

MY PHILOSOPHICAL IDEAS

2

Antonio Pinto Renedo

A journey through the world
through meditation

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FOREWORD

This book represents the second part of the items shown in my blog (The road to the new era) once gathered a certain amount of them I turned into PDF and get on the Internet so they can be downloaded for free. The truth is that the reason life is obtaining happiness and not getting money, because money can help but does not guarantee it. The main objective of these publications is primarily encourage free dissemination of ideas and encourage readers accustomed to think freely, without submitting to the topics of each era.

This book has been translated from the original Spanish version.

CHAPTER 1 - MEDICINE

FLU TIPS

Few people know that in fact the flu does not need any medication to cure because it is the immune system itself that heals us, it is nevertheless true that the difference between healing is quick and easy or slow and difficult it can depend on how we treat it. Here I propose some tips that I think are useful. First a measure that I consider advisable not to spend the duration of the illness in bed, because even bother not why we canceled as people, the horizontal position may favor the onset of fever and headache with increasing pressure blood in the brain, also causes an imbalance in sleep rhythms making it more difficult to sleep at night, right is being horizontally alone at night. It is also useful to combat the disease avoid possible cough, infection usually attacks among other body parts throat, but the more you cough more irritated and cough worsens, is only useful cough when phlegm formed in the coughing and breathing tube is then suitable means expel, it is also recommended nose blowing gently to avoid breakage of fine blood vessels that are found in it. Another useful measure is to avoid excessive temperatures in homes, it contributes to increasing fever and also dries the airways, it is also helpful to avoid excessive shelter, especially in the afternoon that is when the fever rises. Another useful measure is to avoid over-medication, as usually is our own immune system that heals us, why rush into taking medications can be a hindrance rather than a solution. Fever in mild form may also be useful, as it increases body temperature causing blood is more fluid, besides inflammation often associated increases the diameter of the veins allowing the arrival of more blood to the infected area and therefore helping more antibodies to fight infection, so it is advisable to use anti-inflammatory only in case of high fever. It is also useful to do some form of exercise during illness, as this apart from strengthening our body stimulates blood circulation. One of the symptoms that may indicate the onset of flu is the

sense of smell of burning caused by virus activity in the olfactory glands or changes in the way we perceive the flavors.

TIPS AGAINST MIGRAINES

In fact, many headaches are caused by allergies, so it is necessary to be informed whether you are experiencing one with the aim of preventing allergies to pollen or dust are well known but one that may go unnoticed is allergy moisture, this allergy begins with inhalation of steam, this steam burn the skin overlying the sinuses causing a small infection, in order to promote blood flow and eliminate the infection, the body causes an increase in the size veins that connect the nose to the brain resulting in fever and headache. Nasal symptoms of this infection can be confused with cutting digestion, because the dilated veins in the brain compresses other vessels may cause loss of vision, memory or feeling of paralysis of the left side of the face. Water vapor could also explain some cases of asthma or pneumonia, because being exposed to it in excess could encourage spore or virus attack our lungs.

THE CHILDREN

It is a misconception that children are people without importance, because it is in that part of life when they acquire their personality, even in the stage of babies is important not to forget about them and actively participate in their education, parents should provide their legs catching them children in their arms to show them things, because although they can not walk their vision and memory capacity are widely developed. It is also necessary that parents are best friends and play with them, that it should not be seen as an effort for children give the same care they receive.

The good thing about children is that when they are young have not yet acquired the prejudices that are common in an adult, because there have been prejudices at all times, sometimes result from ignorance, and other manipulation of the facts so interested, the problem is that real few prejudices are sometimes considered

as such at the time in which they have and only later recognized, therefore it is important to analyze things objectively trying to avoid drawing hasty conclusions, i.e. what today it is considered an adult personality is the result of assimilating many wrong but practically forced acceptance by the mass social beliefs.

Adults should learn from children the joy of living, because regardless of how old you are, every day is a new opportunity to be happy, as our body allows us must do whatever we want within our means.

It should also take into account the views of children, because although they have less knowledge than adults does not stop having feelings or they can be right sometimes, for no one for many knowledge you have can know everything besides talking to them and listen to their views is positive in its development.

A child is a person not a cabinet and when it is small has a great desire to learn, but it's as if you were at the bottom of a dark pit in which only light at the end is why adults should help them directed towards the light, giving them the knowledge they lack to be adults.

ORDER AND MANIA

In all activities of life would be desirable to establish an order to things done more effectively, the order consists of performing the tasks in an hour or so preset is not only a tool to facilitate the smooth running of tasks but it is also good for health as a continuous change of customs hampers farsighted ability of our body, a good practice would be for example sleep seven or eight hours a day and these hours of wakefulness and sleep were the same and the same hours both weekdays and holidays. Another positive measure would not interject holidays in the middle of working days, this would lengthen life and improve health. It is also true that abuse the development of customs can be counterproductive, it is what is called compulsive or hobby activity, this behavior can have two main causes, one is caused by a deterioration of health, and the other occurs as result of nerve pressure and stress. This means that when a methodical and organized person by nature is subjected to great pressure, tends

unconsciously to exaggerate customs in order to leave more free mind and increase your concentration before the possible occurrence of these unforeseen problems that cause stress. While it is true that excess in the planned customs is inadequate, it is also true that perform daily activities in an orderly manner reduces errors, increases concentration on tasks, and can increase the available memory capacity, being automatic, provided many of the usual processes.

DISEASE OR VICE

Today it is very common that any deviation will end by calling disease, this is because we live in a very competitive society in which no one wants to consider loser, why, it'll hide the vices presenting them as alleged diseases. An example is the increasingly widespread practice of using food as mere entertainment, as a result of obesity, in fact, it appears in developed countries this is already the qualifier epidemic. It is true that there are some people with a genetic predisposition to gain weight, but this predisposition does not require them to eat more than necessary, but acts to increase the feeling of hunger. Therefore, it is clear that only with dietary control can prevent overweight and vice hide behind the illness is not exactly a very healthy behavior.

Another example is the use of alcohol or drugs often this ends in the development of an addition, but to keep the good name now drunk sick call themselves, however, is an act of hypocrisy appear before all as alleged sick, but at the same time they forget that this addition was the consequence of vice of drinking beyond what the body could bear, but recognize that of course would stain his good name. Society should not make the mistake of collaborating in that vice presenting him as alleged illness disguising, because all additions are the result of a defect developed for a long time and although it is true that this defect causes an addition is also true that the origin of this addition are the bad habits. Moreover, any can be eliminated if the substance is gradually reduced the causes. Society should not make the mistake of covering up the habit, much less accept the existence of mitigating for those who

commit crimes while under the influence of drugs, because the only way to eradicate such behavior is precisely not protecting them when their vices hurt innocent.

CHAPTER 2 - POLICY

FREEDOM OF OPINION

It is pathetic to see that when the media talk about freedom of opinion generally refer to the freedom to indulge the line marked by the great powers, this is because as soon as someone gets out of those parameters you are immediately accused of being antisocial and words are invented to associate your opinion with diseases in order to discredit him. Actually, these people are just opportunists who sail to are current and always associated with the power of his time these if they are traitors to humanity, because it is assumed that every idea should be respected provided that raise peacefully, but when someone leaves the truths established by the powers that arise quickly voices calling for them to tape the mouth. Could it be that they fear citizens to express their right to think freely? These who speak of freedom of expression, but only when it favors what they want, are no better than those who burned scientists to tell the truth during the Middle Ages.

And I say this about those who today persecute those who oppose condescend to the mixing of races or homosexuality, once invented words like xenophobia and homophobia in order to prevent citizens from entering assess the following facts objectively, they are not able to understand that respect is not the same work, and the fact that one respects those who support homosexuality does not mean it's right, and therefore not obliged to cooperate with it. But these opportunists just hope the prize to go in line with the great empire of the United States, that empire which speaks of human rights and at the same time allows for millions of poor in the streets, usually of ethnic minorities, the miscegenation empire that supports only to justify the occupation of the rest of the world and refuses to recognize racial boundaries so as not to recognize the policies. It is true that the Nazis were cruel to ethnic minorities during World War II, but that does not mean we should therefore destroy our own racial and cultural heritage through crossbreeding. All races are entitled to live in

freedom, but that does not mean the interbreeding help to this end but on the contrary, today it is taboo to talk about this issue, the pro miscegenation say it is wrong to oppose the crossing of races because they say they are all part of the same species, but. If the case of discovering a human species most backward on a desert island it would also maintain the barbarous pretense of allowing the crossing of this with today's humanity and thereby destroy the fruit of thousands of years of genetic progress? Because they would oppose recognizing that differences in racial progress are possible, and therefore reject miscegenation is defensible without this implying a desire to harm the other races. So I consider it a mistake to oppose those who advocate peacefully rejection miscegenation or racial superiority, because this wave of support for the current crossbreeding does not pursue more than pandering to a new imperialism that seeks to justify claiming that his rejection of Nazi legitimizes them but actually only pursues the same imperialist aims. also they are mistaken who simply limited to condescend and justify Nazism in the Second World War, because that kind of ideology can only evolve if they are able to get away proposed by Hitler and recognize the right of all races to live freely approach, as the only used the movement for the defense of racial integrity because he believed he could further their nationalist interests, but that does not mean that that line of thinking is in itself bad, the Nazis actually only sought power and create in Germany a dictatorship and did not hesitate to lie and use anything that might put them favor, they were carried away by extremism and that was a big mistake, but that does not mean why were wrong at all, as the victorious powers wanted us to believe . The big mistake that was made after the Second World War was to believe that the defense of humanism and respect for racial rights necessarily implied acceptance of miscegenation, and such is not true.

In fact, every race is different because of their adaptation to different climates of the earth, and only for this reason it is justified to oppose the mixing of them, but it is also necessary to say that it is precisely these harsh climates causing existence best and worst races, because perfection is the result of finding the right balance in everything and the racial question the European

race represents that balance by having developed in the most ideal climate. In the future, all races will end up being the same, but not by exterminations, nor by interbreeding, but because the result of the evolution of these will come a day when the progress of cities will create an ideal climate in all of them and consequently stimulate the development of the races to make them equal, but until that time comes it is absurd to destroy the racial miscegenation heritage. It is necessary to foster fraternal coexistence among all races, but that does not mean it's right that these are mixed. The progress of mankind is based on progress from chaos to order, from darkness to light, and that will only be possible if the decision of nature to divide mankind into different races is respected, since this division also represents progress.

THE DILEMMA OF GERMANY

It is regrettable to see how today the Germans are divided between those who are in favor of the victorious powers of the Second World War and therefore against Nazism, and who declare themselves against the victors of the war and consequently in favor of the Nazis, as both positions are wrong. There are many people who think that the only way to defend freedom is supporting the Nazis without understanding that it was precisely these that gave their country to foreign powers, praising Hitler as if God were considered unpatriotic to anyone who criticizes him but if you care to know history are taken realize that Hitler was no military genius they believe, their only success during the war was the conquest of France, for everything else were failures and their alleged successes were actually concessions Western nations gave in order to avoid war, but its policy was completely erratic. His first big mistake was to attack England without sufficient means, attempting a sea blockade when had a fleet far below his, and when it became clear his failure attacked Russia in order to cover it up, this was from a strategically military barbarity, for violating the peace treaty was signed with her country condemned to certain failure by putting all major nations against him. If Hitler had stopped the war at that time, probably he would have ended, but his unlimited desire for

power led him to perdition. It is true that the conditions of the Versailles Treaty that ended World War I favored the rise of Nazism, but it is also true that the Nazis had not come to power without the economic crisis of 1929, but it is necessary to consider that Crisis affected not only Germany but the whole world. The Nazis used a strong campaign of mental manipulation in order to convince citizens that they understand them and be able to solve their problems. By putting the Jews as allegedly responsible for all the evils they were used as a means for society could vent their discomfort with them, blaming a minority supported by the remaining majority, so thus ensured the society did not realize that the danger was in them and did not realize that Hitler's hatred of Jews simply was because he did not consider them sufficiently nationalists for supporting these peace treaty in the first world war. Another reason for the persecution against them was the economic motive, because by putting them outside the law could seize their possessions. The Nazis accused Jews of being better off financially than the rest of the Germans, but they did not say is that it was precisely the European laws of the Middle Ages which provoked it, because for a long time forbade Christians to work in banking and make loans, such discrimination in favor of the Jews were the Europeans themselves an example of those who favored economic myopia that antipathy toward them.

The truth is that if a comparison of the results is made Germany was better placed at the end of the First World War to the end of the second, so if you have to look unpatriotic obviously that would have to be Hitler, for his disastrous policies he condemned his country to ruin. Militarism is not always the solution, the pro-Nazi should note that the allied nations against Hitler awarded him almost everything he asked in order to avoid war and yet he was determined to provoke therefore evident his total ignorance of the possibilities that his country had to win the war. Those who today defend the thesis Nazis have to understand that criticizing Hitler is not the same as criticizing Germany and be against Hitler does not imply being against Germany because Hitler can make mistakes like other people. To progress must understand this truth and therefore have to be willing to make a self-criticism and

change those things that are wrong in their ideology. It is essential to accept that defend their race does not have to be linked to abuse others. Actually the Nazis did not invent philosophy towards racial integrity, because he existed before them, but they served this ideology only because they believed that could favor their nationalist ideas, therefore the fact defend these ideas does not imply that have to agree with the necessarily Nazi.

Also are despicable who say everything about the Nazis is bad, because nobody is wrong in all, frivolously hidden in the Versailles Treaty conditions for Germany were excessively harsh, and the desire of the Nazis to unite all territories German culture under one banner was legitimate, but the mistake of the Nazis did not know how to find the right measure to things, because his desire for power was unlimited as demonstrated when they locked themselves in jail his political opponents turning the country into a dictatorship. Nor was nothing wrong with the fact of wanting to defend their race against miscegenation, because for many German and European race was a symbol of identity that had to also defend for the Germans it had special meaning because after the Romans tried to conquer the Germanic territories in the time of emperor Octavian he distrusts the West was higher, and defending race served to reinforce their own identity. In addition, before the war to keep the pure race was considered by all as a symbol of good education and only after the German defeat this changed, because from that moment those who were defending racial purity automatically were considered pro-Nazi and therefore enemies of the victorious powers of war, as if it were the same thing can be against miscegenation but also against the Nazis, they forget that before the outbreak of the difficult war was to find someone who openly support miscegenation, be in favor of keeping the race pure or believe that a race may be more evolved than another does not mean for it being in favor of slavery or the mistreatment of other races, as happened with the Nazis. It is commonly accepted by all that the human species is superior to other animal species, but defend this does not mean that therefore the extermination of other species rests, therefore argue that the white race is more evolved than the rest of races also have to involve the abuse of these rests, as each plays a role

in the earth and each must evolve peacefully and in freedom. It is actually adapting to different climates in some extreme cases what determines the differences between them and why they are necessary, but this adaptation is also because the European race is better and more beautiful to be found in the tract of land with a more balanced climate. It is also important to note that the fact that a race can be considered superior to another does not mean that therefore every individual of the most advanced race has to be considered better than each individual of the other races, because it is only the evolutionary value means what that changes. Racial differences is on aesthetics where more accentuated, but that does not mean you have to be significant differences in other things like the level of intelligence for example, this does occur however when it comes to different species. Perhaps, eventually, all races become equal when the man with his technological advances manages to create an identical artificial climate in cities that do evolve, but in the meantime, crossbreeding is an act of genetic anarchy and mockery of the natural order. At present the white race is causing their own extinction by refusing to take the seed needed to replace its inhabitants and to promote racial miscegenation, this really is a true crime against humanity, but few want to acknowledge so as not question the preset topics.

After the war the Americans and French used their alleged support of miscegenation to justify their imperialist campaigns, claimed that the fact of allowing miscegenation within its borders gave them the right to invade the territories of other races, so did the opposite of what they were proposing, i.e. invade and exploit those territories, according to them for their sakes, when he moved them truly was greed, as in the invasion of Iraq, which lies to justify it were used and so to appropriate its oil, it is true that democracy is better than dictatorship, but that can not be used as an excuse to do whatever they want and destroy a country, every nation must be respected so that it can evolve by itself without pretentiousness impositions, plus such interference only they serve to give ammunition to extremist groups. With these behaviors condemn the West to lose their culture just by the desire for more money, as if they had no ethical value. Thus

creating greater social tension by trying to impose racial mixtures but without really worrying about human rights. I just would return to reason and give each ethnic minority territory within the United States by the percentage that corresponded and that each race can thus create their own free nation. Ideally worldwide racial boundaries were respected, to avoid the risk that some races may interfere in the affairs of others. But that can only happen when you assume that interbreeding does not help humanity, but promotes the exploitation of some races over others besides destroying the identity of each race.

It is necessary that those who believe in the defense of racial integrity dissociate completely from the Nazi era and understand that the defense of one's own race does not have to be in contradiction with respect for the rights of others. Nor should we forget that the first casualty of war is truth loser, its successes are considered flaws and defects winner are considered virtues, it is necessary to analyze things impartially, without being carried away by the comfortable opportunism of seeing things only for those who win wars, because they may have the power but not the reason.

Actually, not that the power and media change the feelings of people, what changes is the way people think should express these feelings, making power is to direct these feelings towards their own interests by changing the interpretation of the facts are historical or scientific, for this reason after the war Nazi crimes were considered inhumane acts, but the Indian extermination in the United States a legitimate act of self-defense, all about how to raise the facts rather than the facts themselves, even in cases involving similar situations. Is the same mental manipulation which was then used to justify the Iraq war. These governments use both lying and intimidation to achieve their ends, and many citizens tend to agree with them only out of fear, and therefore accept their arguments without analyzing impartially, so the concept of what is prejudice and what It not simply depends on what determine the dominant powers of the time. Much blame for this social confusion lies with the speculators who during the war supported the Nazis and now fervent defenders of miscegenation declare, because such people do not seek the truth, only to profit

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