

# MY PHILOSOPHICAL IDEAS

3

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A journey through the world  
through meditation

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## FOREWORD

In this third part of my philosophical ideas, I will try to continue to deepen those aspects that have been pending or recently clarified in my previous books. This book is formed with the collection of articles published on my blog (The road to the new era). With these books I try to show that through meditation can break the limitations of the times in which we live and explore time and space. Actually, all the articles in this book represent a greater or lesser extent a philosophical approach to life and the universe, but I considered it appropriate to divide them into four main areas for its greater similarity of content. My books are primarily the result of a search, because in life one can simply believe what they tell and live passively, or take advantage of the creative potential that every living thing has to design a better world, I have chosen the second option.

This book has been translated from the original Spanish version.

## CHAPTER 1 - MEDICINE

### TIPS INSOMNIA

The first thing to do about insomnia is to understand that our body is a machine that needs to be respected, so we must accept that does not always work as well as we would like, i.e. it is not necessary to resort to drugs ever our body is out of the most desirable guidelines. In a situation of insomnia must understand that in many cases the problem occurs because of a concern in this case is logical that we can not sleep, so if that problem requires our attention, it is best to give it and have patience, because in these cases the dream usually back the next day. In any case, if after a few hours of lying is not possible to sleep, it's best to get up and stay a while in an upright position so that the blood down from the head, for long remain awake in horizontal position may cause an increase in blood pressure in the brain with consequent onset of headache, then drink some water may be appropriate for its cooling effect. If after returning to bed insomnia persists, it is best to dress and sitting on a couch to rest, because in this way the already mentioned headache problems are prevented. Normally in this situation usually comes sleep in the last moments of the night and although not the same as being in bed at least rest and prevent greater evils. Another possible cause of insomnia is the south wind in spring, in this case, insomnia occurs because the body is used to the cold and the arrival of sudden heat causes like causing effect coffee on the body, just the opposite of what happens in autumn. In this case as in the above, it is best to avoid the rush and let our body adapts itself, without forcing chemicals, because certainly after a few days, everything will return to normal.

## TIPS COUGH

We all know how annoying it coughs, but what few know is that persistent cough in many cases is not only the result of an infection but from our own reckless behavior. Because often the mistake of coughing whenever scratchy throat is committed, and what people do not understand is that when coughing a vicious circle whereby more sore throat which in turn causes more coughing is generated is generated. In this case as in most diseases we ourselves can make the solution easily, when the sore throat begins, just have to put up a minute without coughing, and after that short time the itch disappear and throat will return to normal. There is only one case in which a moderate cough can be useful, and that is when mucus are formed in the bronchi, in this case it is useful to expel the outside, but in other situations coughing whenever scratchy throat only causes more itching and irritation. Another suitable measure to avoid cough is never to breathe through his mouth, for the reason that normally breathe through the nose is that it is no mechanism to heat the air and to prevent microbes pass into the lungs, but when breathe through your mouth this preventive measure does not act and facilitates respiratory diseases attack us.

## TIPS AGAINST GASTROENTERITIS

This disease is one of the most annoying attacking our digestive system and is caused by a virus, this virus has as main food source our own food, so the best way to kill it is drastically reducing our food intake this does not mean we should stop eating, but limit ourselves to a smaller amount of food until our body to produce the antibodies needed to kill the virus and start to feel better. Actually the fact of reducing food intake has momentarily why harm our health, since the body has essential

reserves accumulated as fat under the skin or in organs like the liver. It is also recommended that food ingested during those days of fasting for the duration of the disease are of vegetable and low-fat, because they are easier to digest.

The man is too naive to think that all health problems should be solved with drugs, medicines are sometimes necessary, but we must understand that generally most diseases are only the symptom of an imbalance in the body caused by our own unhealthy habits of life and therefore the solution is not to take medicine but to eliminate those causes that produce disease.

It is true that our body is not always able alone to defeat the virus, but it is also true that the main goal of pharmaceutical companies is not to cure disease but to sell drugs, and sometimes these drugs cause more problems than they solve therefore it is essential to consider the self-healing ability of our body and lead a healthy life.

## THE SKIN

Many people worry about losing your skin hydration and consequently money spent on cosmetics. But they do not understand it is that in most cases are themselves the cause of this dryness. The cause is the excessive use made of degreasers. People do not understand that our body naturally causes the amount of oil that the skin needs, but we mistakenly use degreasers every time we wash without realizing that thus eliminating this natural layer that protects the skin. Therefore the solution is simple, we only use degreasing soaps in those cases where we have stained with grease, and still must use a moderate amount to just remove excess fat from the skin and not all. Because it is itself stupid degreasers filled skin causing it is dry, and then use expensive cosmetics to restore hydration before you have removed. We must not let fool us sellers of cosmetics because the skin does not need to be added or proteins, or vitamins, much less false rejuvenating products, because



everything the skin needs is a healthy diet and respecting their own nature.

## SPRING AND IRRITABILITY

Many people happens to feel more irritable than normal during the spring, I think the cause is a virus called herpes among other organs acts in the brain, a characteristic sign of their presence is the feeling of discomfort to light of the sun. These symptoms occur in spring because during winter cold maintained lethargic many types of viruses and bacteria that are relived with increasing temperature, once the body itself generates the right to combat this type of virus antibodies sensations become normal. This virus can cause nervousness, irritability and insomnia, but in no case can prevent us to act with discretion and objectivity, for those who are usually wise not change the fact this feeling slightly nervous. Possibly all be over after a slight headache. Another consequence that can cause the spring virus is depression, this depression is not only the result of the discomfort caused by infections, but may partly be caused deliberately by our own body as a natural anti-inflammatory method, since depression can cause a relaxing effect, which helps to reduce fever and discomfort, so you could say that sometimes can be therapeutic. Moderate depression can also be useful in the event of an upset or nervous disorder, it can protect the brain from neurological damage act is against the tensions that are usually associated with these emotional states.

## THE PERFECT MAN

One could say that today man has already reached its maximum level of progress as far as the genetic aspect is concerned, however this does not mean that all people have the same level of

genetic quality, since the presence of hereditary diseases they are widespread across the globe. This is an outstanding account for all governments in the world because the more you delay in taking action, the greater suffering for the population. It could be said that at present, only fifteen percent of citizens are free of these diseases and therefore it would be desirable to create an eradication program that completely eliminated. In this way the man of the future may be genetically better, but not because it has evolved, but because they have eliminated all those genetic defects that hinder the development of their own potential. And hereditary diseases like morbid obesity or Alzheimer's disease could be eradicated forever, giving mankind a great boost social progress. One of the methods that could be used for genetic correction that would prohibit having more than one child to couples who carry inherited diseases, in contrast allow more children to couples who were free of these diseases. In the event that a couple had set the limit of one child per couple, but the son did not inherit any disease, then it could be free of this restriction and would become part of the population group considered healthy, this is possible because the that one parent carries a hereditary disease, it does not mean that all your children have to necessarily inherit. With this system one child per couple, the number of people who had genetic diseases would decrease gradually until it disappears. This system would apply only to a fraction of the population at the same time, starting with the most serious illnesses and once these are removed after the milder happen. Another method that could be used to eliminate genetic diseases would select the sick genes and remove them from the eggs, and later replace them with healthy ones, although this method is far more complicated than the previous one and also the risk of causing mutations runs unwanted.

Since ancient times there is a natural method of correcting genetic flaws that works by our own ability to mate choice. This means that when a person decides that the couple that will make your family be beautiful or well, actually it does is encourage their own children are. Because when we choose the person you're going to have children, what we are doing is to determine what features will inherit them. Thus sexual selection is essential to decide

which qualities will future generations. This shows that the desire to have a beautiful and healthy couple is not only desirable but our duty, because that favors the progress of future generations and avoids unnecessary suffering to our descendants to prevent such unfortunate inheritance of genetic diseases. However, this natural system is not foolproof, because many people are not able to know that hereditary diseases are transmitted, so setting up a program to eradicate these diseases conducted by specialists would be useful to ensure genetic health for future generations.

So far I have referred to the perfection of man on the physical aspect, but we must not forget that man is the union of body and spirit and that only when humanity completes their development in the moral aspect, you have completed the essential stage of progress and it may be considered truly evolved. In recent centuries scientific progress has made great progress, but that technological progress will not continue indefinitely at the pace it has today, because what we call progress is rather a process of evolution in which mankind has to develop those potentials it deserves to have, and when that scientific progress occurs almost ends or significantly reduces. When it reaches that point mankind will have completed their essential stage of evolution and consequently the pace of social and technological change will be reduced. It is as if he had graduated from a university in a hypothetical galaxy, so it will become an adult planet in the universe. Those who believe that technological progress will continue indefinitely at current rates to be able to provide everything that we wish to prove are profoundly naive. For the purpose of progress is that man is made as being scientifically advanced and with immense technology, but limited to its place in the universe, because everything is not possible, man can do many things, but only those that make sense within the natural laws.

Arguably today modern man is like having a perfect body, but governed by an imperfect mind. The balance between the two values will only come when humanity ends its moral progress, which is far more delayed than technological. This is because in order to progress philosophically a certain degree of privacy and concentration, which at first seems to contradict the factors necessary for life, for to live usually work is needed. Needs to be

based on social relations and extroverted life. Therefore arguably is only possible interest devote philosophy when all other social aspects such as attention to work or children are resolved. This problem does not occur when it comes to achieving technological progress, because a man can live without difficulties dedicated to research work, but it is much more difficult if it is what it is to live philosophy. Therefore in order that man may be perfect in both the flat material or physical, and spiritual or philosophical level, it is necessary to delve into the world of philosophy and learn to understand the universe and discover their own creative potential for and to eradicate the prejudices that prevent you from completing its evolution. A mistake that is often repeated, is to believe that the man of the future will be highly evolved technological aspect, but not in the moral aspect, but this would not make sense, because progress is the path that runs from darkness to light and precisely characterized by providing light to the shadows and truth to lies. Therefore, the man of the future will be perfect in physical appearance, having a body free of disease, but will also be perfect in the spiritual aspect, for having eradicated all those unbalanced behaviors that keep you from being happy. Of course the man of the future also was wrong at times and will live changes, but when I say it will be perfect I mean that will be over the essential process of development, which will become an evolved being of the cosmos.

## CHAPTER 2 - POLICY

### THE BATTERER

Extreme nationalism is like an abusive husband, when he thinks he can no longer demand more the state performs as possible aggression is an attempt to secede in order to destroy the country. It seems that the more you give in to their demands, the greater the virulence of their acts, as does a spoiled child, because it is logical that a moderate nationalist subsides when the state shown considerate of your requests, but truth is that radical nationalists his people do not care and politics is only a means to conceal their wickedness. Similarly, an abusive husband is addicted to mistreat, is to entertain, and when he learns that his wife will leave holds the greatest possible aggression is murder. It is as if trying to accumulate in a single act all attacks that would plan to do and can not. They always look for a victim who attack with which to boost your ego. The Nazis used the Jews, nationalists used the state and abusers use to their partners, watch the straw in your neighbor's eye and forget the beam in their own. An abuser tries to dehumanize his victim so that others eyebrows that abuse and not realize that the perpetrator is a scoundrel. Actually a batterer has no ideology, because ideology is to hurt others, so always join extremist groups, because they will be offered bloodshed course disguised as legitimate act.

### THE JOB

It is true that the work helps us to realize ourselves as individuals, but it is false that the more you work in the day is best for our health, this belief leads only to make man into a mere instrument of the exploiters. Someday people will understand that besides the work should be the main instrument to ensure happiness, either by gains acquired either by the entertainment itself that work

provides, for man is made by nature to work, but of course in his good measure. Gradually humanity understand that it is through work and resources that science gives us as to achieve happiness and not through war or violence.

It is also important to understand that only a coordinated system can be guaranteed social rights, i.e. only when the number of inhabitants matches the available jobs can achieve full employment, it is also necessary that the birth rate is the necessary to ensure the renewal of the population, this rate is equivalent to about two children per couple, so it is necessary for governments to enhance birth when scarce, but also penalized when excessive, it makes no sense to have a child if it lacks the resources to maintain it, nor makes sense to allow uncontrolled immigration, which causes a drop in wages and number of unemployed, as the limited employment. You also need to understand that if both men and women are dedicated to working nobody will care to have and raise children, feminist such thinking as is raised today is completely wrong, it proposes that the ideal woman is one that has as its ultimate goal to emulate men, and therefore interest birth is being replaced by the profit motive and social prestige in the workplace, this way of thinking is leading Western society to its own self -extermination. Therefore, it is necessary to understand that men and women should be complementary and not competing in the same social functions, because it was nature that decided it was the woman who gave birth and suckle their children, this does not mean that It must be considered inferior to men, since both sexes are actually a specialization of nature with the same rights to be free and happy, but with different social functions. The intelligent man is one who is fond of his wife because he is the best ally you can have, their tasks may be different, but not to be considered as implying the right to mistreat your partner, a marriage relationship must be understood as mutual and voluntary agreement in which each member assumes performing different tasks for the common good, but never questioned the right of both spouses to have the same right to be free and happy.

It is also important to understand that is healthier work little long to work hard for a short time, it is necessary to understand more

work as entertainment than as an obligation and design jobs thinking of the welfare of workers, as the idleness leads to illness and premature death, as the energy that food provides cause disease if they are not channeled through work, therefore retirement as currently understood is an error derived from the belief that work is something wrong. The fact that tends to displace people over work is the main cause of youth and people tend to hide their age with hair dyes to be ashamed of age overestimate. Therefore, it is necessary to return to older people the place they had in antiquity, and use its wisdom in the work as counselors workers and management positions.

## LEFT AND RIGHT

It is pathetic to see how the political formations are mainly divided between left and right, as if it were only true one and not the other. Already existed in ancient times this kind of ideological divisions between the states of Athens and Sparta, Athens and Sparta represented the left to the right. Athens represented democracy, but democracy hypocritical, because it was only for a few, while there was an immense number of slaves and people without political rights. At present it is considered to Sparta as its ideological rival, but actually had no major differences with Athens, as though it was in many similar aspects to a military dictatorship, however it was not an absolutist monarchy, because he had the power shared between the king and éforos, but like Athens was a highly slave state, so as to define some Democrats and others do not, it's really simplistic. Athens defended freedom of opinion and democracy for the few, but in the social and economic sphere was an unfettered slave model, which only took into account the market and self-interest, but with little moral value. Sparta had less ideological freedom, but promoted equality between citizens with civil rights and had a great concept of race, ethics and morality, unlike Athens. The ideal Greek state would have been the one who had an appreciation for democracy and

free markets in Athens, but that wealth would raise as a means to a higher cause, as represented Sparta. When finished World War II, the social model that prevailed in the West was the Athenian style, characterized the political aspect by not libertarian democracy apparent, libertine, where the motto is laissez-faire, while politicians get rich with public money, a model in which citizens are used as puppets, as only allowed a symbolic political participation, consisting only choose their leaders, but without any direct influence on the laws, because the real power they have a minority of politicians and businessmen. On the economic side it is characterized by a materialistic approach, in which the only important thing is the market, with little or no regard for ethics or morality. At present, the political groups of the left, are essentially ideologists, i.e. offering everything that the workers wanted, but without raising any effective economic measure, since in most cases lack sufficient training and when in power often they cause more damage to the economy that benefits its little realism, as was the example of communism. They complain of political corruption, but they are primarily responsible for that criminals do not serve their sentences, then propose a ridiculous penalties in proportion to the crimes committed, thereby causing impunity. They complain of low wages, but they are the culprits by favoring illegal immigration. In the moral aspect, the left is proclaimed contrary to religion, because it confuses religion with religious organization, it does not understand that religion is what differentiates man from animals. Right instead tries to show an image of religiosity lacking, therefore, it makes a pact with religious organizations so that these would provide a moral alibi with which to continue exploiting the people without being noticed. At the end people it ends up confusing one with the other and mistakenly blame religion for the crimes committed by religious organizations. They do not understand that religion is primarily a form of philosophy, while religious organizations



which attempt is appropriate that philosophy to gain power. Commit the audacity to ascribe to themselves the exclusive communication between God and man, denying citizens the right to speak freely. Thus they seek to control their minds in an act of supreme hypocrisy. Political right-wing groups aspire to power, especially because they believe they belong by nature, believed privileged, unlike leftist politicians are pragmatists, because although dominated by ambition, they are more realistic economically, because of its more knowledge in business management. Really misconception is that the truth belongs only to some and nothing to others, because ideally create a world with ideological expectations of the left, but with pragmatism and economic knowledge of the right. Politicians on each side incite citizens against their opponents, but like politicians of ancient Greece just covet power for themselves, and refuse equally to create a genuine democracy, namely that the laws are decided by citizens and not by those selfish politicians as now.

## THE FALLACY OF MULTICULTURALISM

What a big mistake is to defend the existence of a multicultural society, because there is really nothing more than an authentic culture that is the truth, therefore, we must strive to reject those mistaken customs however much be categorized as ancestral traditions or cultures. Of course it is necessary to respect the free will of each person and each country so they can find the truth for themselves, but it is also our duty to refuse to collaborate with all that is wrong. Today there are those who insist to regard as the most natural thing in the world to mix races and cultures, some located in a developmental level of the Stone Age to contemporary society, but such a thing is an attack against progress because the fact that one culture is superior to the other does not imply that those who have lived in the most backward

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