

Pills  
of  
Tarry Well

25

attitudes for  
a better life

Your physically  
spiritually and  
mentally health

Yarag Sotsab

*PILLS of*  
*TARRY WELL*

*25 attitudes for*  
*a better life*

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**36** Linhas  
Editora Virtual

Based in Tarry Well  
*101 attitudes for*  
*a better life*

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PILLS OF TARRY WELL

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# Índice

Preface

BEHAVIOR

PHYSICAL

MENTAL

SPIRITUAL

REFLECTIONS

Postural Advice

Postface

# Preface

This book is the work started in 2010. It has only one goal, to help you get better.

I organized this book, not chapters, but on topics, which are: Spiritual, Mental, Physical and Behavior. Some texts seem obvious, others less so, the most important thing is to reflect, to evolve.

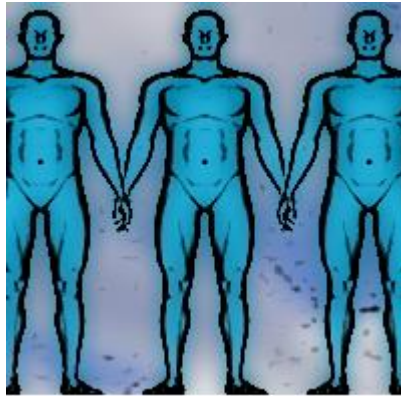
Each topic focuses in an objective, clear and reflective way, issues that are fundamental and in that, because we live the way we live, let go, as if we had extra time to use in the future. Because in the future, we would occupy ourselves with such aspects of our lives. This is the first big mistake. Because time is the only benefit non-recyclable.

We must think of ourselves today. We are happy today, Being healthy today. Today is the only real element in our lives, because yesterday is history and tomorrow is a mystery.

Life, your life is not a bet is a project.

**I hope I can help you tarry well.**

# BEHAVIOR



## *Not recyclable*

You know the only thing that is not recyclable?

It is time. Therefore:

- do not waste it, not resting when not tired;
- do not waste it, not working a little extra for laziness;
- do not waste it, not loving;
- do not waste it, wasting an opportunity, for fear;
- do not waste it, not being friendly;
- do not waste it, not being helpful;
- do not waste it, not being humble;
- do not waste it, not being charitable;
- do not waste it, do not pray;
- do not waste it, because he will not return ever again.

## *Never doubt*

Never doubt, even when everything seems to be no solution.

Never doubt, even though everything seems to show that nothing will work.

Never doubt, even if they say otherwise or to doubt you.

Never doubt it because there is always a solution. Even though it takes.

Persevere in the well and at work.

Never doubt it, who is accompanied Him.

Never doubt, of you.

### *To be truly happy*

To be truly happy, be overcome old addictions, which cause great torment.

Envy, jealousy, selfishness, greed and lust are examples of unbalanced moral fissures that harass those who hold them.

The man decided to be really happy to dedicate themselves to combat their addictions.

The developed intellect helps you identify your moral issues.

Just think about which of its features to take away the peace and are not praiseworthy in others.

Identified the problems, work is needed to combat them.

The mature man knows that there is no result without work, no reward without effort.

It must be the application of a strong will in the very character chipping.

The full happiness implies spiritual perfection, but this is the work.

### *People in your life*

People come into your life by:

A reason

A season

For a lifetime.

When you know which one it is, you'll know what to do with each person.

When someone is in your life for a reason...

It is usually to meet a need you have;

They come to assist you in a difficulty, to provide support and guidance, to help physically, emotionally or spiritually. They may seem like gifts from God. And they are;

When people come into our lives for a season...

It is because your turn has come to share, grow and learn;

They bring you an experience of peace or make you laugh.

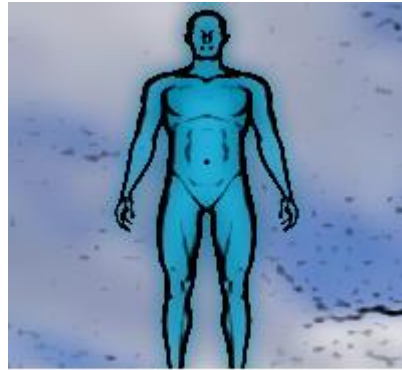
But only for a season;

Relationships of a lifetime...

Teach lessons for life. Things you must build to have a solid emotional foundation.



# PHYSICAL



## *Proper nutrition*

For the body:

foods such as vegetables, fish, cereals, fruits and wine regularly;

For the spirit:

Faith and prayer;

For the mind:

Mental exercises with word games, chess, checkers, sudoku and read a good book.

## *Thought and health*

Thought and health are closely linked, so try to practice positive thinking, lively and refreshing to have a strong health. When thinking tends towards the negative, correct immediately. Never forget, you command your brain, not the opposite.

## *Physical Exercises*

Physical exercise is essential. If you are sedentary, at least walk. Do not be a slave of physical exercises, but practice some weekly.

## *Eat everything*

Range is critical, try healthy foods. From time to time, eat what gives pleasure, but it is not so healthy. What matters is to have balance.

## *Observe your body*

He always gives signs. Note that if the feel or how it feels, is today the same as yesterday. Observe your body or an organ it behaves differently. Remember standard is the norm, something out of the standard is a signal. Pain, for example, is a sign, not ignore body signals.

# MENTAL



## *The mind is the key*

The mind is the key to "almost everything". Not everything, for example, attitudes, or choices of others who can influence you, do not depend on your mind. In this example there is only one option for you, try to influence them. But it's the most she could do, the choices of them, are theirs. Then concentrate on "almost everything". That is, everything that depends on your mind.

## *All this in mind*

Many say all this in mind. It's all true. After all we only use on average 30% capacity of our brain.

But the question is: How to use my mind to take a lot of benefits?

The answer: It's simple and difficult at the same time. I will divide the explanation.

It is simple because: just use logic. Example: if I breathe through your nose, because my mouth emits snoring? Then I conditioned my brain to think

about this logically, and the snoring stops. That is the logic is something that the brain accepts unconditionally. You can apply the logical reasoning for almost everything.

It's difficult because: it requires training.

Condition your brain to work for you, not vice versa.

### *The importance of time*

Believe me, time is important. Why? Because in this life time would seep, because it is relevant for draining, then you assign that value to small setbacks or problems? They are really important? Just ask the following question that will determine the real importance of it: 1 year later, it will impact my life? You understand? Apply in his life, the real value of things, and live less stressful.

### *Leave the sadness*

Do not be overwhelmed by sadness and nor grieve with your thoughts.

Eludes your restlessness, console your heart away away the sadness: sadness because it killed many and there is no use whatsoever.

# SPIRITUAL



## *Reflections of the Soul*

I often say that smiling, thanking, loving, caring, explain, teach, share attitudes, thoughts and things are good reflections of the soul.

Never be late for your soul to reflect good things.

Just start.

## *Prayer is protective*

Prayer is protective. No matter what religion or faith you have, but pray, because prayer protects. You will notice the difference after practicing a prayer before leaving home every day. Just a sincere prayer before leaving, and you have protection.

## *His Faith*

Have faith, always, but with lucidity. Faith is a shield against the evils of life and the world. But remember the words of Allan Kardec "Unshakable faith is only that which can meet face to face to reason, in every age of humanity."

## *Your spirit*

Your spirit is responsible for your body and your mind, so make him work for you. The night before bed, visualize your spirit, you can do in two ways, as a fluid or mist, or as your aura, choose a way to visualize.

Establish a mental contact with him, causing him there than on your body and mind, its balance and good health.

Try it for one month, trust me, you will not stop. It sounds weird, but trust me it works, just try.

# REFLECTIONS



## *Inner universe*

The inner world is yourself.

All the resources you need are at your fingertips. You need to access them. To assess this is frankly and dispassionately.

Rate yourself to become better known and finally by their inner resources at his disposal in his favor.

## *Recipe for life*

Ingredients

Family: initial ingredient;

Friends: add;

Rabies: Avoid to the maximum;

Despair: what for? spoils the recipe;

Patience: the highest possible dose;

Tears: dry all;

Smiles: The most varied and large dose;

Peace is in great quantity;

Forgiveness: indispensable ingredient in larger quantities if possible;

Disaffection: avoid, spoil the recipe;

Hope: doses inexhaustible;

Heart: the larger the better;

Love: abuse;

Affection: at high doses and constantly;

### *A life - 1*

Life is too short to waste time hating anyone.

When in doubt, just take the next small step.

Your job will not take care of you when you get sick. His friends and parents will. Stay in touch.

You do not have to win every time. Agree to disagree.

Cry with someone. More healing than crying alone.

It's good to let your children see you cry.

### *A life - 2*

Make peace with your past so it will not spoil the present.

Do not compare your life to others. You have no idea what their journey is.

Take a deep breath. It calms the mind.

Get rid of anything that is not useful, beautiful or joyful.

Whatever does not kill you will make it stronger.

It's never too late to have a happy childhood. But the second one is up to you and nobody else.



## *Recipe to evolve*

### *your body*

Treat your body with respect and affection.

### *your mind*

Value your mind.

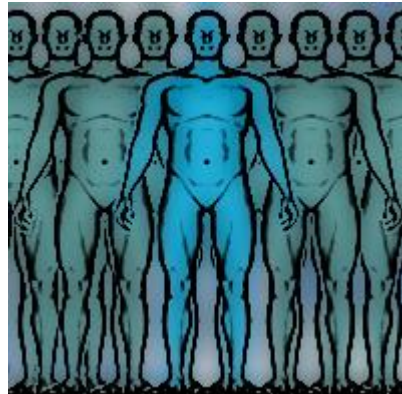
### *your spirit*

Recognize that your spirit is the noblest part of his being.

### *For the whole*

Respect yourself, to appreciate and recognize his nobility.

# Postural Advice



## ***PHYSICAL***

Your body is the clothing of his soul. As opposed to options that you have in your wardrobe, your body can not be replaced. Treat her well, that her keep as much as possible. Do not ignore body signals, eat right and properly. Do not smoke, do not drink alcoholic beverages (only red wine and only two glasses per day), do not use drugs, do not self-medicate, do not risk physically unnecessarily, walk 15 minutes every day, love and make safe sex.

## ***MENTAL***

Our minds control everything in us. Control your mind before. His strong and positive mental attitude is what will make your mind to act on your body properly. The night before, sleeping, orient your mind, as if talking to her. Determine in thought that sleep will be quiet, good sleep and tomorrow you will wake up with mood, ready for a new

good day, that regardless of the day's events the result at the end of the day will be positive.

### ***SPIRITUAL***

We are all like magnets, we attract energy. Most of the time without realizing it. You often felt suddenly tired, with some pain that was soon after or just unwell, without realizing the cause. Well, these were situations that bad energies were absorbed by you. I tell you that the solution to this is simple: to meditate and pray. Before leaving home stay silent for five minutes, eyes closed, breathe slowly, visualize a waterfall and realize that the force of water is its strength, feel the sensation gives water falling hard on you, feel the energy flowing, involving you. Then pray, asking for protection and guidance, to go and come back.

# Postface

The project of life you want to have, depends on you and factors you do not control. Focus on the factors you can control.

Their physical, mental and spiritual health, these factors you can control. The degree of control depends on several determining factors, eg for the spiritual, the determining factor is their desire to evolve spiritually; for physical and mental, there are factors, behavioral, environmental and genetic. What factors you control? What not? For those who do not control, forget it, do not be troubled about what can not change. For those who can control, focus on assessing, act and enjoy the results.

Allow yourself to be immensely happy.

**I wish you to tarry well.**