hayas permanecido hasta aquí. Estoy sumamente complacido de haber escrito estas líneas. Gracias a todos los que han hecho esto posible y me han ayudado a poder publicarlo para que las personas como tú puedan adquirir esos conocimientos y dejen de castigarse tanto así mismos con creencias limitantes. Tengo infinita gratitud por usted, gracias por haber compartido sabiduría, mil gracias siempre y que sean bendecidos cada día de su vida en la faz de la tierra. Recuerda lo grande que eres y que nadie puede limitarte más que tus propios pensamientos.

YOD HE VAV, HE

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Acknowledgments

I am deeply grateful that you have stayed this far. I'm extremely pleased to have written these lines. Thank you to everyone who made this possible and helped publish it so that people like you can acquire this knowledge and stop punishing yourselves so much with limiting beliefs. I have infinite gratitude for you. Thank you for sharing your wisdom. Thank you always, and may you be blessed every day on this earth. Remember how great you are and that no one can limit you more than your own thoughts.

YOD HE VAH, HE

Third Chapter

3.1Challenges faced in the process of the translation

There are common challenges that 1-2026 Final Project students of the school of English faced during the process of translation:

Challenges	Solutions
I've already had a book thanks to my psychologist, but she was from another country. I tried to contact her, but she never answered.	After researching El lector website, I saw the book: "Yo soy Abundancia", which contains 108 pages, so I bought it.

Getting the information about the author was not easy because I had to contact him through WhatsApp to get permission	Fortunately, I saw him in an interview on YouTube called "Somos Latinos VIP", and he said that his phone number was on the last pages of the book, or we can contact him through Instagram. In the end, I could finally talk to him to get permission to translate his book.
Getting the translation techniques was not easy because I had to read the whole book and translate it at the same time to get them.	At the end, I could finally identify one of them, which was borrowing, calque, and the rest of the techniques.
At first, I was not so sure how to do the thesis because I have a little knowledge about using Word.	At the end, I could finally understand it thanks to the tutorials on YouTube, because I did not know how to do the translation with two columns, but once again, with YouTube, I could do it. Just inserting the board option so that the judges could see the source text and the target text.

3.2 Conclusions

As 1-2026 Final Project students at Universidad Latina School of English with an emphasis in translation in David, Chiriqui, and after virtual forums and discussions, we conclude the following as a community of learning:

The study concludes that equivalence in translation between English and Spanish is a flexible, context-dependent objective rather than a rigid formula. Successful translations

balance semantic fidelity with pragmatic and stylistic adaptation, privileging authorial intent over literal word-for-word rendering when cultural or structural mismatches arise. In practice, this means applying modulation, paraphrase, and selective explicitation to preserve meaning while ensuring naturalness in the target language. Training translators to diagnose when to prioritize form, sense, or effect markedly improves translation consistency and reader reception.

Reconstructing and preserving authorial voice and register is essential and achievable through systematic analysis and consistent application of stylistic choices. Creating voice profiles, tracking formality markers, and documenting rhetorical devices across the project prevent fragmentation of tone across chapters. Both English/Spanish and Spanish/English transfers require deliberate adjustments like syntactic rhythm and modality shift to maintain narrative persona. When supported by voice sheets and annotated corpora, translators can reliably reproduce the author's distinctive voice.

Cultural mediation is an inherent part of bilingual translation and must be approached as an interpretive, not merely technical, act. Decisions about domesticating or foreignizing cultural references should be guided by the intended readership, authorial intent, and the communicative function of the passage. Paratextual elements such as titles, dedications, and notes shape reception and deserve careful treatment rather than being treated as peripheral. Collaborative dialogue with editors and sensitivity to target-culture publishing norms enhance the translator’s ability to preserve layered meanings.

Managing specialized terminology and technical registers requires a proactive, iterative workflow combining term bases, corpus consultation, and subject-matter expertise. For domain-specific passages, consistency and alignment with target-language standards prevent drift and maintain credibility. CAT tools and glossaries are invaluable for large sections but must be complemented by manual vetting to resolve polysemy and context-dependent choices. Documenting terminological decisions during revision cycles secures coherence across the full 50-page stretch.

A pragmatic repertoire of problem/solving strategies like compensation, explicitation, modulation, and paraphrase enables translators to handle cases where direct equivalence is impossible. Strategy selection should depend on genre, communicative function, and desired reader effect rather than fixed prescriptions. English/Spanish segments often benefit from modulation and paraphrase to retain implicatures, while Spanish/English passages may require explicitation for cultural presuppositions. Teaching decision-making frameworks and reflective practice improves translators’ adaptive competence under real project constraints.

A multi-stage methodological framework that consists of source analysis, voice profiling, glossary creation, draft translation, targeted revision, and peer review, substantially reduces drift in tone and meaning. Empirical checkpoints such as back-translation and native-speaker review prove effective for maintaining idiomaticity and technical precision. Technology (CAT tools, version control) supports consistency and workflow but does not replace human judgment on stylistic and ethical choices. Transparent documentation of queries and decision rationales facilitates later editorial work and maintains accountability.

Translator education and professional practice must integrate linguistic skill, cultural literacy, ethical awareness, and project-management procedures. Ethical imperatives that are preserving authorial intent, avoiding unwarranted domestication, and responsibly handling ambiguous or sensitive material should be central in training and practice. Project-based curricula that simulate the full lifecycle of a 50-page translation, combined with supervised collaboration with subject experts and editors, best prepare students for professional demands. Ongoing research into human–technology workflows and reception studies will further strengthen practice and pedagogy in English Spanish translation.

As students of Universidad Latina de Panamá in David, we must conclude that the practical challenges and solutions documented in this thesis mirror his own classroom and internship experiences; engaging directly with source authors, building collaborative glossaries, and applying iterative revisions proved decisive in preserving voice and meaning across English /Spanish and Spanish/English projects. This lived perspective underscores the value of combining academic theory with hands-on practice, and it affirms that institutional support that access to corpora, faculty mentorship, and peer review which significantly enhances a novice translator's ability to produce consistent, ethically grounded, and publishable work.

3.3 Recommendations

This introduction presents the recommendations compiled for the final project of the School of English, with an emphasis on translation practice and pedagogy. A group of students from Universidad Latina de Panamá, working collaboratively during quarter 1–2026 and including David as a contributing member, prepared these guidelines to support systematic, ethical, and high-quality English/Spanish and Spanish/English translations. The

recommendations synthesize classroom experience, internship insights, and applied project work to address process planning, technique selection, AI use, collaborative workflows, online resources, and translator documentation. These concise, practice-oriented recommendations aim to guide future student projects and professional submissions, promoting consistency, transparency, and continual improvement.

First, the translation process should begin with a structured pre-translation phase in which the translator conducts a thorough source analysis, defines project scope, and produces a prioritized list of problematic passages. The translator prepares a preliminary timeline with milestones for glossary creation, draft completion, revision cycles, and final QA to avoid last-minute compromises. The translator segments the text into manageable blocks that preserve contextual continuity and assigns review tasks (terminology, voice, idiomaticity) to specific passes. The translator performs an initial alignment of recurring terms and names to kick-start the term base and translation memory. The translator schedules periodic check-ins with supervisors or peers to reassess strategy and progress. The translator archives interim versions and change logs to ensure traceability and ease rollback if needed.

Second, the application of translation techniques should follow a decision-rule approach in which the translator matches technique to communicative function rather than habit. The translator chooses modulation and paraphrase for idiomatic and pragmatic adjustments, explicitation when cultural or presuppositional gaps would confuse the target reader, and literal retention for legally or technically constrained passages. The translator uses compensation to recreate lost stylistic effects in proximate segments and employs transposition and syntactic reordering to preserve rhythm and emphasis. The translator documents representative examples of technique use in the decision log to justify choices during review. The translator evaluates the cumulative effects of repeated technique use to prevent register drift. The translator refines technique selection during revision based on native-speaker feedback.

Thirdly, the use of artificial intelligence should be strategic, transparent, and supervised by the translator at every stage. The translator employs AI tools for draft generation, terminology extraction, concordance searches, and as a productivity aid but treats AI output as raw material requiring rigorous human editing. The translator configures and trains domain-specific translation memories or models where possible and validates AI suggestions against authoritative sources and style profiles. The translator annotates where AI assisted in the appendix and documents any automated decisions that affect meaning or style. The translator safeguards confidentiality and copyright by checking provider terms and, when necessary, using local or licensed models for sensitive texts. The translator

performs targeted manual passes to correct hallucinations, register errors, and cultural misreadings introduced by AI.

In addition, work in collaboration should be organized with clear roles, responsibilities, and communication protocols to maximize efficiency and quality. The project lead assigns tasks for glossary maintenance, source consultation, native-speaker review, and final QA and ensures reviewers receive the voice-profile and decision log. The team schedules regular review meetings and uses consolidated query batches to streamline author or editor interactions. The project uses shared cloud resources with version control and access permissions so collaborators can work concurrently without overwriting each other's changes. The project records reviewer comments, accepted changes, and unresolved issues in a shared decision log to maintain transparency. The project fosters a culture of constructive critique and collective responsibility for final quality.

On the other hand, the use of online resources should combine primary authoritative references, corpora, and community expertise to support informed decisions. The translator consults bilingual and monolingual corpora, specialized glossaries, academic databases, and style guides appropriate to the genre. The translator verifies terminology with professional associations, standards bodies, or published technical manuals when available. The translator supplements formal references with moderated forums and specialist communities for clarifying usage and idiomatic choices, while critically evaluating crowd-sourced answers. The translator bookmarks and documents useful queries and search results in the project file to justify choices. The translator prioritizes stable, citable sources for published work and treats ephemeral web content as supportive rather than definitive.

Finally, the analysis and notes of the translator should be systematic, searchable, and integral to the deliverables so future editors and translators can follow the rationale. The translator maintains a source-analysis document, a voice-profile sheet, an evolving glossary, and a timestamped query-and-decision log that links entries to text locations. The translator includes annotated examples of problematic passages, alternative renderings considered, and the reasons for the chosen solution. The translator summarizes unresolved items and recommends follow-up actions for editors or authors. The translator exports key documentation (glossary, decision log, voice profile) as appendices to the final package and retains editable working files for an agreed retention period. The translator reflects on lessons learned and records process metrics (time per page, revision rounds, recurring problem types) to inform future projects and pedagogy.

3.4 Glossary

1.Desdichas — misfortunes

Definition: Events or conditions that cause unhappiness, suffering, or bad luck.

Merriam-Webster. (n.d.). Misfortune. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/misfortune

2.abundancia — abundance

Definition: A very large quantity or plentiful supply of something.

Merriam-Webster. (n.d.). Abundance. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/abundance

3. gallardía — gallantry (or gallantry: bravery, chivalry)

Definition: Courageous behavior; chivalrous attention toward others.

Merriam-Webster. (n.d.). Gallantry. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/gallantry

4. incrédulo — incredulous

Definition: Unwilling or unable to believe something; skeptical.

Merriam-Webster. (n.d.). Incredulous. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/incredulous

5. cohíba — inhibit (from cohibir)

Definition: To hold back, restrain, or prevent an action or expression.

Merriam-Webster. (n.d.). Inhibit. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/inhibit

6. armonía — harmony

Definition: Agreement of parts to produce a pleasing or orderly whole; concord.

Merriam-Webster. (n.d.). Harmony. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/harmony

7. escasez — scarcity

Definition: The state of being in short supply; insufficiency of resources.

Merriam-Webster. (n.d.). Scarcity. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/scarcity

8. lamentos — lamentations (or laments)

Definition: Expressions of grief, sorrow, or mourning.

Merriam-Webster. (n.d.). Lamentation. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/lamentation

9. gratificante — gratifying

Definition: Giving pleasure or satisfaction; rewarding.

Merriam-Webster. (n.d.). Gratifying. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/gratifying

10. semejanza — similarity

Definition: The state of being alike or having likenesses in appearance, character, or nature.

Merriam-Webster. (n.d.). Similarity. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/similarity

11. cualidades — qualities

Definition: Distinctive attributes, characteristics, or features of a person or thing.

Merriam-Webster. (n.d.). Quality. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/quality

12. Reprochar — reproach

Definition: To express disapproval of or disappointment in someone for a fault or wrong.

Merriam-Webster. (n.d.). Reproach. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/reproach

13. despectiva — derogatory (or disparaging)

Definition: Expressing a low opinion; intended to belittle or show contempt.

Merriam-Webster. (n.d.). Derogatory. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/derogatory

14. Sorteando — skirting / avoiding / navigating (from sortear)

Definition: Getting around an obstacle or difficulty; passing by or managing hazards or challenges.

Merriam-Webster. (n.d.). Skirt. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/skirt

15. invocar — invoke

Definition: To call on (a deity, authority, or name) for aid, support, or inspiration; to cite or appeal to.

Merriam-Webster. (n.d.). Invoke. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/invoke

16. Herencia — heritage (or inheritance)

Definition: Practices, traditions, or physical property passed down from previous generations; inheritance.

Merriam-Webster. (n.d.). Heritage. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/heritage

17. Angustias — anguishes (or distress)

Definition: Severe mental or physical suffering; intense worry or distress.

Merriam-Webster. (n.d.). Anguish. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/anguish

18. bondadoso — kind (or benevolent)

Definition: Having or showing a gentle, helpful, or generous nature.

Merriam-Webster. (n.d.). Kind. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/kind

19. insatisfecha — unsatisfied (or dissatisfied)

Definition: Not content or fulfilled; lacking satisfaction or fulfillment.

Merriam-Webster. (n.d.). Unsatisfied. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/unsatisfied

20. Nutrir — nourish

Definition: To provide with food or other substances necessary for growth, health, and good condition; to foster or nurture.

Merriam-Webster. (n.d.). Nourish. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/nourish

21. privilegiados — privileged

Definition: Having special rights, advantages, or immunities not enjoyed by others.

Merriam-Webster. (n.d.). Privileged. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/privileged

22. prójimo — neighbor/fellow (one's fellow human)

Definition: A person who is near or close by; also used broadly to mean fellow human beings.

Merriam-Webster. (n.d.). Neighbor. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/neighbor

23. amarguras — bitternesses (or bitterness, resentments)

Definition: Feelings of deep anger, hurt, or resentment that leave a bitter emotional state.

Merriam-Webster. (n.d.). Bitterness. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/bitterness

24. lidiar — deal (with)

Definition: To take action in response to a problem or situation; to cope or manage.

Merriam-Webster. (n.d.). Deal. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/deal

25. primordial — primordial (or primary)

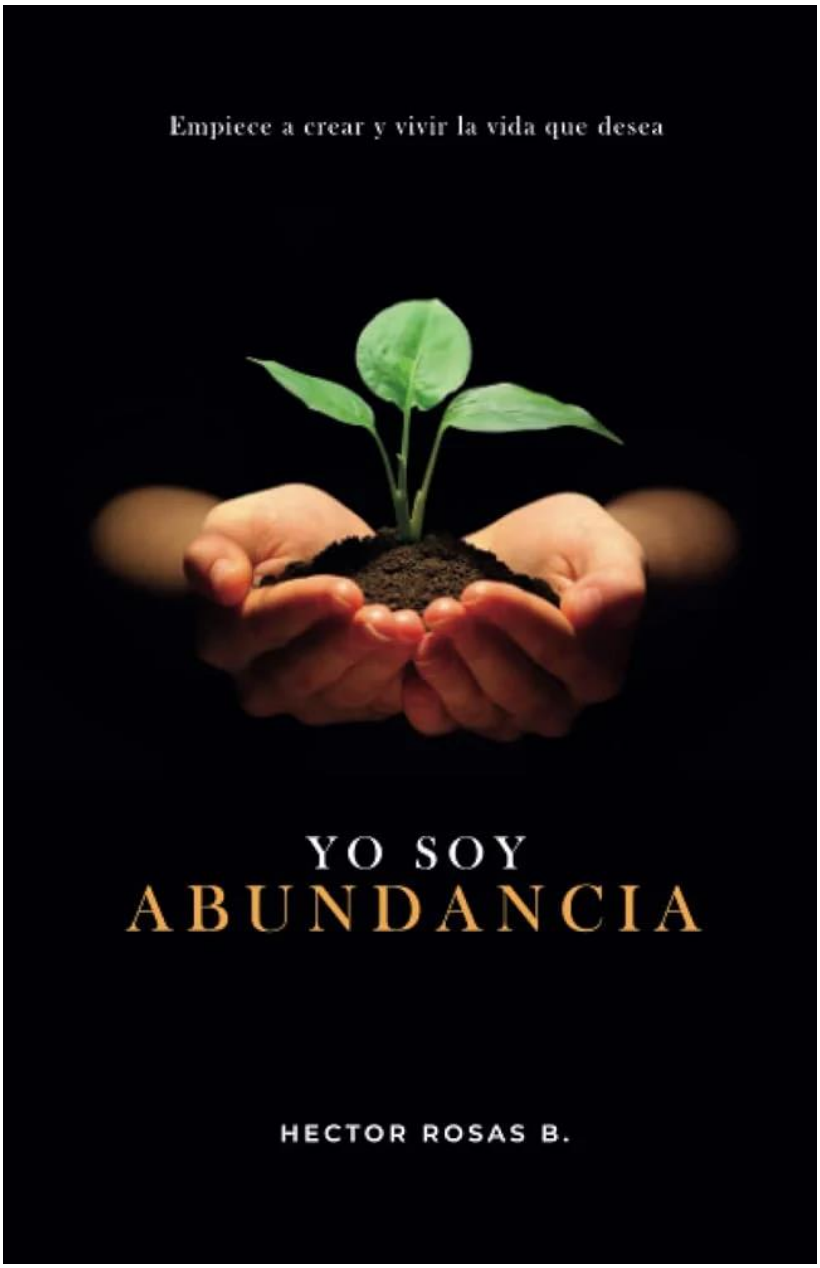
Definition: Existing at or from the beginning of time; fundamental, basic, or of first importance.

Merriam-Webster. (n.d.). Primordial. In Merriam-Webster.com dictionary. Retrieved 02/14/2026, from https://www.merriam-webster.com/dictionary/primordial

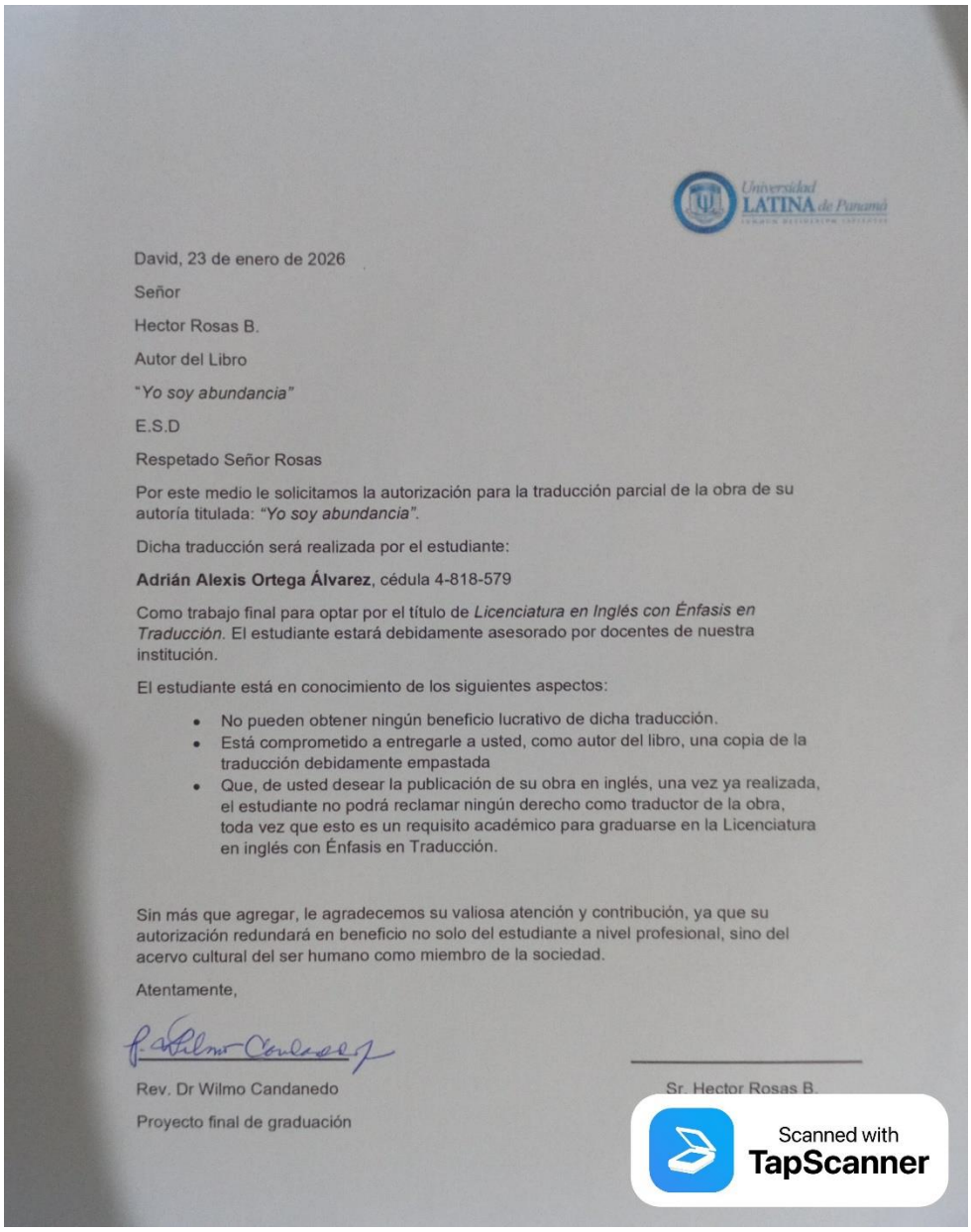
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Annex


Empiece a crear y vivir la vida que desea
YO SOY
ABUNDANCIA
HECTOR ROSAS B.


Scanned with
TapScanner



Universidad LATINA de Panamá

David, 23 de enero de 2026

Señor

Hector Rosas B.

Autor del Libro

"*Yo soy abundancia*"

E.S.D

Respetado Señor Rosas

Por este medio le solicitamos la autorización para la traducción parcial de la obra de su autoría titulada: "*Yo soy abundancia*".

Dicha traducción será realizada por el estudiante:

Adrián Alexis Ortega Álvarez, cédula 4-818-579

Como trabajo final para optar por el título de *Licenciatura en Inglés con Énfasis en Traducción*. El estudiante estará debidamente asesorado por docentes de nuestra institución.

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Sin más que agregar, le agradecemos su valiosa atención y contribución, ya que su autorización redundará en beneficio no solo del estudiante a nivel profesional, sino del acervo cultural del ser humano como miembro de la sociedad.

Atentamente,

Rev. Dr Wilmo Candanedo

Proyecto final de graduación

Sr. Hector Rosas B.

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Universidad LATINA de Panamá
SUMMUM DESIDERIUM SAPIENTIA

David, 23 de enero de 2026

Señor

Hector Rosas B.

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Atentamente,

Rev. Dr Wilmo Candanedo

Proyecto final de graduación

4-734-1720

Sr. Hector Rosas B.

Autor de libro

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UNIVERSIDAD LATINA DE PANAMÁ

DECLARACIÓN JURADA

Yo Adrián Alexis Ortega Álvarez con cédula de identidad personal número, 4-818-579 estudiante graduando del programa/carrera de Licenciatura en Inglés con Énfasis en Traducción declaro bajo la gravedad del juramento que el material que aparece en este trabajo de graduación, en la opción: Proyecto Final (Tesis, proyecto final, pasantía, otro), es de mi producción intelectual, en razón de lo cual exonero a la Universidad Latina de Panamá de cualquier responsabilidad relacionada a este aspecto.

Como constancia firmo la presente declaración el día 29 del mes de abril del año 2026

Firma del estudiante: Adrián Ortega

Cedula: 4-818-579

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