

Raffaele Cammarota

DO YOU WANT TO LIVE OR SURVIVE?

...the choice is yours



How to achieve harmony
of mind body and soul

PHASAR
EDIZIONI

Raffaele Cammarota

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How to achieve Harmony of Mind, Body and Soul

www.raffaelecammarota.it

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How to achieve the Harmony
of Mind Body and Soul

Phasar Edizioni

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*This book
is for you
who decided to live
instead of only
surviving*

Preface

by Max Formisano¹

The conquest of happiness: is there anything better in the world?

This is not the typical book about the “personal growth” because Raffaele wisely fuses all the domains of life that might influence our well-being, including quantum physics, the law of attraction and weather conditions!

It's not by chance that Hippocrates (400 b.C.) said: «If you want to find out the causes of illnesses, first of all pay attention to everyday and season events ».

In the book you're going to read it is said about the 4 mainstays on which to base this “search”, always starting from the acceptance of ourselves as a matter of fact.

Here they are: ***mind, body, soul, self-realization.***

With extraordinary clarity and simplicity, we walk in the working mechanisms of our mind: limitations, potentialities and to the full of its faculties.

We move on to the body, then: the 10 golden rules of nutrition and the 4 healthy styles of life (breathing, physical activity, good sleep and elimination of poisonous substances/habits like smoking).

Do not forget our *soul*, from meditation to the listening of our Self to the “elimination of the importance” .

With the writer's own words:

¹ One of the most famous Italian trainers in personal development. For more information: www.maxformisano.it

“Accept yourself as you are.

Accept everything about you: the day and the night, the dark and the light, the sun and the moon.

Everybody is perfect as it is. You're perfect as you are. The unconditional and full of love acceptance of ourselves is the harbinger of the interior serenity, of love and happiness.

It's the essential basis to develop the unique talents that are in us”.

Lastly, we talk about the full *realization of the Self* where the basis to “succeed” in life are expressed in a fairly simple and understandable way.

First of all and at the end of all, however, there is always love. *Love* in all its aspects: towards ourselves, first of all – unconditional – then towards the others and finally towards “every single thing”.

December 2013

Introduction

*The appearance of things changes according to the emotions...
and thus we see magic and beauty in them,
while the magic and beauty... are really in ourselves.*

K. Gibran

How many times you asked yourself: does it exist a secret to be happy?... or a happiness magic formula?

The answer is YES.

I go against the grain and I give you the answer right now and not at the end of the book, so that if you are not interested you can close the book and put it back wherever you took it.

To be happy is enough ... ***that you really want to be happy.***

I know what you're thinking right now: "There you are... the umpteenth guru that talks always about the same things regarding autosuggestion, motivation... voilà the umpteenth book about the positive thought as many hundreds... etc."

Well, no, my dear reader (and by the way I greatly thank you for flipping through the pages with curiosity!); this book wants to be totally different, a book unique that wishes to enter into the deepness of your soul trying to have an impact on the false beliefs about your life, yourself, the others, the world.

It's a book which has the mild ambition of awakening the major part of people from their particular mental lethargy, and finally give the instruments, few and simple, to fully enjoy life and the joy coming from living it.

I'm not a guru, nor a person with particular extraordinary gifts. I'm a normal person that had the fortune of knowing and experimenting some important growing principles and personal improvements on himself.

Morals and behaviours that allowed me to change and improve my life.

I've always loved to observe the others, trying to understand the deep sense of things and human behaviours, understanding the real essence of life. And here I am.

Suddenly I felt the need and the burning desire of sharing this knowledge with the greater number of possible people, with the aim of improving their life.

It's a knowledge coming from far away that already exists in each of us. It's a knowledge that already exists inside you. It's only necessary to detect the right switch, turn the light on and read.

Pope Paul VI said: "When the masters' times had finished, the witnesses' time started"². Here it is ... I simply feel to be a witness.

I do not give any ready-made recipes, nor tests or homework, but few and simple keys to open doors forever shut inside us.

Don't you believe that? ... very well ... put the book away and do not go on reading. Go back to your sleep-walker life which you were used to, to which the major part of us is used to, to which I also had been used to.

If, otherwise, you wish to win your fears, if you want to obtain the best from yourself, from the others and from life, if you want to know the secret, the key to happiness and endless joy; therefore, if you want to start a true life ... then let's start the journey together!

² Pope Paolo VI, Encyclical *Populorum Progressio*, march 26th 1967.

Mind

We are what we think

*Pay attention to your thoughts... they will become words
Pay attention to your words... they will become actions
Pay attention to your actions...they will become habits
Pay attention to your habits...they will become your destiny*

Oriental Anonymous

What we think leads our Life.

Or better: the way we think determine things that happen to us in our life, from the smallest to the biggest.

Don't you believe that?... right... I would react in the same way too, by instinct.

But stop and think just a second to how many times, too many for sure, you feared something was going to happen and punctually it did. Or, on the contrary, how many times you really desired something to become true, or tried to reach an objective with all yourself, your soul and body and there it is, maybe when you were not expecting it at all.

That you might believe in it or not, ***what we think becomes real***, the negative thoughts too.

This is the reason why it is so important to think positive, ***to think about what we long for and not about what we do not wish to.***

I talk about the ability of acquiring awareness of our own thoughts, connected to sensations and emotions and when they appear to be negative, turn your mind away from them and substitute them with positive ones. In this simple switch

it's our main and very important and aware desire of addressing ourselves towards joy and happiness.

In fact, stop and think for a while: a lived moment, a past year, a past evening... they will not be back, they will not re-enter this fantastic roulette called Life.

Then...it's worth living as better as we can, what do you think?, without influences of negative thoughts and mental masturbations that in the major part of the cases, have nothing to do with what you're living in that particular moment, or they are about situations that will appear even less serious than what you believe in that moment.

The major part of our worries are about meaningless things, craps, call them as you want... even though we let our thoughts to influence our lives.

At the beginning, to adopt a new system of thought may appear a little bit strange and difficult, later on it will become a habit... and what a habit! Positive thoughts will go after positive thoughts, and day by day, you will start to see in each situation and in each person only the positive aspects and characteristics, automatically.

And finally you will see in a half full glass, the full part and not the empty one.

It is said that:

Three people were working in a stone cave under a very hot sun. They had the same task, but when they asked them which one was their job, their answers were different. "I break stones" answered in one go the first one rather annoyed. "I earn my life" answers the second one with resignation. "I take part at the building of a wonderful cathedral" said the third one with a lot of enthusiasm.