

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 136th Newsletter, I want to talk to you about **stretching** as an answer to improving your performance physically, mentally, emotionally and spiritually.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my **1st Health Proposal** and my **2nd Health Proposal**. So if you haven't, please pause and go back and watch them. You can also read all of the articles in full **HERE**.

### YOUR BODY, HEART, MIND & SOUL ASKED AND WE DELIVERED: ONE JUICY SECRET ACCESS TO MASTERING YOUR PHYSICAL & NON-PHYSICAL WELL-BEING THROUGH UNINHIBITED STRETCHING

In this newsletter I want to focus on the much debated subject of stretching. While most of us, at best, think of **stretching as a necessary evil** we have to endure just to help with muscle soreness, we never look any further than that. There is currently a lot of research that proves that stretching, just for the sake of stretching, is a **brilliant thing to do**.

Several years ago I was very ill with PTSD, Chronic Stress and a multitude of other illnesses. Throughout my health journey I **utilized exercise and working out** as one of the ways I healed myself. I stretched when I woke up and before going to sleep; deep stretching combined with deep breathing was part of my natural prescription for my healing process. I have worked out and exercised since I was a child. I always enjoyed it. I was also one of those people who always worked out hard but always

thought stretching was silly. I lived with my own **"no pain, no gain"** attitude. It always occurred for me that stretching was something that only amateurs did. I thought **stretching was a waste of time**. I wanted to get right to the workout. I could push through anything.

At first I kept this attitude during my health journey but along the way I created my **1st Health Proposal**. In that I proposed that we love our imperfections and even more radical, that we love our body because of those imperfections vs. in spite of them. Inside of this I discovered a whole new way to look at my muscles. They got tight, sore and constrained. **It was an imperfection I had put up with**, tolerated, gotten around and disliked before. But **I could now love my body because of this imperfection**. Now stretching seemed to be something that I would do happily as a **gift to my body** and a way of cherishing it.

I began to really listen to my body. My body wanted me to stretch. It was actually begging me to stretch. I started slow, adding a stretch here and there. I listened to different people and did the research. I discovered there were **lots of different stretches** for different muscles in different areas of my body. Stretching was as varied as workout exercises. Some professional trainers encouraged spending as much time stretching as working out.

As **I increased my stretching** I started to notice things. I noticed I got more flexible and my muscles began to become even more defined. I also had **less pain**, my performance actually increased and mentally I experienced a shift because of how **it relaxed me**.

While most exercises increase the

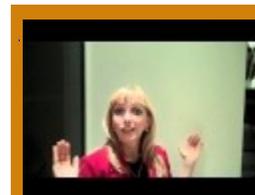


CAROLINA ARAMBURO

risk of injury by tearing ligaments, tendons, straining muscles, fractures and fatiguing your body – **stretching does just the opposite**. Stretching has been proven, in many studies, to have a series of benefits including:

- **Relief** from pain
- Increased **energy** levels
- Increased **flexibility**
- Better range of **motion** of the joints
- Warming **soft tissues**
- Greater **circulation** of blood to various parts of the body
- Providing much needed **oxygen** to all areas of the body
- **Relaxation** and stress relief
- Enhanced muscular **coordination**
- Improved **posture**
- A greater sense of **well-being**

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## YOUR BODY, HEART, MIND & SOUL ASKED AND WE DELIVERED: ONE JUICY SECRET (Cont.)

My 1st Health Proposal gave me a whole new view. It is what began to allow me to expand. When we **cherish our bodies** because of any imperfection, our bodies get a chance to respond with appreciation. **Our bodies know exactly what they need.** My workouts themselves became more enjoyable and I started to see results that I had not seen in my years of not stretching. Soon after I began **learning how to stretch different muscles,** I was able to have a whole different range of motion. There were places I had never been able to reach that I began reaching. I was able to do a **whole series of squats and lunges** deeper than I ever thought possible.

Finally I was intrigued with how **stretching impacted my mental**

**state.** When I stretched before working out, it created a sense of calm for me from which to enter my workout. When I stretched afterwards it seemed to smooth out any of the tension caught in my body from the workout and **allowed me to enter the rest of my day in a more relaxed state.** Surprisingly, stretching gave me access to a connection between my body, others and Source/God/the Universe. As I connected with each pose I found patience and a surrender that carried throughout my day.

My body led the way. Some stretches just didn't work for me. **I let those go.** I methodically tried stretch after stretch. I kept the ones that worked, tossed some out and put some on hold. The ones I put on hold I picked up at different points in my health journey as **I got stronger and**

**changed my workouts.** Some of them I rotated just so my muscles did not get complacent with them. I am now 100% healed and have beyond optimal health and well being. I now stretch every morning when I wake up and again every night before I go to sleep. I do deep stretching combined with deep breathing. It is part of my **natural prescription for my own personal healing process.**

Your body deserves to stretch. Even if you don't workout you can still get all of the benefits from stretching. Read our articles in the Fan Page this week and **do the research to find stretching routines that fit your body's needs.** There are hundreds of different stretches available to try out. I promise you your body will thank you for it.

## DISCOVER THE DELICIOUS, MAGICAL CONNECTIONS FROM YOUR BODY TO THE ESSENCE OF THE INFINITE UNIVERSE THROUGH STRETCHING!!

Most of us know that stretching will have certain physical benefits but there is a whole world of **emotional, mental and spiritual benefits** to be gained by stretching and the flexibility it provides. Beside stretching before and after workouts many people practice yoga. It is an ancient practice that includes poses that stretch your muscles and give you **balance and flexibility.** For those who do yoga it becomes part of their mental and spiritual life but you can also have any stretching directly connect to your life.

Stretching creates flexibility. Flexibility can be thought of as a reflection of your entire life, as all of life can be seen through your body. There is a **direct parallel between your body and your life** if you pay attention. If your body is tense so is your life. Stretching will allow you to experience all of your body and all of the connections in your body and, therefore, all of your life and the connections in your life. The flexibility made available from stretching is an **opening to awareness and experiencing other views.** In order to stretch you must view yourself from the inside and the outside and balance yourself. You can, through stretching, be in your body and enjoy the experience. This is also how you can then learn to view others and the planet as connected and see them from the inside out.

Breathing can be learned through stretching. **Breathing opens new positions in your body and your mind.** Through stretching, you can learn to relax and then use your tension vs. resisting it. This will center you emotionally and allow you to begin to understand your natural tensions along with understanding yourself. When you take on stretching, **tension becomes a game** where you begin to control where to apply it and when to release it. With the increased movement of stretching comes a flow of energy that moves inside, outside and to others. When stretching you can learn many lessons like patience, forgiveness, the value of gentleness and surrender.

Through the energy that you generate and that begins to flow in your body, you may also **awaken your sexual energy** and teach yourself fulfillment sexually. You become more available through stretching and flexibility, which will bring energy to your sexual relationships and ultimate satisfaction in all of your relationships.

Because stretching brings energy to your body, it also has you **feel better about yourself.** As you become more mobile and your posture straightens you are not only left with a body that you love more, but also with a body that has **increased flow of energy.** When your chest posture is open and your shoulders are back, your heart and lungs

have maximum space for inspiration as well as respiration.  
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The Second Health Proposal is about **"tuning into"** and **listening** to your body in a particular way. I am suggesting there is an actual **scientific art,** requiring the creativity of an artist but also the precision of a scientist, where you **become aware** of your body's natural prescriptions. What do I mean by that? When you are out to improve your health there are so many things you can do, including stretching. **Listen to your body** to tell you what to stretch and how deep and long to stretch. Support your body in the best possible way by beginning to **"tune into"** and train yourself to actually be **"in communication"** with your body.

When you are **stressed out,** take 5 minutes for stretching and deep breathing. You will see the difference in your state of mind, your emotional balance and even a touch of a spiritually deeper connection if you dare....  
**I dare you to use this tool to enhance your health...You deserve it all.....Are you going to claim it??**

## DISCOVER THE DELICIOUS, MAGICAL CONNECTIONS FROM YOUR BODY (Cont.)

The ability to focus and pay attention to your internal self and the outside changes leads to more confidence and better self esteem. You will find yourself lit up from the inside out.

Stretching allows you to conquer fears associated with you body and the limits you have defined for your body. As you do

### MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both large groups and one on one, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached individual people who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous UNPRECEDENTED transformational shift", for every group no matter what their circum-

stances. In addition to this, I coached teams of people who worked with me in both group and individual settings, these included mostly managers, supervisors and leaders. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of outstandingly successful practice, and after coaching hundreds of thousands of people and consistently exceeding their expectations 94% of the time, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have YOUR SUCCESS in ANY ARENA be a foregone conclusion while also having it be a deliciously fun and FULFILLING ADVENTURE!!.

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### OUR BODY IS BEGGING FOR SOME STRETCHING...LET'S SURRENDER AND ENJOY!!

Most of us only think about stretching as a way to be less sore the next day. The articles on our Fan Page this week expand on an array of benefits including:

**Increased flexibility and range of motion:** The ranges of motion in our joints lessen and our muscles tighten as we grow older. Things that were once so simple like bending, zipping zippers, and reaching become more and more difficult for us to do. Stretching done on a regular basis actually lengthens your muscles, which makes activities much easier again. Flexibility is also key in reducing the chance of injury in playing sports or everyday activities.

**Improved circulation:** Stretching provides better blood circulation to the muscles and cartilage. This brings oxygen and nutrients to our entire body and removes waste byproducts. This is also the reason that muscle soreness is reduced after working out.

**Better posture:** Poor posture can be caused by tight muscles. This can lead to an impact on our organs in addition to

our appearance. When we stretch our lower back, shoulder and chest muscles we keep the back aligned and improve the posture of our whole body. Stretching, in general, improves muscle balance around joints which improves posture.

**Relaxation and stress relief:** Stretching relaxes tense muscles caused by stress. That in turn creates an experience of relief from tension which contributes to your well-being.

**Reduced or prevention of lower back pain:** Stress on your spine can cause lower back pain. By stretching your hamstrings and the muscles of your hips and pelvis area you create greater range of motion and flexibility, which takes the tension off your spine.

Stretching expert, Jacques Gauthier, has known people who have reported great improvement and sometimes complete healing from arthritis, multiple sclerosis, headaches, back/neck/shoulder pain, bursitis, depression, fatigue and even conditions like fibromyalgia. Jacques feels that the pain relief many people experience

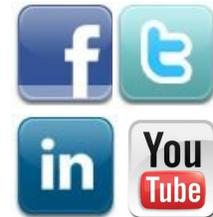
when implemented in your life, will take you to new levels of anything you are doing.

Start stretching today and listen to your body as flexibility and balance guide you to new emotional, mental and spiritual realms.

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with stretching is due to its effect in reducing inflammation.

Added benefits include improved muscle tone, nicer physique, decreased muscle stiffness and cramping, enhanced flexibility, lessened back pain, better overall posture, improved circulation, greater muscle efficiency and, ultimately, a heightened total body performance. The bottom line is that STRETCHING WORKS THROUGHOUT YOUR BODY. So add stretching to your daily routine and start getting the benefits your body wants from stretching today!

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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