

BRAZILIAN

SECRETS

FOR A
JOYFUL LIFE



ANNA PENIDO

Brazilian Secrets for a Joyful Life

Note: Some pages are omitted for this book preview.

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About Anna Penido

For 25 years Anna Penido has been inspiring audiences, family and friends to open the gateway to their own potential. Her films and ground-breaking events have transformed the lives of children, women and communities bringing self-empowerment, public attention and progress towards a happier life.

As a filmmaker, Anna Penido has enjoyed incredible success, making *Super Xuxa against Bad Vibes* (2.8 million moviegoers in Brazil alone), *Daughters of Zumbi* and *Amazons Awake* (2017).

Anna founded the *Mulher em Ação (Woman in Action)* movement and was invited by Deepak Chopra to lead the workshop *Awakening Energy through Brazilian Orishas*.

Anna's passion for the rainforest led her to write a non-profit project – the Sustainable Food Basket (Milan EXPO 2015) – to provoke a change in eating habits so that Brazilian biodiversity can be protected.

After years of coaching family and friends with precious tips to restore health and happiness Anna received incentive from Audrey Wells, her best friend from UCLA (writer/director of *Under the Tuscan Sun*) to make accessible the secrets to her joyful energy through a book, and that's how *Brazilian Secrets for a Joyful Life* was born.

Now readers all over the globe can carry the best of Brazil's wisdom and lifestyle into their homes. Anna Penido lives in Los Angeles close to her two sons that she is very proud of.



Visit www.annapenido.com for more information.

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Contents

Acknowledgments	1
Preface	2

Part I – The Brazilian Mindset9

1. Sweep it Out!	
Cleaning and Protecting Your Energy	10
2. Trust!	
The Care System	26
3. How to Stop Time and Be Young Forever	
Being in the Now the Brazilian Way	36
4. Body Talk	
Loving Your Body from Head to Toe	50

Part II – The 8 Brazilian Secrets67

5. Secret #1 Buy a Hammock	
Essential for a Productive Day	68
6. Secret # 2 Drink Coconut Water	
Ready to Hopscotch at 120 Years Old?	73
7. Secret # 3 Kiss, Bananas and Tapioca	
Satisfaction is so Simple!	76
8. Secret # 4 Wear a Bikini!	
Goodbye Fears, Hello Freedom	85
9. Secret #5 Sing, Dance, Whistle, Hum!	
The Free Magic Potion	101

10. Secret # 6 Munch Baru, Licuri, Cashew and Brazil Nuts	
Good-Mood Quick Food	113
11. Secret #7 Copaiba, Camu-Camu and Other Amazon Miracles	
Discovering the Undiscovered	118
12. Secret #8 There's Room for One More!	
Nobody is a Stranger, Everyone is a Friend	138

Part III – Practical Steps143

13. Breakfast With the Orishas	
Nature's Guiding Voice 7 Days a Week	144
14. Energizing Food Recipes	
Longevity Juices	175
Life Saving (Anti-Craving) Treats	180
Real Meals	182
Snacks and Party Favorites	188
Beverages	193
Desserts	195
15. Exorcise Cravings... and Other Demons	
Spiritual Centers and Healing	197
16. Beauty and Passion	
Fruits, Beauty from the Inside Out and Brazilian Charisma	221
17. Brazilian Secrets Eco-Health Center	
What if the Best of Brazil was in Your Hometown?	245
18. Oh! If I Was Brazilian	
Re-writing Your Life Script	251
19. Green and Yellow Pages	
Protect the Forests: Products, Services and People	256

Preface

Welcome to a New Life

A large, stylized green letter 'W' graphic that serves as the first letter of the word 'WHAT' in the following text.

HAT IS THE SECRET of all those energetic and joyful Brazilians?

Why are Brazilians considered so sexy and so much fun? Is it the year round sun? The vibrant nature? Or the marriage of three main races, Indigenous, Black and Caucasian, who merged their wits in spite of so many differences driven by the need to survive?

The fact is that everyone, in every country, is eager to include a Brazilian in their entourage.

Our presence moves the energy around and lightens up the air. It gives a glimpse into happiness. It makes parties happen. It brings the sun out – literally!

In this book I juice the pulp of my own ideas and secrets which bloomed after intimate encounters with great masters of physical and mental well-being, my heritage and yes, also my ailments!

Laughter, belief-cleaning, and a new-habit building Isostretching – a gentle technique that aligns the spine and sculpts your body while training your mind to notice details of how things work within – along with

delicious recipes and a new shopping list that keeps the rainforest alive are a few of the treasures I offer. This book is the result of years collecting the best solutions to improve well-being driven by the daunting curiosity that made me a communicator.

As a filmmaker I have used audiovisual means to speed people's understanding about their potential and diminish suffering. From children to street kids, from favela women to indigenous tribes I investigated unique worlds and received many gifts of knowledge.

My wish to heal situations lead me to inspire large groups of people through communication. It made me empower kids to believe in inner light and strength (feature film *Super Xuxa against Bad Vibes*), found a social movement to reduce violence and poverty (Woman in Action) and ignite a food eating system to revert deforestation and halt climate change (The Sustainable Food Basket). Now it has brought me here to write this book.

My life's mission has been to awaken the spirit of hope and spread the knowledge I have gathered in a practical way. As a Taurus with Leo rising and Moon in Aquarius, I carry a mothering need to nurture souls by making practical and accessible an avant-garde vision of a better world. And, of course, this has to be presented in an entertaining way, as my Chinese sign is Monkey.

I am a legitimate 'Carioca' (native of Rio), born in a little jewel of a neighborhood called Urca, nestled under one of the most famous post-card sights of Rio – the Sugar Loaf Mountain. Urca is a strategic edge of land that peeks at the entrance of the Guanabara bay with one side facing outward, overlooking at the vast open Atlantic ocean and the other side facing inward to the gorgeous landscape of the Corcovado mountain with the statue of Christ with open arms, the bridge across the bay to Niteroi, the skyscrapers of downtown Rio and the come and go of airplanes from the Santos Dumont airport.

This unique geographic location trained me to have a 360 degree vision of all matters, especially an inner vision into nature's way and people's essence.

My love for reading started at age 3. I remember quite well the moment that I was exploring the piano sounds at our family farm in Rio das Flores and got very upset that my grandfather instead of noticing my composition, was buried behind giant pages of a newspaper. When he left for a second I decided to decipher why those scribbles were more enchanting to him than my music – and before I knew it all those scribbles became words and when he walked back into the room he found me reading out loud. He called my grandmother to witness and they were so joyful that I figured I had done something way more extraordinary than composing music. Ah, books! If a cataclysm was to happen and I had to leave all behind, I would not go without my children, my glasses and a few precious books that have always rescued me at the right moment.

I hope this book will also rescue you from a life of worries and be your lifetime companion reminding you that joy is possible at all times!

The idea to write this book rose when I was in my forties because so many strangers, both women and men, would approach me everywhere I traveled to say things like: “You have the legs of a teenager! What do you do? What do you eat?”, “You have an amazing energy!”, “You should lecture about longevity. You look like a girl!”

Did I?? I went to check myself in the mirror and tried to evaluate what these strangers were seeing. I have always been so busy with my film projects and caring for my children that I really never glimpsed into the mirror for more than a few seconds just to check if I was presentable, with no black bean stuck to my tooth.

Time always felt so scarce to push causes and save the world, that it took several repetitive occasions hearing the same line from strangers to wake me up to the fact that besides my films, this book could be a

practical way to save many lives and protect the Brazilian forests from destruction.

When people hear my age – the first reaction is an incredulous freeze. I think their eyes are tricked by the energy of my presence and not really the way I look. Could energy be the most efficient anti-aging technique?

I have been researching wellness for myself and for my dear ones all my life. I like to feel healthy. I hate hospitals and I am rarely sick. But I am also a fragile human being, with a good amount of ailments that I have to deal either by karma, by heredity, by emotional stress or by bad habits. Nevertheless, no matter what life forces me to face, I never give up. I have constantly gone after solutions for all of the things that bother me, and what bothers those I meet.

Maybe that's why my son when he was 5 years old caught me by surprise asking what I was going to be in my next lifetime and while I was thinking what could I possibly answer he stated: "Doctor. You're going to be a doctor". I got very puzzled because that had never crossed my mind. Art had always been my natural inclination (dancing, painting, writing, film making) but indeed I have always investigated healing and scientific discoveries. I look at my picture when I was 15 years old and my picture now and I think I am in better shape now than then.

I believe that not only me, but many Brazilians carry a persistent positive vision due to a vast creativity and some kind of faith that has nothing to do with religion.

From my travels to many countries I have observed how most people walk around totally disconnected from their bodies, unaware of their beauty and suffer from beliefs that keep them away from feeling loved, healthy and joyful.

With this book I want to disclose to you how to feel the energy of 20, to have the body of 30 and the wisdom of 60.

CHAPTER ONE

Sweep it Out!

Cleaning and Protecting Your Energy

CAN YOU IMAGINE what it would be like to always wake up in good humor?

Well, bananas and Brazil nuts have lots to do with that! And what about reducing stress by just laying on a hammock for a few minutes?

Let's add sipping a coconut water while doing that and you are increasing your longevity. This is no cliché. There's sound scientific evidence behind it. It has been discovered that organs kept in coconut water do not decay!

But besides feeling relaxed and rejuvenated wouldn't it be nice to receive more affection from everyone you meet? A well-traveled British cameraman working on a documentary in Rio confided to me in awe: "Every place I point the camera there is a couple kissing! This is awe-

some! I never saw so much demonstration of love in any other country.”

The secrets for being kissed, caressed and hugged are just a few pages away, the time has arrived for you to delete loneliness forever and make all the friends you want easily. And ladies, what about feeling comfortable in your body no matter what shape it has? Brazilian women of all sizes – and ages – feel great in a bikini.

The young and pretty daughter of a famous feminist, told me that she never felt comfortable wearing a bikini until she stepped into a beach in Brazil. “Everybody is so at ease here, this is the first time I feel good about my body!” She was radiant with the new found freedom.

Brazilians know how to enjoy life 100% of time and money has nothing to do with it. To sing, to dance, to make friends, to go to the beach, to be loved and to be healthy does not cost a cent. In fact creativity is born from scarcity. Brazilians faced tremendous trials and had to stretch their imagination to find resources beyond the limits imposed by colonialism, slavery and poverty.

Our greatest ally? Nature. Nature is generous. Nature is endless.

To make things easier I even created seven different breakfasts for you to eat and meditate connecting yourself to the forces of nature – called Orishas – to find peace, power, self-esteem, charisma and catch that joyful spirit the moment you step out from bed. Nature is present in every chapter of this book.

If you feel great after experimenting new flavors in your life, you will become grateful and help me protect the source of so much abundance. Brazilian forests are being cut down at an outrageous rate. Without the forest, the water will also dry and the air will be hotter.

Not only in Brazil but for everybody in the world.

So when I introduce you to the exotic fruits and miracle medicinal plants of the Amazon I give you the opportunity to help reduce global warming.

You will know the forest communities who are keeping the trees alive and how to order and taste something exquisite like cupuaçu jam which made my Italian friends ecstatic when I offered it spread over white fresh cheese. I am here to make Brazilian lifestyle accessible to you.

The Brazilian way is simple, delicious, fun and easy. No big effort is necessary, no philosophy is complicated. Step by step, at each chapter you will discover a secret to make you feel more Brazilian and the science behind it. You will be entertained by stories of my travels around Brazil and discover the wisdom of indigenous tribes, spiritual healers, favela inhabitants, forest communities and a diversity of masters of well-being.

I had the privilege to learn from like Xingu shaman Sapaim and foreigners who made Brazil their home like Tibetan lama Chagdud Tulku Rimpoche and French physiotherapist Bernard Redondo creator of the Isostretching technique, which healed my back pains and shaped my body to be toned and strong with gentle minimal movements.

All the advice in this book will not be of any service until you decide to try and see for yourself if it works, if you like, if you approve.

We don't believe in anything that we don't try first. All babies stick their finger in the electric outlet to test what a shock is, even with thousands of warnings.

I like to compare this first chapter to the ritual one does when entering a Brazilian spiritual center. Brazilian spiritual centers are all over Brazil and everyone goes there, no matter what religion one follows, to get rid of the negative load that can block life from flowing.

The first step to allow anything good to enter your realm is to sweep all the bad energy you have been carrying around with incense, snapping of fingers and prayers. Likewise, this chapter serves as a sweeping session of useless concepts you might be carrying around.

If you want to experience what is to be truly Brazilian, on your skin,