

(Môj) [(do)vtedajší] život *

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DRÍSTY / (THE) BOLLOCKS

*[(My) [Up-until-Then] Life]

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Moje rady□

Staršie zásady a rady do života□

(Moje staršie <ale stále aktuálne>) zásady a rady do života

1. Ak nemusíš mať otvorené oči, tak (si) ich zatvor.
2. Ak si môžeš ľahnúť (a oddýchnuť), tak si ľahni (a oddýchni).
3. Len ty ovládaš (seba <sa>) a vládneš nad (sebou <samým> a) svojimi myšlienkami.
4.
 - Pi veľa (najmä keď nejdeš);
 - jedz, (len) keď si hladný;
 - spi, (len) keď si unavený.

5. Keď ti je zima, obleč sa. Keď ti je teplo, zobleč sa.
6. Pracuj, keď nie si unavený. Oddychuj, keď nepracuješ.

Pretieraj si oči a (masíruj) spánky (čelo, a vzadu šíju).

Rob (si) rozcvičku.

Pravidelne sa modli sa. Modli sa Ježišovu modlitbu –to nech je Tvoja meditácia.

Sleduj (si) svoje myšlienky. (Nos <maj na to> náramok, aby Ti to pripomínal.)

Dýchaj čerstvý vzduch. (Pravidelne vetraj.)

Dýchaj pomaly (a hlboko) (kontroluj to, napríklad, päťkrát denne a rob dychové cvičenia). Zapájaj oba dýchania, no preferuj brušné.

Pi (čistú) vodu (s citrónom).

Jedz pomaly. Prežúvaj poriadne (počítaj počet prežutí).

Buď vyrovnaný –vzpriamený –vystretý. Nos pomôcku na držanie tela.

Neskáč (druhým) do reči, nechaj druhých dohovoriť.

Rozprávaj pomaly, rozvážne, a zrozumiteľne.

Nenáhli sa niečo (len tak) povedať alebo robiť

–sleduj situáciu a vhodne reaguj –maj plán a alternatívy.

Sprchuj sa (so) studenou vodou.

Umývaj si zuby (<hneď> po jedení to nemusí byť <úplne> najzdravšie).

Usteľ si posteľ (ako zvyk je to veľmi dobré, ale nemusí to byť <práve> najzdravšie).

Umývaj si vlasy len vodou. (Vysaď šampón.)

Neumývaj si ruky mydlom. (Zbav sa chemikálií.)

Nedotýkaj sa pohlavného údu priamo rukou.

Nos papieriky so sebou na zapisovanie myšlienok.

Maj papieriky pri posteli na zapisovanie myšlienok.

Spájaj vykonávanie viacerých (užitočných) činností (naraz), (ako) napríklad: umývanie zubov s cvičením nôh, vyberanie riadu alebo príprava jedla (varenie) s hlasovými cvičeniami, jedenie (ale so stálym sústredením sa) a čítanie alebo práca na PC, cvičenie (rozcvička) a modlitba.

Šetri a trénuj si hlas (rob hlasové <a/alebo rétorické> cvičenia) –nekrič (rozprávaj tichšie) a vôbec (keď netreba <všetci Ťa dobre počujú>) nezvyšuj hlas.

Umývaj si tvár (čistou) studenou vodou. Čisti

si tvár (problematické miesta) s vodou (alebo alkoholom –liehom) so soľou (lepšie ako *Akne-color*). Staraj sa o pleť (*Maryna* <krém>, krém(y) proti vráskam –nie je to nevyhnutné). Nedotýkaj sa vyrážok, pupencov, a akné na tvári. (<Vôbec> si nešúchaj tvár rukami.) Strihaj a čisti si nechty. Hoľ si bradu, ochlpenie pod pazuchami a okolo pohlavného orgánu.

Premasíruj („pretri“) si celé telo.

Nebuď netrpezlivý –všetko má svoj čas. Buď trpezlivý.

Maj príjemný (<a> „sladký“) hlas, keď (sa) rozprávaš (<najmä> s rodinou). Maj s každým človekom trpezlivosť.

Usmievaj sa a maj vlúdnu tvar (v prítomnosti ľudí) –najmä rodiny. (Nie ako „zvierá“.) Aspoň sa „premôž“ a „dus tie negatívne pocity v sebe“ – nedaj najavo, že si „mrzutý“ (správaj sa „vlúdne“ k rodičom <za každú cenu sa ovládaj>).

Nedaj šancu *Vieš-Komu* (*Nepriateľovi*).

Udržuj (primeraný) očný kontakt (pozeraj sa do tváre druhému človeku) a daj druhému pocit (tvár sa), že načúvaš (<ho> počúvaš), že sa mu venuješ.

Váž si, (to) čo máš. Buď (za všetko) vďačný.

Nedotýkaj sa svojej tváre pri rozhovore (a nehraj sa s vlasmi).

Než niečo povieš, rozmysli si, či to nebudeš musieť niekedy ľutovať a keď niečo nepovieš, rozmysli si, či to budeš môcť niekedy ľutovať.

Ži v okamihu: uvedom sa.

Nikto Ťa nemôže nahnevať: len Ty sám sa môžeš nahnevať.

Nenechaj sa ovplyvniť emóciami druhých ľudí —len sám si dávaš dôvod na hnev a zlosť.

Váž si čas; je to (vlastne) to jediné, čo máš.

Pi výluhy z nejakých bylín, tinktúry, kvapky. (Prípadne ber nejaký výživový doplnok, multivitamín.)

Sprav si *'fixed schedule (of day)'* a dodržiavaj ho.

Cvič ráno, nalačno (pred jedením).

(Staraj sa o seba.) Buď upravený (najmä účes) —keď nič, tak aspoň maj „rozcuchané vlasy“. (Drdol si môžeš urobiť aj vyššie <odstávajúce vlasy si zapni druhou gumičkou> .) (<Ak treba> používaj lak, tužidlo, žehličku na vlasy, a sprej na koreničky vlasov.)

Cvič brucho (rob „tisícky “–„skracovačky “). Nauč sa ako spáliť brušný tuk.

Nesleduj (<neu> stále) svoje brucho a váhu.

Nauč sa mlčať.

Nezaoberaj sa zbytočnými myšlienkami (o ostatných ľuďoch). Chvíľu počkaj a zamysli sa:

„Prečo mám také (mrzké) myšlienky? “, „Prospejú mi? “

Ovládaj sa: nenechaj sa ovládnuť hnevom.

Buď pokojný (a rozvážny) (za všetkých okolností).

Nedávaj (očividne) najavo svoje city. Nenechaj sa „premôcť“ citmi.

Pol litra vody ráno naozaj pomôže prebudiť.

Daj si čaj, keď pociťuješ, že si hladný a/alebo že „hlava nefunguje“.

Meň miestnosti v ktorých pracuješ – nezdržiavaj sa stále v tej istej izbe (kde spíš, napríklad).

Rozmýšľaj, ako tráviš čas (čo robíš) na PC a čo (za)nechávaš (po sebe) na internete: snaž sa po sebe (za)nechať na internete čo najmenej stôp (a celkovo na ňom tráviť čo najmenej času –snaž sa tam byť len počas pracovnej doby).

Predtým, než sa na niečo podujmeš, sa opýtaj: „Potrebujem to? “

Nemasturbuj. Odožeň necudné myšlienky (<i>) hneď v zárodku <nedovoľ im, aby Ťa ovládli>).

Vždy keď máš možnosť, spomeň si, a „skúšaj“ („testuj“) to, čo máš napísané (hlavne čo sa týka komunikácie a medziludských vzťahov).

Zdravie

Žrádlo *

Zoznam jedla (čo <aj> <žer> jem[†])

Ako si robím (sabi) jogurt(y) (biely </e>) prvá verzia je, že si do neho dá(va)m kakao, kokos, a slnečnicové semiačka; pri druhej verzii si do neho dá(va)m (hlavne *psyllium* a <rôzne> <pomleté> semienka) všetko (napr.: olivový olej, koreniny, <[p,z]omletý> zelený čaj) okrem troch ingrediencií v prvej verzii. Všetko stále (poriadne) z[(-pre)]miešam. (Jogurt zvyknem dopĺňať <kravským> maslom a bravčovou masťou.)

- ***(rôzne druhy) zeleniny (a iné)***, napr.:

*,(?)” [[…]] môže znamenať (aj), že to (obyčajne) nejem (a považujem to za „nie vhodnú <nevhodnú> stravu”) alebo som to (ešte) neskúsil.

[†](sic!)

topinambur, cvikla, chren, cesnak, cibuľa, žerucha, kaleráb, kapusta (surová, napr.: červená);

- čili papri(č)ky;
- **ryby** vo vlastnej šťave (napr.: zavináče, <nautica> sledové filety, <údené> šproty, sardinky), tuniak (v sójovom náleve <?>);
- **mäso** (varené <a pečené> , párky, saláma, šunka, konzervy <?> , paštéty <?>);
- vajcia (praženica);
- syr(y);
- tvaroh (napr. s orechmi);
- bryndza;
- smotana na šľahanie;

- **(rôzne) semienka (semiačka)** konopné, tekvicové, slnečnicové (nesolené, <z Lidl-u:><Gardis>Raw sunflower seeds), sezamové (sezam), lanové <zlaté, hnedé> , *chia*;
- orechy (napr. s tvarohom);
- mak;
- (rôzne) korenia (koreniny);
- kurkuma;
- *psyllium*;
- citrón;
- med (?);
- jablká (?), hrušky ?).

Nápoje (čo <aj> pijem)

- **voda** (*minerálka*) (a do nej, napr.: soľ, citrón, <pomleté> *chia* semienka, <horúca> so zázvorom <?>);
- **čaj** (a do neho, napr.: citrón, zázvor, klinčeky, čierne korenie <?>);
- káva.

Neoverené (nevyskúšané) suroviny (a postupy) #1

- **strukoviny** hrach, šošovica, fazuľa;
- kukurica;
- huby (?);
- nelúpaná (naturálna) ryža;

- (bezgluténové) ovsené otruby (?);
- tofu (?);
- sója (?), sójové plátky (?);
- feta (?);

- ovsená kaša/polievka (?), krupica (?);

- pohánka (?);
- proso (?);
- pšeno (?);
- mungo (?);
- cícer (?);
- bulgur (?);
- múky (?);

- čalamáda (?);

- baranie rohy (rožky) (naložené v oleji, octe?) (?);
- *vilcacora* (mačací pazúr) (čaj);
- *vitamin D and omega-3* (*vitamin D and omega 3 supplements*);
- *apple cider vinegar*;
- žihľava (čaj);
- *niacin with magnesium* (*magnesium niacin*);
- B-Komplex (*B-Complex supplement*).

Ako (si) dopestovať žeruchu?

Zmiešať citrón a cesnak (a chren) (<a>med <?>)^[3], aj anglické články).

Ako fermentovať (zeleninu).

Klíčenie –klíčiť semenka (**KLÍČENIE –návod, ako klíčiť obilniny, orechy a strukoviny**^[4],

³<https://www.badatel.net/ako-vycistit-arterie-do-posledneho-zvysku-cholesterolu-za-40-dni/>.

⁴<https://www.krez.sk/klicenie-navod/>.

Nakličovanie semien ^[5, 6], **Ako klicit semiačka, navod na klicenie semien v praxi pre zaciatočnikov** ^[7]).

Chlieb fermentáciou, fermentovaný chlieb, domáci chlieb (^[8, 9, 10]).

Diéty (stravovať sa len) a kúry

- mlieko, med, (jablká);
- kapusta, zemiaky, (chlieb);
- ryby, vajcia, (olivový <alebo kokosový>) olej;

⁵<<http://zasaditastrava.eu/naklicovanie-semien/>>.

⁶<<https://sk-sk.facebook.com/rawlifesk/posts/563085123860501:0>>.

⁷<<http://justdvl.blogspot.sk/2010/08/ako-klicit-semena-navod-klicenie-semien.html>>.

⁸<<http://www.ezopress.sk/2017/08/zdravy-paleo-chlieb-bez-lepku-skrobu/>>.

⁹<<https://histaminovaintolerancia.sk/chlieb-bez-kvasnic/>>.

¹⁰<<https://fitshaker.sk/fantasticky-nekysnuty-domaci-chlieb-v-ktorom-ta-prekvapi-kysla-kapusta/>>.

- ryžová kúra (ryžová diéta) (**RYŽOVÁ KÚRA** [11], **Ryžová kúra** [12], **Ryžová kúra** [13, 14]);
- žihľavová kúra ([15]).
- **Čistenie hrubého čreva a tráviaceho traktu –prax „Mušľa “.**

Neoverené (nevyskúšané) suroviny (a postupy) #2

- *milk thistle*;

¹¹<<http://www.eutrofia.sk/node/123>>.

¹²<<http://eutrofia.sk/node/405>>.

¹³<<https://www.biosujo.sk/zaujímavosti/125-ryzova-kura>>.

¹⁴<<http://www.cez-okno.net/clanok/ryzova-kura-cast-1>>.

¹⁵<<https://www.tinkinerecepty.sk/zhlavova-o-cistna-kura/>>.

- *sesame oil (sesame)*;
- ženšen;
- riasa *Chlorella (Chlorella pyrenoidosa)*;
- *spirulina*;
- konopný olej;
- *guarana*;
- baobab;
- fenikel;
- šípky;
- *prebiotiká a probiotiká (a synbiotiká)*;
- bulharský jogurt (*Lactobacillus bulgaricus*);
- domáci jogurt, domáci tvaroh (maslo, a syr);
- *yerba maté tea*;
- mäta (žuvať);
- („krabicové “) (suché) (červené) víno;
- srvátka, kazeín;
- *L-theanín*;

- *chondroitín*;
- *L-karnitín*;
- *melatonín*;
- škorica a/alebo kakao s kávou;
- vajce s kávou;
- soľ do kávy;
- *MCT oil*;
- maslo a/alebo kokosový (alebo *MCT*) olej s kávou;
- *kava (tea)*;
- zelený čaj (pred spaním), extrakt zo zeleného čaju;
- medvedí cesnak;
- kolagén (*collagen*);
- (*green*) *smoothies*;
- mlieko (Začať piť? <A kedy?>);
- (teplá <prevarená>) voda s medom a citrónom;

- *ginko biloba*;
- kajenské korenie (kapsaicín);
- čili paprika;
- avokádo;
- *B12*;
- *kreatín monohydrát, (beta-alanín, arginín)*;
- proteín (ráno), *protein shake*;
- *Glutathione: N-Acetyl Cysteine (NAC), Liposomal Glutathione, Acetylated Glutathione*;
- *Alpha Lipoic Acid*;
- *Branched Chain Amino Acids (BCAAs) supplementation*;
- *GABA*;
- *Pyrroloquinoline (PQQ)*;
- *Ghee*;
- vitamín C;
- *Ashwagandha*;
- *Echinacea*;

- aloe (aloe) (vera);
- *moringa olejodarná*;
- *calcium, vitamin-D3 ([using] fish oil), potassium, iron, vitamin-B12, folate, magnesium, zinc, iodine (supplementation, sea vegetables), selenium (Brazil nut), basil*;
- *sodium*;
- *Yohimbine*;
- *ŠARATICA liečivá horká voda 500ml*;
- *Cyanadin 3-glucoside (C3G)*;
- *ayahuasca*;
- *rakytník rešetliakový*;
- *(bpa-free) coconut milk*;
- *coconut oil, olive oil*;
- *resveratrol (supplement)*;
- *turmeric* *(curcumin)*, *ginger, cinnamon, green tea, garlic* (– skombinovať niečo z toho všetkého a urobiť si „prípravok “〈alebo jednotlivo〉) ;

- *krill oil*;
- *koreň Maca (Maca root)*, (<čaj> *matcha*);
- *Chaga mushroom (Inonotus obliquus)*;
- *sea kelp*;
- *flavonols*;
- **S vodou (?)** *baking soda, Glauber's salt, stevia (?), (pink) Himalayan (sea) salt*;
- *omega-3 fatty acids*;
- *ketone supplement (exogenous ketones)*;
- *dandelion root*;
- *lion's mane mushroom*;
- *activated charcoal*;
- (čaj z) *ibištek(a)*;
- *valerian (root)*;
- *koriander*;
- *kale powder*;
- *cumin (seeds)*;

- rímska rasca;
- ľanový olej;
- rybí olej (tuk);
- vanilka;
- aníz;
- badián;
- sladké drievko;
- vitamín K2;
- tymián;
- citrónová tráva (*Vôňovec citrónový*).

Piť destilovanú (*decalcified, demineralised water*) vodu?

Zmrazovať (dôkladne umytý) celý ([z]osušený) (*bio* <!>) citrón (alebo <aj> citróny) (aj s kôrou <?>) a tak ich strúhať (aj so šupkou <?>) do pokrmov?

Moje rady□

Novšie zásady a rady do života□

(Moje novšie <a stále aktuálne>) zásady a rady do života

(Moja) (zvyčajná) ranná rutina zobud' sa, medituj (v posteli Ježišovu modlitbu, a «Serviam» mimo postele), otvor okno (vyvetraj si), odtiahni žalúzie („pusť “denné svetlo čím skôr do izby), v zime utri vodu (pod žalúziami) z okien, (usteľ si posteľ, priprav si ručník) prezleč sa, vymoč sa, umy si (opláchni si) tvár (a oči) studenou vodou, vypij vodu (so soľou) (alebo čaj) (<a> <s> citrónom) (aspoň 0, 5 l). (<A> čo tak sa sprchovať? Prechádzka? <Značne časovo nevýhodné.>)

Dodržiuj pitný režim. Nepi tekutiny rýchlo – zried ich so slinami. Pokús sa piť (aspoň) 3 litre za deň (ideálne 2 litre do obeda). Sadni si, keď piješ.

Nezabúdaj na dostatok soli (elektrolytov).

Rob vodu na čaj len v (tom) malom kovovom hrnčeku (ak si ho robíš len pre seba; aby si <ju a> ho mal „čerstvý“) a môžeš si robiť (nielen bylinkové, ale) aj sáčkové čaje.

Nepi úplne horúci čaj.

Ber jedlo ako „odmenu“ („za výkon“ – <tak> ako kedysi lovci).

Poriadne prežívaj.

Počas ničnejedenia (pôstu) prijímaj (jedz) (jódovanú) soľ (pi vodu so soľou <a citrónom>), žu(va)j klinčeky (alebo napr. mäta, bobkový list alebo bobkové listy), pi kávu.

Pi pohár vody na zahna[{}t[,n]}ie (si) apetítu (čiastočné zasýtenie)? Pi čaj (vodu) pred jedením (pri chudnutí)?

Na začiatku (spoločného) obeda popraj „dobrú chuť“ a na konci (za obed) poďakuj matke (ocení to).

Pojedle sa snaž(,) aby Ti dobre pretrávilo
– oddýchni si (Predtým, než si pôjdeš oddýchnuť po jedení, si choď vypláchnuť ústa vodou.) Lahni si, zhlboka dýchaj (do brucha), daj si nohy do vodorovnej polohy (opri <si> <ich> o niečo), nadvihni si aj hlavu, a masíruj si brucho (nielen po jedení). Môžeš robiť aj relaxačné cvičenia.

Relaxačné cvičenia (ktoré robím)
(so zatvorenými očami) masíruj si čelo, masíruj si spánky (a stimuluj „najtvrdšie miesto“), „pretri“ (masíruj) si oči a svaly okolo nich, a rob očné cvičenia (so zatvorenými, aj otvorenými očami): gúľaj očami (čo najviac) horizontálne <doprava a doľava> aj vertikálne <hore a dole> (avšak „netlač“); opisuj kruh; kresli ležiacu osmičku, diagonály, osmičku; opisuj písmená „H“, „A“, „K“. Žmurkaj. Preplachuj si oči studenou vodou. Zakrý(vaj) si oči dlaňami, jemne tlač a masíruj.

(Cvičenia akomodácie (zaostrovanie) očnej

šošovky.

Toto je rozhodujúce cvičenie pre zlepšovanie zraku! Pred oči si dajte ukazovák na vzdialenosť asi 20 -30 cm tak, aby ste ho ostro videli. Postavte sa pred nejaký predmet vzdialený minimálne 5 metrov. Zrak zaostríte na prst a hneď potom na vzdialený predmet. Opakujte 10-krát. Na 3 -4 sekundy oči zavrite, aby si odpočinuli. Celý postup opakujte 2 -3-krát. Cvičenie vykonávajte dosť rýchlo, ale dôkladne, vždy s dokončenou akomodáciou, aby si očná šošovka a očná bulva na túto činnosť zvykali. Toto cvičenie vykonávajte čo najčastejšie, aj počas chôdze!
‘ [16, chýba vhodnejší zdroj], [chýba zdroj, bez citácie, chýba citácia]

Snaž sa „prežívať“ („užívať“, uvedomovať si) pocity –každý okamih je jedinečný.

Snaž sa nerozmýšľať: len vnímať „moment“ v ktorom si (sa nachádzaš) –uvedom(iť) si prítomnosť.

Prijmi svoje pocity (také aké sú).

¹⁶<

(Praktizuj) samo(-)objatie [seba[-]objatie].
([Practice] self-hug.)

Usmievaj sa.

Ďakuj ráno za zobudenie; ďakuj za všetko:
bud vďačný –ak máš rád „život“ –, mnohí nemajú
to „šťastie“ tu byť. Prejav lásku, odpusť druhým.

Prejavuj vďačnosť (ostatným ľuďom). Spíš si,
za čo si vďačný.

Nesúď (nikoho a nič).

Zbav sa domýšľavosti. „Oslobod' sa“ od
mrzkých a nízkych myšlienok.

Hovor si len „Ďakujem.“ vo svojej hlave pri
modlení. Odháňaj „mrak myšlienok“ –postupne
z každej strany.

Kašli na myšlienky pri modlení –len si uve-
dom, že na niečo myslíš a snaž sa to „poslať (dať)
preč“ (všetko pokojne).

„Kľúčom “ku všetkému je dýchanie.
(Stále) dýchaj hlboko a pokojne.
Skúšaj meditovať v chlade.

Nehyperventiluj, (pred tým) keď (než) zadrživaš dych.

Modli sa „Ježiš. “(33×) počas hlbokého dýchania.

Moja „technika “pri modlení sa Ježišovej modlitby „*Pane Ježišu Kriste*, “–nadychuj „pozitívne “; „*Synu Boží*, “–(za)drž dych, uvedomuj si „svoju spoluúčasť na Ježišovom božstve “; „*zmiluj sa nado mnou hriešnym*. “–vydychuj „negatívne “.

Zhod' všetky (svoje) starosti na Ježiša –zver sa *Mu* s nimi: odovzdaj *Mu* ich (zbav sa ich). (Daj mu všetko, čo Ťa trápi.)

Ak máš problém so sústredením, počítaj si počet vyslovených modlitieb na prstoch rúk. (Pri modlení <sa> Ježišovej modlitby počítaj opakovania na prstoch na udržanie sústredenia <sa> .)

Povedz si, že sa teraz budeš plne sústrediť na modlitbu, a potom, že sa budeš zaoberať svojimi starosťami.

Modli sa Ježišovu modlitbu v rôznych jazykoch (po slovensky, po starosloviensky, <a> po anglicky).

„Vnímaj svojho ducha“, „oddeľ sa od telesného“ .

„Odosobni sa od seba, “ („zapri sám seba a vezmi svoj kríž. “) –vnímaj sa ako niečo „vonkajšie –externé “ – „mimo seba “ .

Buď nenásilný. Nebuď násilný. Nikomu (žiadnemu živému tvorovi) a ničomu neublížuj (neublíž). (Nič) nenič. (Nedeštruuj.)

Hľadaj pravdu.

Ver pravde. Neklam sa.

Vyhľadávaj objektívne informácie. Nepodľahni konfirmačnému (a iným kognitívnym) skresleniam.

Buď kritický (voči všetkému) (a uvažuj).

Jasne formuluj (svoje) rozhodnutia.

Nerob (dôležité) rozhodnutia, keď si unavený. Snaž sa robiť čo najmenej rozhodnutí (*try to avoid decision fatigue*).

Buď viac „konzistentný“ – uvedomelý –, keď ideš niečo robiť: nemôžeš (si dovoliť) (len) tak strácať čas.

Hneď spracuj to, čo si zaznamená(va)š.

(Stále) čítaj pozorne (čo rediguješ) a prepíš si (to), čo je aktuálne.

Začni (ráno) písať – niečo proste píš (ako súčasť rannej rutiny).

Ako čítať rýchlejšie text si prechádzaj (konštantnou rýchlosťou) prstom (tak „prinútiš“ „hlavu“ „ísť“ rýchlejšie pri čítaní), text (v odsekoch) prechádzaj očami po „diagonálach“ (tak máš väčší „záber“).

Ak si lenivý do niečoho (a máš chuť to nerobiť), tak si (len) povedz: “*Not today.*” a prekonaj sa. Alebo odpočítavaj “5-4-3-2-1.” a urob to.

Venovať sa jednej veci celý deň nemusí byť také produktívne –nedokážem sa na ňu úplne sústrediť a nevyužívam čas (efektívne).

Prispôsob sa (a svoj denný režim) dennému svetlu (tomu, kedy Slnko vychádza a zapadá).

Ako prvú rob tú „najdôležitejšiu vec dňa“ (“*eat the frog*”). Buď produktívny. Využívaj čas.

Len choď, rob –(tak) začni (potom „to“ vylepšíš).

Maj poriadne prirodzené osvetlenie pri práci.
Nevenuj sa dlho „prkotinám“, čo za to nestoja.
(Ak Ťa „to“ neosloví a nezaujíma, asi nemá význam sa „tým“ zapodievať.)

Predstavuj si svoj úspech.

Predstavuj si plán na deň. Maj denný plán.
Predstavuj si zvyšok dňa (a hodnotu uplynutú časť dňa).

Rob si plán(y) na nasledujúci týždeň (nasledujúce týždne).

Rob si *to-do list* na mesiac(e).

Ber obed a cvičenie ako predely dňa.

Na prácu v stoji a v drepe môžeš využiť, ak nemáš na to určený (iný) nábytok, posteľ (s vhodnou výškou). (V stoji pracujem o svoju posteľ <možno by sa dalo skúsiť pracovať: v kuchyni na linke; {dať} niečo o parapetu {a (tak) o to}; {o} stolík, ktorý je pri otcovej posteli>. V drepe pracujem o Matejovu posteľ <možno by sa dalo skúsiť

pracovať: o postele v dievčenskej izbe; o stolík v obývačke> . V čupe na špičkách sa dá pracovať aj o môj stôl.)

Počas pracovného času (pochopiteľne, *Mac* maj vypnutý) sa môžeš napr.: sprchovať (a umývať si zuby), hrať na gitare, chodiť na prechádzku, cvičiť (na) nohy.

Ako na emaily Nesleduj [(neu)]stále svoj email –vyhrad' si na to (len určitú) časť dňa. (Každý) email prečítaj za pár sekúnd. Ak sa naň dá odpovedať do minúty, urob to. (Čím skôr na email odpovedáš, tým nech je kratší.) Ak nie, hneď si zapíš aspoň nejakú vetu (alebo slová) s odpoveďou (alebo aspoň s tým, ako by si ju formuloval) alebo koncept a neskôr ho dokonči a odošli. Na dôležité emaily počkaj s odpoveďou a pred odoslaním si ich prečítaj párkrát viac (ako „obyčajné“ emaily) a uisti sa, že posielaš to, čo skutočne chceš poslať. (Uvedom si, že Tvoje emaily môže čítať aj niekto iný ako príjemca, a dokonca sa <niekedy> môžu objaviť aj na internete –ber to do úvahy pri písaní emailov.) Neposielaj emaily zhurta, v (časovom) strese, a v (prudkých) emo-

cionálnych situáciách [(návaloch)] (ako [<je>] hnev [<alebo stres>]).

Vytvor (vymysli) si novú online identitu (<a aj> *username*).

Používaj slovo „lebo“ pri požiadavkách.

Používaj „Ď“ („ď“) (alebo „Ď -“, „ď -“) ako „Ďakujem“ alebo „ďakujem“.

Používaj „^_^“ , „^.^“ („-.-“ , „-,-“ , [“:3” , “<3”]) ako smajlíky.

Používaj “J” (“:J”) (aj) do zátvorky namiesto “:)” .

(Pri závere konverzácie) hovor: „Moje potešenie.“

Taktiky na oslovovania dať nejaký papierik (so svojím telefónnym číslom), napríklad predavačke, usmiať sa a pozdraviť („Ahoj.“).

Do mesta nos len peniaze v plastovom obale (a možno nejaký doklad) (nenos celú peňaženku). (Ak Ťa zastaví policajt <a koná nezákonne> , žiadaj ho, aby sa preukázal dokladom a zaznamenaj si jeho identifikačné údaje.) Ak by si (aj) jazdil na bicykli pod vplyvom alkoholu, (tak) si dávaj (sakramentský) pozor (hlavne na to, aby sa Ti nič nestalo) a v prípade(,) že uvidíš políciu, rýchlo z bicykla zosadni a tlač ho. Dávaj si pozor (aj) na mestskú políciu.

Vyrovnaj sa s minulosťou (a už sa k nej nevracaj).

Nájd si čas zastaviť sa a opýtať (sa <samého seba>), či (konáš a) robíš to, čo považuješ za správne a chceš (robiť).

Opýtaj sa sám seba: „Čo môžem teraz (u)robiť, aby som bol bližšie k dosiahnutiu svojho cieľa? “

Neprisudzuj pocitom dobrý alebo zlý „náboj“ – len „(si) choď svoje“ a venuj sa (tomu) čomu chceš; snaž sa ich (a ich vplyv; to ako ovplyvňujú Tvoje

konanie) pochopiť a naučiť ovládať, a nenechaj (ich), aby Ťa (Ti) ovplyvnili (Tvoje konanie). Keď Ťa premáha niečo „emocionálne“ (a výrazne <to> ovplyvňuje tvoje správanie), snaž sa „uzemniť“ späť niečím racionálnym (napríklad: počítaj do 10; uvedomuj si seba, okolie; dotýkaj sa častí svojho tela).

KONAJ! Neboj sa chyby (ale dávaj si pozor); pouč sa, ak príde.

Len choď. Od Teba záleží, či budeš úspešný (alebo zlyháš).

Neporovnávaj sa s ostatnými, len sám so sebou. Stále rob pokrok a buď lepší (snaž sa), ako si bol niekedy. (Neustále napreduj.)

Kontroluj (a neustále sleduj a monitoruj) svoje myšlienky: tvoje myšlienky utvárajú „Tvoju realitu“.

Dávaj si pozor nad čím rozmyšľaš, a či to stojí za to (či je to produktívne myslenie).

Prestaň sa zaoberať zbytočnosťami. (Váž si čas, ktorý máš.)

Prestaň myslieť, keď Ti to nepomáha.

„Zhmotni “myšlienky(,) ktorých sa chceš zbaviť na papieri, a roztrhaj ich (<ted> a ho).

Počkaj s reakciou (v stresovej situácii): napríklad, snaž sa ostať pokojný (aspoň) na minútu (len to si povedz).

Zastav sa a porozmýšľaj –daj si (sám sebe) minútu pokoj.

Počkaj

(aj) s odpoveďou (dve-tri sekundy nereaguj, aby si neodpovedal podráždene). Dvakrát rozmýšľaj predtým, než niečo povieš.

Od každého a z každej príležitosti máš možnosť sa niečo naučiť (sleduj ostatných ľudí a ich správanie); správaj sa ku všetkým ľuďom rovnako a prejavuj im rovnakú úctu (nikdy nevieš, kedy ich budeš „potrebovať “), buď príjemný k ostatným ľuďom; poteš ich drobnými komplimentmi; počúvaj ostatných ľudí (prejav im pozornosť).

Rozmýšľaj nad tým, koľko komu venuješ svojho času a či to má význam sa stýkať s tým človekom.

Na stretnutia sa (dôkladne) pripravuj.

Buď taktný; prispôsob sa nálade človeka a situácii v ktorej sa nachádza (a nachádzaš) (a tak primerane reaguj).

„Nalad' sa na komunikáciu partnera (prostredníctvom „kanálu“ ktorý používa).

Ovládaj sa. Neverbálna komunikácia –to, aké „signály“ vysielaš k ostatným –, je mimoriadne dôležitá.

Kontroluj sa; od Tvojho správania závisí Tvoja reputácia.

Zbav sa vzťahovačnosti a malodušnosti. (Nebud' malodušný.)

(Aj keď ja sa vôbec nechcem hnevať a zlosť hnev a zlosť by mali byť „z nejakého dôvodu“, „len plánované“, „kontrolované“, a „za účelom dosi-

ahnutia nejakého cieľa “.

Usmej sa (tak) na chvíľ(k)u, keď sa ti niekto pozrie do tváre alebo do očí.

Všímaj si tváre ľudí (rodičov a súrodencov).

Skús páliť kadidlo (tymián), bobkové listy alebo šalviu (pre vôňu) v izbe.

Nejakú rastlinu do izby. (Kúp si a staraj sa o ňu.)

Skús si dať deku na svoje kreslo (namiesto vankúša).

Ďakuj svojmu telu (za to, že je silné).

Nauč sa ovládať svoje telo a skúšaj, čo Ti prospieva.

Nezanedbávaj pobyt na slnku a čerstvom vzduchu.

Chráň sa pred zbytočným (a nepotrebným) vystavením sa elektromagnetickým poliam.

(Stále) maj prázdny nos. Prečistuj (čisti) si nos s vodou so soľou.

(Nos) ponožky z vlny alebo bambusu, nie bavlny.

Ako sa sprchovať (Daj si teplý <nemusí byť horúci> čaj pred studenou <ľadovou> sprchou.) (Daj si cesnak pred sprchou.) (Nepoužívaj mydlo.) (Pred začiatkom šplechni na seba <na prsia> trochu studenej vody.) Najprv puš mierne studenú vodu, a nasmeruj (sprchovú) hadicu na nohy, potom na brucho, na ľavú ruku a plece, pravú ruku a plece, a (tak na) tvár; potom si začni umývať vlasy a (pretierať) tvár, pričom smeruj hadicu tak, aby Ti voda stekala (striedavo) na brucho aj na chrbát. To(to) rob až (do)kým úplne (ne)znížiš (kohútikom) teplotu vody (<zvyčajne> na dvakrát-trikrát-štyrikrát). Potom si umy krk,

ruky, a pod pazuchami. Rukou, v ktorej nemáš hadicu, si umy brucho, hrud', a chrbát (kríže). Tak ruky vymeň a umy si tie isté telesné partie. Potom si (dôkladne) umy (pravú) nohu a chodidlá (aj medzi prstami). Potom si znova oboma rukami umy brucho, hrud', a chrbát (kríže). Potom si umy druhú (teda ľavú) nohu rovnakým spôsobom ako (tú) prvú. Potom si znova oboma rukami umy brucho, hrud', a chrbát (kríže). Potom (smeruj hadicu na tvár alebo hrud' a) si umy pohlavný úd (a predkožku). Potom si znova oboma rukami umy brucho, hrud', a chrbát (kríže). Potom si v drepe púšťaj na análny otvor vodu a umývaj (si) ho (rukou). Potom chvíľu zotrvaj v drepe a púšťaj si vodu zhora na krk (<tak> aby tiekla <striedavo> na brucho aj na chrbát) a aj (na) plecia. Potom sa postav a ešte raz si oboma rukami umy brucho, hrud', a chrbát (kríže). A nakoniec, len zamier studenú vodu na svoju tvár. (Potom si môžeš vyfúkať nos <tak, že zapcháš stále jednu nosnú dierku prstom a druhou vyfukuješ> .)

Maj 2 ručníky: na vlasy, aj na telo. Neutieraj si tvár ručníkom.

Vôbec si neutieraj (mokrú) tvár (žiadnym textilom).

(Postupne si) upokojuj svalové partie. Napínaj (a uvoľňuj) (relaxuj) (jednotlivé) svaly (a tvár) (a zátylok a šiju).

Masíruj si zátylok a šiju (a chodidlá) (pred spánkom). (*Stimulate vagus nerve.*)

Dobre sa vyspi (nezanedbávaj spánok), oddych je nesmierne dôležitý. (Nevyspatosť <a nedostatok jedla> spôsobuje chybovosť <pri rozhodovaní> .)

Spi v úplnej tme.

Praktizuj *coffee nap*. (*A power nap.*)

Skúsiť spať (opäť) s vankúšom?

Eliminuj („modré“) svetlo pred spánkom: večer nos doma (pred PC) slnečné okuliare, používaj na to určené programy na PC.

Pred spánkom sa pomasíruj na tenisovej lop-
tičke a ešte sa „ponaťahuj“.

Vyvetraj si pred spánkom.

Pi (teplý </é>) čaj(e) pred spaním. (Daj si
lyžičku medu pred spánkom.)

Daj svojmu podvedomiu nejakú (kreatívnu)
úlohu pred spánkom.

Zdravie

Chlad

Všetko je (to) o psychike. (<Tak> ako všetko ostatné. [<Tak> ako všetko.])

Viď to ako výzvu.

Pocit nostalgie zahrieva.

Ak cítiš chlad – len uvoľni svaly (nenapínaj ich), a zhlboka dýchaj.

Upokoj si dýchanie, spomal svoj dych; praktizuj hlboké dýchanie.

Praktizuj **The Wim Hof Method** dýchanie (na zahriatie).

Len dýchať a meditovať. („Poriadne “meditovať.”)

Jedz čili papri(č)ky. (<Surové> čierne koren timer <celé> .) (*Ginko dvojlaločné* <?> , *rebríček obyčajný* <?> .)

Nepi studenú vodu so soľou hneď ráno.
Pi čaj(e). Pi horúcu vodu so zázvorom.

Krúž nohami (30× – 50×) (na zahriatie). Urob si masáž nôh <a chodidiel> .

Umývajte si nohy s teplou alebo horúcou vodou.

Nos ponožky z prírodného materiálu (napríklad bambusové).

Nos viac ponožiek a viac vložiek do topánok.

[D]o ponožky jemne mleté čierne koren timer.^[17]
Nasypte si trochu mletého čierneho koren timer do ponožiek. Telesné teplo uvoľnia z koren timer silice,

¹⁷<<https://slovensko.rtv.s.sk/rubriky/starsie-znovu-si-vypocujete/zrucne-strucne/99839/na-studene-nohy-pomoze-mlete-cierne-koren timer>>.

ktoré rozťahnu cievy a udržia nohy v teple.^[18]

Nos „poriadne“ papuče.

Spánku si dopraj koľko len potrebuješ
(neobmedzuj sa).

Extra obliečka (plachta) na posteľ.

Ranná prechádzka (keď je zima).

Skús jesť (niečo) teplé (varené) (skôr ako
surové). (?)

¹⁸<https://blog.mall.sk/lifestyle/devat-koren-i-ktore-vas-v-zime-zahreju-464.html>.

Zdravie

Exercise*

Rozcvičku robím každý deň. Cvičím 5× týždenne (buď 2× alebo <každý druhý týždeň> 3× <na> ruky, a 3× alebo <každý druhý týždeň> 2× <na> nohy, pričom potom stále <na> brucho).

(Urobiť video <z> mojej rozcvičky?)

Moja rozcvička

- (Modlenie sa <modlitba> *Kráľu nebeský, Utešiteľu.*)

*[Cvičenie]

Pohyby hlavou (hore-dole, doprava a doľava, diagonálne <do diagonál>). Krúženie (opisovanie kružnice) hlavou (krkom).

Krúženie (spojenými) dlaňami oboma smermi dnu a von. Krúženie zápästiami (do oboch strán). Krúženie (rukami ohnutými) v lakťoch (<aj> striedavo). Krúženie ramenami (<celými>rukami) (dopredu a dozadu). Zábery rukami ako pri kraule a znaku (pohyby krúženia rúk ako pri plávaní kraulu a znaku).

Opretie (opieranie) sa (tlačenie) (a výdrž) rukou (jednou z rúk) (kolmo) na/o stenu.

Krúženie vystretými rukami (a vystretými dlaňami) do strán, pred sebou (a nad hlavou).

Strihanie rukami doprava a doľava (pred sebou a nad <a za> hlavou), a (kmitanie rukami) hore-dolu.

Napnutie a uvoľnenie svalov v rukách: držanie <jedného> lakťa ruky za hlavou druhou rukou, vychyľovanie <nakláňanie> za hlavou spojených rúk na oba strany, držanie pred sebou vystretej ruky druhou rukou za lakeť.

Vytrasenie (namáhaného) svalstva (rúk).

Ruky a nohy (skokmi) pri tele a (skokmi) od tela.

Boxovanie.

Krúženie (plecami) v pleciach (na uvoľnenie svalov <svalstva> <stuhnutej> šije).

• (Modlenie sa <modlitba> *Otčenáša*.)

Otáčanie pažami dopredu a dozadu a krúženie bokmi (<a> panvou).

Šúchanie (trenie) rukami o nohy (pri vyrovnanom postoji) a nakláňanie sa do strán.

Rozhadzovanie rukami okolo seba.

Otáčanie (vytáčanie) trupom (trupu) (a panvy <panvou>) do strán.

Krúženie nohami ohnutými v kolene (dovnútra <aj von>).

Držanie (napnutej) nohy rukami za koleno. (<Pridržiavaná> noha je pri prsiach.)

Držanie (napnutej) nohy rukou (ktorá je na rovnakej strane tela ako pridržiavaná noha) za členok. (<Pridržiavaná> noha je pri zadku.)

Krúženie (so) spojenými kolenami (v kolenách) (pridržiavanie sa jabĺčok rukami).

(Ťažší variant je cvičiť tieto cviky v papučiach.) (S nohami vystretými <vyrovnanými> v kolenách.) Dotýkanie sa (zeme pred chodidlami • <modlitba *Raduj sa, Bohorodička*> , pät <chytených alebo držaných> • <modlitba *Zdravas 'Mária*> , zeme za pätami na zemi spojenými • <modlitba *Anjeličku môj strážničku*>) rukami, alebo(/a) „červ“ (naťahovanie sa <za> rukami na zemi) a *hand walk[ing]*.

Pochodovanie na mieste (<z> dvíhanie kolien nôh a dotýkanie sa prs). (<S vystretým chrbátom.> <„Výbušne “.>)

Zakopávanie jednou z nôh (dozadu) (o pravú a ľavú časť zadku). Vytrasenie nôh.

Krúženie členkami (dnu aj von).

Rôzne (nezaradené/neoverené) cviky

Kývanie hlavou dopredu a dozadu, do strán, z boka na bok.

Strečing.

Plank (doska) – na lakťoch, na dlaniach <rukách>–kývanie sa (kyv) (nakláňanie sa) na špičkách (oboch nôh) dopredu a dozadu (a/alebo do strán), posúvanie (<stále> jednej z) nôh (a ich striedanie) do strán (doprava a doľava), dvíhanie (<stále> jednej z) nôh (a ich striedanie) hore-dolu.

Burpees. (Angličáky.)

Mountain climber. (Horolezec.)

Drepy. Tlak laktami na kolená (a/alebo nakláňanie sa do strán) v drepe.

Krúženie (opisovanie kružnice) nohou do strán, a dopredu a dozadu.

Kopy s nohami.

Skracovačky.

Mostíky.

Skákanie cez švihadlo.

Cvičenia na ruky

Zhyby na hrazde.

Kľuky (na rukách). (Poloha rúk: „^“ skôr ako „Ĥ (T)“. Lakte bližšie k telu. Pohľad dole.)

(Z)dvíhanie (bicepsovú) činiek.

Tricepsovú kľuky na lavičke.

Cvičenia na nohy

Beh do schodov, behanie po schodoch.

Výpony (lýtok) v stoji. (*Reverse calf [muscle] raises.*)

Výpony špičiek v stoji na päťách. (Kmitanie nohami hore-dole v stoji na päťách.) (*Tibialis anterior [toe] raises.*)

Masáž svalov, šliach (a chodidiel) v nohách.

Výdrž v sede opretý o stenu. (Výdrž v „stoličke“ o stenu.)

Cvičenia na brucho (brušné svaly)

Príťahy kolien (oboch nôh) (k prsiam <bruchu>) v sede (na stoličke).

„Bicykel (na stoličke) “–príťah(y) kolena (jednej nohy, pričom druhá noha je vystretá <a ich striedanie>) (k prsiam <bruchu>) v sede (na stoličke).

„Nožničky (na stoličke) “ –kmitanie vyrovnanými nohami hore-dole v sede (na stoličke).

Polohy (postoje) (pri vedomí)

Keď už sedíš, tak sa snaž mať vystretý chrbát a nemať v kolenách prekrížené nohy. ([P]rekrížené nohy môžu spôsobovať vyššie hodnoty krvného tlaku. ^[20])

Stoj. (‘The simple act of standing instead of sitting may help you burn 20 to 50 more calories per hour, depending on your size. Although that may not seem like a lot in a 2,000-calorie day, making the standing adjustment for four hours each day can burn an extra 80 to 200 calories —helping you lose 8 to 20 pounds over the course of a year.’ ^[21] ‘For an hour of quiet sitting, 66 to 126 calories are spent (depending on body weight). Standing still for an hour burns between 78 and 156 calories.’

²⁰<<https://vysetrenie.zoznam.sk/cl/1000649/1508387/Prekladate-si-nohu-cez-nohu--Nevinny-z-vyk-moze-ohrozit-vase-zdravie->>.

²¹<<https://www.livestrong.com/article/73916-calories-burned-standing-vs.-sitting/>>.

[citation needed] ‘On standing days, the volunteers’ blood glucose levels went back to normal much more quickly after eating a meal compared to on the days when volunteers sat. High glucose levels have been linked with increased risks of heart disease and diabetes.

Standing caused the volunteers to have a much higher heart rate (around 10 beats per minute higher), which adds up to burning about 50 calories more per hour versus sitting.’ [22]

Hlboký drep. *Deep squat (resting squat position). (Grok squat.)* (Špičky <a kolená> von <chodidlá dnu>, stáť na vonkajšej strane chodidla, viac rozkročený, paže medzi kolenami.) (‘Squatting burns ^[better source needed] more calories (70% more) than if you were sitting during that time.’ [23] ‘Squatting burns more calories, but it also puts a LOT of strain on your vascular-system, so it raises the risk of spider-veins, and varicose veins, and

²²<<https://lifehacker.com/standing-for-3-hours-a-day-on-weekdays-is-like-running-1447078889>>.

²³<<https://www.healthguidance.org/entry/17360/1/the-health-benefits-of-the-squatting-position.html>>.

bad ankles.’ [citation needed])

Sed v křaku (na zemi). (Křak sedmo.)

Turecký sed. (*Cross-legged sit.*) (‘After eating if you want only to sit, then sit on your calf muscles (Vajrasan Position) for about 10 minutes.’ [24, 25] ‘When you sit on the floor and bend forward to eat and go back to your natural position. This back and forth movement helps muscles in the abdomen to secrete digestive juices, and helps in digesting the food properly and quickly.’ [26, 27])

Sed rozkročný.

²⁴<https://www.quora.com/What-are-the-proper-sitting-postures-when-eating>>.

²⁵<https://www.quora.com/What-is-the-good-position-for-sitting-after-eating>>.

²⁶<https://www.indiatimes.com/amp/health/healthy-living/10-reasons-why-the-indian-way-of-sitting-on-the-floor-and-eating-is-good-for-health-252822.html>>.

²⁷https://iturl.in/2cf84483?utm_source=share-text&utm_medium=copy>.

Sed(y) v *twist(-)e/och.* (*Twist-y.*)

Spev a hudba

Harmonika

Ústa do špičky pri hraní.

Pohyb jazykom – „JOJ “.

Ohryzok, bránica – „Á “.

Bend – pery – „VJÚ “.

Tremolo – pohyb (špičky) jazyka (vpred, vzad)
– (,) „JU- JU “, „TUT- DUT- TIT- HAH “.

C dur

hole 1 2 3 4 5 6 7 8 9 10

blow C E G C E G C E G C

draw D G B D F A B D F A

[citation needed] (/ [chýba zdroj, bez citácie, chýba citácia])

Vocal Exercises *

„S-s-s-s-s, br-br-br-br-br,
s-s-s-s-s, r-r-r-r-r“, „br-br-br-br-br -“,
„r-r-r-r-r -“.

„R, p, t, k“, „d, t, n“, „b, p, m“.
(Pridaj „m“ alebo „n“ na začiatok:)
„i, e, a, o, u“.
„L, l, l“.

„Vá-ho-mú“, „ví-vé-vá-vó-vú“,
„mí-mé-má-mó-mú“, „lá-lé-lí-ló-lú“,
„ja-vaú“.

„Mi-i-i-i-a-a-a-a-a.“
„Ha-a-a-a-a.“ („I-i-i-i-i.“)
“Ha-(--)n-ger(s).” (*Improve Your Vocal
Tone Today* ^[29].)

*[Hlasové cvičenia]

²⁹<<https://www.youtube.com/watch?v=eBbzjyPGbS4>>.

„Ú-ú-ú. “-S prevráteným jazykom (^[30]).

(Jemný) chrapot (v hrdle) – „a (-) “-(jemný) chrapot (v hrdle) *.

Rob sirénu (<hlasom> zhora dole hore <v hrdle>): „Mmm-mmm. “

Rozťahuj hrtan (odzadu dopredu dozadu): „Ha-a-a. “

Vydychovať (aj s prestávkou): „s - “, „š - “.

„S-s-s-s, “ „š-š-š-š, “(vláčik).

Zívaj (s otvoreným hrdlom).

(Dolu) s nízkym hrtanom: „m-m-m (-) “, „ma-ma-ma-ma-ma “.

„A-ng - “(skús s jazykom hore), „hmm - “(základný hlasový tón).

„Z, z, z, z, z, z, z, z “, „ng - “, „(t)r - “, „m “a „n “-(aj) so zatvorenými ústami (šteklenie <na perách>), „l - “.

³⁰<<http://video.superiorsingingmethod.com/ty-cracks-and-breaks>>.

*(Sic!)

„Bříř (-)kanie.

„Hmm (-)kanie.

„Mňau (-)kanie.

„Mňem“, „brep“.

(Brumendo.) (5 tones lip rolls.) (Singing Tips on How To Do A Lip Roll Vocal Exercise - How To Sing Better Using The Lip Roll ^[32].)

Breathing Exercises *

(Podľa) *The Ultimate Breathing Workout by Jaime Vendera*

- *Abdominal release #1* nadýchni (sa) do brucha a „s (-)“.

³²<<https://www.youtube.com/watch?v=CBmoQcCp3K>>.

*[Dychové cvičenia]

- *Abdominal release #2* vydychuj čo najrýchlejšie –na (čím najvyšší) počet vydýchnutí.
 - *Breath capacity #1* drž dych na čas, keď si nadýchnutý.
 - *Breath capacity #2* drž dych na čas, keď si vydýchnutý.
 - *Breath release #1* počítaj do 10 (2 čísla/sekunda).
 - *Breath release #2* abeceda (jej „recitovanie“).
 - *Sustain #1* “*steady pitch*” („a - “) na čas.
 - *Sustain #2* „z - “do “*(whole) head buzz*” , potom zavri ústa a „m - “–na čas.
 - *Sustain #3* spievaj „a - “najdlhšie (a čo najvyššie –po poltónoch < snaž sa aspoň 30–40 sekúnd >) ako vieš.
1. “*diaphragmatic (belly) breathing*” ,
 2. “*keep ribs expanded*” ,
 3. kombinuj (<oba> spôsoby) dýchania,
 4. rezonancia,

5. správne inhaluj a exhaluj –rýchlo sa nadýchni,
6. predstavuj dýchanie (nadychovanie) pri speve namiesto vydychovania na uvoľnenie nesprávneho “*stomach tension*” : “*inhalation sensation*” — “*pretend inhaling (breathing in) when singing (breathing out)*” ,
7. napni “*stomach muscles by pushing down (only straight down)*” ako (pri potrebe) na toalete –s tým kričať.

BB

1. balóny,
2. člnok –nafukovačka,
3. nafukovací matrac.

a á ä b c č d ď dz dž e é f g h ch i
 í j k l l' l'
 m n ň o ó ô p q r r' s š t ť u ú v w
 x y ý z ž
 [34]

³⁴<https://en.wikipedia.org/wiki/Slovak_orthography>.

a b c d e f g h i j k l m n o p q r
s t u v w x y z
[35]

(Doby pre) nádych/zadržanie (dychu)/výdych

- 4/4/8
- 6/7/8
- (4 – 7 – 8)

Spev

(Rady k) spev(u)

Cvič jazykolamy. (*Practice tongue-twisters.*)

Maj správny postoj pri speve –buď vzpriamený a vyrovnaný. Buď vystretý pri speve. Nepredkláňaj sa. Nespievaj s hlavou vysunutou

³⁵<https://en.wikipedia.org/wiki/ISO_basic_Latin_alphabet>.

dopredu. Nevysúvaj bradu dopredu, maj ju rovno.

Dýchaj korektne.

Spievaj čisto –pomaly a precízne. (Poriadne otváraj ústa.)

Dospievaj celé slovo –lepšie dlhšie ako kratšie.

Precvič si tvár a jazyk, otváranie úst. Urob si masáž (nosa).

Rozťahuj hrtan.

Ovlaž si hlasivky, pi vodu pred spievaním.

Dýchaj nosom; nádych cez nos skôr ako cez ústa.

Not nasality.

Spievaj na pery, spievaj (šeptom dopredu) na špičku jazyka; využívaj skôr dolné podnebie, jazyk maj vzadu a dole.

Spievaj jemne –netlač, buď uvoľnený, jemne vedome spájaj hlasivky.

Spievaj z hlavy.

Nízke tóny spievaj s hlavou hore; vysoké začni s hlavou dole a pomaly ju dvíhaj hore.

Nedvíhaj plecia.

Zapájaj všetko –boky, rebrá (aj bedrá), a naplň ich vzduchom; dolná časť rebier (nech) ostáva – nestahuj ju.

Maj “*stomach muscles*” “*firm but flexible*” .

Výdaj vzduchu kontroluj napnutím –nemaj (svaly) silno napnuté.

Skúmaj svoje ústa a tvár.

Pozoruj sa pri speve.

Odosobni sa od spevu –ako by si počul (spievať) niekoho iného.

Prijmi všetky tóny.

Hlásky (sa snaž) čo najprecíznejšie.

Skontroluj (si) rezonanciu: daj ruku na hlavu (bruško prsta do priehlbinky nad nosom, medzi očami). (Maj) chvenie na jazyku.

Oddeľ hlásku od zvuku –(za)kusni do stoličiek, špičku jazyka tlač na dolné ďasná (alebo <daj> jazyk pred zuby a dole k ďasnám).

Zapchaj nos a (ako keby) „dýchaj“.

Zapchaj nos, otváraj poriadne ústa, a tak spievaj.

Drž si jazyk a spievaj.

(Skúšaj) vibrato.

Skúšaj jemne, aký (vy)dáš najvyšší tón.

Spievaj hornou pravou hlasivkou.

Vplyv kávy na hlas(ivky) je nejednoznačný a u každého individuálny.

(,[K]áva dráždí hlasivky a dehydruje ^[36], „vynechat kávu a cigarety, ktoré prý s hlasem dokáží rádně ”zatočit“ ^[37]. ‘In fact, caffeine pulls water out of your system and

³⁶Rukověť začínajícího prodejce [...] Jak se stát dobrým obchodníkem [] Bělohávková Věra

³⁷<<https://dvojka.rozhlas.cz/kdo-zpiva-fales-ne-nemuze-se-vymlouvat-na-hlasivky-7508563>>.

depletes the vocal folds of needed lubrication.’^[38]
‘Caffeine is a major no-no for opera singers: it causes dehydration and can be damaging to vocal folds.’^[39] ‘However, according to a 1999 study on the effect of caffeine on vocal folds, caffeine can have a negative impact on a singer’s vocal quality, but the effects vary greatly from person to person.’^[40] ‘One pilot study took eight volunteers and tested their voice quality before and after they consumed 250mg caffeine tablets and found voice quality was reduced. The degree of the effect varied between participants. Another study of 58 females ranging between 18-35, with half given a 100 mg caffeine tablet and another half [were] given a placebo, found no variables between groups in terms of vocal acoustics and aerodynamics a half hour after ingesting the pill.

[
]

A group of 16 healthy adults participated in two sessions where they consumed 480 mg or 24mg of caffeine. They found no significant dif-

³⁸<<https://www.ivtom.org/2013/10/caffeine-and-the-singer/>>.

³⁹<<https://www.rubensteinstudios.com/wp-content/uploads/2015/04/OperaArticleAboutSleep.pdf>>.

⁴⁰<<https://music.stackexchange.com/a/47918>>.

ference in the voice' s ability to deal with prolonged speech between the two sessions. ' [41] 'This guilt lingered until I read this study (and others like it) that found drinking two cups of coffee had a "nonsignificant" effect on voice production. Caffeine is a diuretic, which means it can dehydrate the body; however, regular coffee drinkers quickly develop a tolerance to the diuretic effects of caffeine.' [42] 'When you take into account the small amount of water loss caused by the coffee' s caffeine against the hydrating effects of the water in the beverage, and then compare this to the minuscule percentage of total body hydration needed by the vocal folds, the effect on voice quality is imperceptible.' [citation needed] 'Investigating the Effects of Caffeine on Phonation A core component of vocal hygiene programs is the avoidance of agents that may dry the vocal folds. Clinicians commonly recommend that individuals reduce caffeine intake because of its presumed dehydrating effects on the voice. However, there is little evidence that ingestion of caf-

⁴¹<<https://www.liveabout.com/is-caffeine-bad-for-singers-2994147>>.

⁴²<<https://www.merriamusic.com/teachers/vocal/free-advice-great-singing-separating-myth-truth/>>.

feine is detrimental to voice production. The first objective of this study was to evaluate whether caffeine adversely affects voice production. The second objective was to evaluate if caffeine exacerbates the adverse phonatory effects of vocal loading. Prospective, double-blinded, sham-controlled study. Sixteen healthy adults participated in two sessions where they consumed caffeine (caffeine concentration=480 mg) or sham (caffeine concentration=24 mg) beverages. Voice measures (phonation threshold pressure and perceived phonatory effort) were collected. Subjects then completed a vocal loading challenge and voice measures were obtained again. There were no significant differences in voice measures between the caffeine and sham conditions. Ingestion of caffeine did not adversely affect voice production ($P>0.05$) or exacerbate the detrimental phonatory effects of vocal loading ($P>0.05$). Our findings contribute to emerging knowledge on the effects of caffeine on voice production. Recommendations to completely eliminate caffeine from the diet, as a component of a vocal hygiene program, should be evaluated on an individual basis.' [43])

⁴³Erickson-Levendoski E, Sivasankar M. Investigating the effects of caffeine on phonation. *J Voice*. 2011

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(My) [(do)then] life *

Cyril the Real †

‡

2018

DRÍSTY / (THE) BOLLOCKS

*

[(My) [Up-until-Then] Life]

†

(Cyril the Real)

‡

2017 -

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My advice[]

Older principles and advice for life[]

(My older <but still current>)
 principles and advice for life

1. If you don't have to keep your eyes open,
 ↪ (you)
 Close.
2. If you can lie down (and rest), you
 lie down (and rest).

3. Only you control (yourself <yourself>)
 ↪ and rule over
 (by <himself> and) by your thoughts.
4. - Pi a lot (especially when you're not
 ↪ driving);
 - Eat (only) when you are hungry;
 - Sleep, (only) when you are tired.

7

8 MY ADVICE[]

5. When you're cold, get dressed. When
 ↪ you're warm, get dressed
 sa.
 6. Work when you are not tired. Rest when
 you're not working.
- Rub your eyes and (massage) your temples
 ↪ (forehead, and
 back of the seam).
 Do your warm-up.
 Pray regularly. Pray the Jesus Prayer.
 Let this be Your meditation.
 Watch (you) your thoughts. (Nose <keep at
 ↪ it>
 a bracelet to remind you.)
 Breathe fresh air. (Ventilate regularly.)
 Breathe slowly (and

deep) (check it, for example, five times a day
 ↪ and
 do breathing exercises). Do both breathing
 ↪ exercises, but
 prefer the abdominal.

Pi (pure) water (with lemon).

Go slow. Chew properly (count the number
 survival).

Be balanced - upright - poised. Nose
 posture aid.

Don't jump into (others') speech, let
 ↪ others do-

Speak.

Speak slowly, deliberately, and clearly.

Not rushing to say or do something (just
 ↪ like that)

OLDER PRINCIPLES AND ADVICE FOR LIFE[] 9

-observe the situation and react appropriately
 ↪ -have a plan and al-

TERNATIVES.

Take a shower (with) cold water.

Brush your teeth (<immediately> after
 ↪ eating it doesn't have to be
 to be <completely> the healthiest).

Make your bed (as a habit this is very
 ↪ good, but
 it may not be <just> the healthiest).

Wash your hair only with water. (Get out
 ↪ the shampoo.)

Don't wash your hands with soap.

↪ (Get rid of chemicals.)

Do not touch the genital organ directly

↪ with your hand.

Carry papers with you to take notes

Thoughts.

Keep papers by the bed to write on

Thoughts.

Combine the performance of multiple

↪ (useful)

activities (at once), (such as): washing

teeth with leg exercises, taking out the

↪ dishes or

food preparation (cooking) with voice

↪ exercises,

eating (but with constant concentration) and

↪ reading

or work on the PC, exercise (warm-up) and

↪ pray-

Itba.

Save and train your voice (do voice

↪ <a/and/or>)

rhetorical> exercises) -scream (speak more

↪ quietly) and

not at all (when you don't need <everyone can

↪ hear you well>)

don't raise your voice.

Wash your face with (clean) cold water.

↪ Clean

10 MY ADVICE[]

your face (problem areas) with water (or alcohol -liquid) with salt (better than acne-colour). Take care of your skin (Maryna

↪ <cream> , cream(s)

anti-wrinkle -not necessary). Don't touch with rashes, pimples, and acne on the face.

↪ (<At all>

don't rub your face with your hands.) Cut and

↪ clean your nails.

Shave your beard, underarm hair and around of the sexual organ.

Massage ("rub") your whole body.

Don't be impatient -everything has its

↪ time. Be

patient.

Have a pleasant (<a> "sweet") voice when

↪ (you)

You tell (<especially> with your family).

↪ Keep with everyone

human patience.

Smile and have a kind face (in the

↪ presence of

people) -especially families. (Not as an

↪ "animal.") At least

"get over yourself" and "stifle those

↪ negative feelings in yourself"-

don't show that you're "grumpy" (act

↪ "kindly")

" <to parents <at all costs control yourself>

↪).

Don't give You-Know-Who (the Enemy) a
 ↪ chance.

Maintain (appropriate) eye contact (look
 in the other person's face) and give the
 ↪ other person a feeling
 (pretend) that you are listening (<to> him),
 ↪ that you are listening to him (<him>),
 ↪ that you are
 you're dedicating.

Cherish (what) you have. Be grateful for
 ↪ (everything).

Don't touch your face when talking (and
 don't play with your hair).

OLDER PRINCIPLES AND ADVICE FOR LIFE[] 11

Before you say something, think before you
 ↪ say it.

have to regret sometimes and when you don't
 ↪ say something,
 think about whether you'll ever regret it.

Live in the moment: be aware.

No one can make you angry: only you
 ↪ yourself
 you can get angry.

Don't be influenced by other people's
 ↪ emotions

-you are the only one giving yourself a reason
 ↪ to be angry and resentful.

Appreciate the time; it's (really) all you
 ↪ have.

Pi infusions of some herbs,

tinctures, drops. (Alternatively, take some
 ↪ nutritional
 supplement, multivitamin.)

Make a 'fixed schedule (of day)' and
 ↪ follow it

him.

Exercise in the morning, fasting (before
 ↪ eating).

(Take care of yourself.) Be well-groomed
 ↪ (especially your hairstyle)

-if nothing, at least they've got their hair
 ↪ down. (Dr-

you can also make your hair higher (leftover
 fasten with the second rubber band) .) ((Use
 ↪ if necessary))

hairspray, hairspray, hair straightener, and
 ↪ root spray

hair.)

Exercise the abdomen (do
 ↪ "thousands"- "shortcuts").

Learn how to burn belly fat.

Don't watch ((neu) all the time) your
 ↪ belly and weight.

Learn to be silent.

Don't get involved in useless thoughts
 ↪ (about the os-

other people). Wait and think for a while:

12 MY ADVICE[]

"Why do I have such (vile) thoughts?", "Will
 ↪ they benefit

me?"

Control yourself: don't let anger control
↪ you.

Be calm (and discreet) (in all
↪ circumstances-

nities).

Don't (blatantly) show your feelings.

Don't be "overwhelmed" by feelings.

Half a liter of water in the morning
↪ really helps to wake up.

Have a cup of tea when you feel that you
↪ are hungry and/or that

"the head doesn't work".

I change the rooms you work in -don't hold
↪ back-

and stay in the same room (where you sleep,
↪ for example).

Think about how you spend your time (what
↪ you do) on the PC and what

(for) leaving (yourself) on the Internet: try
↪ not to post

leave as few traces as possible on the
↪ Internet (and

spend as little time on it as possible -try to
be there only during working hours).

Ask before you do anything:

"Do I need it?"

Don't masturbate. Banish unchaste thoughts
↪ <i> (

right from the start <don't let them take
↪ over you>).

Whenever you have the opportunity,
 ↪ remember, and "try
 ("test") what you have written (especially
 ↪ regarding
 communication and interpersonal relations).

Health

Food *

Food list (what <eat> <eat>)
 How I make (sabi) yoghurt(s) (white </e>)
 ↪ first
 version is that I put cocoa, coconut in it,
 and sunflower seeds; for the second version
 ↪ you do
 of it (mainly psyllium and
 ↪ <miscellaneous> <pom-
 leté> seed) everything (e.g.: olive oil, co
 renins, <[{}p[,z]}ground> green tea) in
 ↪ addition to the three
 ingredients in the first version. Everything
 ↪ still (pori-
 adne) with[(/-pre)]I'm mixing. (I tend to add
 ↪ yoghurt
 <cow> butter and pork lard.)
 - (different types of) vegetables (and
 ↪ others), e.g.:

*

"(?)"[[[]]] can mean (also) that I don't
 ↪ (usually) eat it

(and consider it "not suitable <unsuitable> ")

↪ or

I haven't tried it (yet).

†

(sic!)

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14 HEALTH

Jerusalem artichoke, beetroot,
↪ horseradish, garlic, onion,
watercress, kohlrabi, cabbage (raw,
↪ e.g.:
red);

- chili peppers;

- fish in its own juices (e.g,
<nautica> herring fillets, <smoked>
↪ sprats,
sardines), tuna (in soy brine <?>);

- meat (cooked <and roasted> , sausages,
↪ salami,
ham, preserves <?> , pâté <?>);

- egg (scrambled);

- cheese(s);

- cottage cheese (e.g. with nuts);
- bryndza;
- whipping cream;

15

- (various) hemp seeds (seeds),
pumpkin, sunflower (unsalted, <from Lidl-
u:>
 <Gardis> Raw sunflower seeds), sesame
 (sesame), flax <golden, brown> , chia;
- nuts (e.g. with cottage cheese);
- Poppy;

- (various) spices (seasonings);

- Turmeric;

- psyllium;

- Lemon;

- honey (?);

- apples (?), pears (?).

16 HEALTH

Drinks (what <aj> I drink)

- water (mineral water) (and into it,
↔ e.g.: salt, cit-
ron, <ground> chia seeds, <hot> so
ginger <?>);

- tea (and into it, eg: lemon, ginger,
cloves, black pepper <?>);

- coffee.

Unproven (untested) raw materials (and procedures) #1

- legumes peas, lentils, beans;
- Corn;
- mouths (?);
- paddy (natural) rice;

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- (gluten-free) oat bran (?);
- tofu (?);
- soy (?), soy slices (?);
- feta (?);
- porridge/soup (?), semolina (?);

- buckwheat (?);
- millet (?);
- foam (?);
- mungo (?);
- chickpeas (?);
- bulgur (?);
- flour (?);

- Chalamade (?);

18 HEALTH

- mutton horns (rolls) (marinated in
↔ oil, vinegar?)
(?);

- vilcacora (cat's claw) (tea);

- vitamin D and omega-3 (vitamin D
↪ and
omega 3 supplements);
- apple cider vinegar;
- nettle (tea);
- niacin with magnesium (magnesium
↪ niacin);
- B-Complex (B-Complex supplement).

How (do) you grow watercress?

Mix lemon and garlic (and horseradish) <
(a> me |
↪ d
↪ <?>

[3]

) (, also English articles).

How to ferment (vegetables).

Germination -germinate seeds (germination
↪ -instruction,

how to sprout cereals, nuts and legumes[4] ,
3

<<https://www.badatel.net/ako-vycistit-arter-going-to-the-last-cholesterol-rise-for-40-dni/>>.

4

<<https://www.krez.sk/klicenie-navod/>>.

Germination of seeds [5, 6] , How to germinate
 ↪ semi-
 acka, a guide to germinating seeds in practice
 ↪ for the
 ciatocnikov [7]).

Bread by fermentation, fermented bread,
 homemade bread ([8, 9, 10]).

Diets (diet only) and treatments

- milk, honey, (apples);
- cabbage, potatoes, (bread);
- fish, eggs, (olive <or coconut>) oil;

5

<<http://zasaditastrava.eu/naklicovanie-semien/>>.

6

<<https://sk-sk.facebook.com/rawlifesk/posts/563085123860501:0>>.

7

<<http://justdvl.blogspot.sk/2010/08/ako-klicit-semena-navod-klicenie-semien.html>>.

8

<<http://www.ezopress.sk/2017/08/zdravy-paleo-chlieb-without-sticker/>>.

9

<<https://histaminovaintolerancia.sk/chlieb-no-yeast/>>.

10

<<https://fitshaker.sk/fantasticky-nekysnuty-home-brew-in-which-it-surprises-you-hat-mouth/>>.

20 HEALTH

- RICE CURE (RICE DIET) (RICE CURE [11] , Rice Cure [12] , Rice Cure [13, ↪ 14]);
- nettle cure ([15]).
- Colon and digestive cleansing tract -practice "Mussel".

Unproven (untested) raw materials (and
procedures) #2

- milk thistle;

11

<<http://www.eutrofia.sk/node/123>>.

12

<<http://eutrofia.sk/node/405>>.

13

<<https://www.biosujo.sk/zaujimavosti/125-ryzova-kura>>.

14

<<http://www.cez-okno.net/clanok/ryzova-kura-cast-1>>.

15

<<https://www.tinkinerecepty.sk/zihlavova-ocystic-cancer/>>.

↪ 2₁
↪ 1

- sesame oil (sesame);

- Ginseng;

- Chlorella algae (Chlorella pyrenoidosa);

- spirulina;
- hemp oil;
- guarana;
- baobab;
- Fennel;
- Arrows;
- prebiotics and probiotics (and synbiotics);
- Bulgarian yoghurt (Lactobacillus
↔ bulgaricus);
- homemade yogurt, homemade cottage cheese
↔ (butter, and cheese);
- yerba mate tea;
- mint (chew);
- ("box") (dry) (red) wine;
- whey, casein;
- L-theanine;

- chondroitin;
- L-Carnitine;
- melatonin;
- cinnamon and/or cocoa with coffee;
- egg and coffee;
- salt in the coffee;
- MCT oil;
- butter and/or coconut (or MCT) oil with coffee;
- kava (tea);
- green tea (at bedtime), extract of ze-lazy tea;
- bear garlic;
- collagen;
- (green) smoothies;
- milk (Start drinking? <And when?>);
- (warm <boiled>) water with honey and
↪ cit-

ron;

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- Ginkgo biloba;
- cayenne pepper (capsaicin);
- chili peppers;
- avocado;
- B12;
- creatine monohydrate, (beta-alanine,
↔ arginine);
- protein (in the morning), protein shake;
- Glutathione: N-Acetyl Cysteine (NAC), Lipo
Somal Glutathione, Acetylated Glutathione;
- Alpha Lipoic Acid;
- Branched Chain Amino Acids (BCAAs) supple-
mentation;
- GABA;
- Pyrrolloquinoline (PQQ);
- Ghee;

- vitamin C;
- Ashwagandha;
- Echinacea;

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- aloe (aloe) (vera);
- moringa oleoresin;
- calcium, vitamin-D3 ([using] fish oil),
↳ potassium-
sium, iron, vitamin-B12, folate,
↳ magnesium,
zinc, iodine (supplementation, sea
↳ vegeta-
bles), selenium (Brazil nut), basil;
- sodium;
- Yohimbine;
- SHARATICA healing bitter water 500ml;
- Cyanadin 3-glucoside (C3G);
- ayahuasca;
- sea buckthorn;

- (bpa-free) coconut milk;
- coconut oil, olive oil;
- resveratrol (supplement);
- turmeric (curcumin), ginger, cinnamon, green tea,
 - ↪ garlic (-
 combine some of it all and make you "preparation" (or individually)) ;

25

- krill oil;
- Maca root (Maca root), (<tea> matcha);
- Chaga mushroom (Inonotus obliquus);
- sea kelp;
- flavonols;
- With water (?) baking soda, Glauber's salt,
 - ↪ ste-
 via (?), (pink) Himalayan (sea) salt;
- omega-3 fatty acids;
- ketone supplement (exogenous ketones);

- dandelion root;
- lion's mane mushroom;
- activated charcoal;
- (tea from) hibiscus(a);
- valerian (root);
- Coriander;
- kale powder;
- cumin (seeds);

26 HEALTH

- Roman cumin;
- linseed oil;
- fish oil (fat);
- vanilla;
- aníz;
- Badian;
- Licorice;

- vitamin K2;
- Thyme;
- lemongrass (Lemon balm).

Drink distilled (decalcified,
 ↪ demineralised wa-
 (ter) water?
 Freeze (thoroughly washed) whole ([w]ell
 ↪ dried)
 (bio <!>) lemon (or <aj> lemons) (also with
 ↪ rind <?>)
) and so grate them (even with the peel <?>)
 ↪ into dishes?

My advice[]

Newer principles and advice for life[]

(My more recent <and still current>)
 principles and advice for life

(My) (usual) morning wake up routine,
 meditate (in bed the Jesus Prayer, and
 ↪ "Serviam"
 out of bed), open the window (air out), drag
 blinds ("let" daylight into the room as early
 ↪ as possible), in
 in winter, wipe the water (under the blinds)
 ↪ from the windows, (make your bed

bed, prepare a towel) change your clothes,
↪ urinate,
Wash (rinse) your face (and eyes) with cold
↪ water,
drink water (with salt) (or tea) (<a> <s> cit-
ron) (at least 0, 5 ☐). (<A> how about taking
↪ a shower?
A walk? <Significantly time-consuming.>)

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28 MY ADVICE[]

Follow a drinking regime. Do not drink
↪ fluids quickly -
dilute them with saliva. Try to drink (at
↪ least) 3 litres
per day (ideally 2 litres by lunchtime). Sit
↪ down when
you drink.
Don't forget to get enough salt
↪ (electrolytes).

Do water for tea only in (that) small metal
mug (if you're making it just for yourself; to
↪ <ju

and) had him "fresh") and you can do (not
 ↪ only

herbal, but) also sachet teas.

Do not drink completely hot tea.

Think of food as a "reward" ("for
 ↪ performance"- <so>

as hunters once did).

Chew properly.

During fasting (fasting), receive (eat)
 (iodized) salt (drink water with salt <and
 ↪ lemon>),

chew cloves (or e.g. mint, bay leaf
 or bay leaves), drink coffee.

Drink a glass of water to quench (your)
 ↪ appetite

(partial saturation)? Drink tea (water) before
 ↪ eating

(for weight loss)?

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 29

At the beginning of the (common) lunch,

↪ wish "do-

take the taste" and at the end (for lunch)
↳ thank your mother
(appreciates it).

After eating, try(,) to digest well
- rest (Before you go to rest
after eating, go rinse your mouth out with
↳ water.) Lie down
you, take a deep breath (into your abdomen),
↳ put your feet in
horizontal position (lean <si> <them> on
↳ something), over-
wiggle your head too, and massage your belly
↳ (not only after
eating). You can also do relaxation
↳ exercises.

Relaxation exercises (that I do)
(with eyes closed) massage your forehead,
↳ massage
your temples (and stimulate the "hardest
↳ spot"), "pre
three" (massage) your eyes and the muscles
↳ around them, and do eye
exercises (with both closed and open eyes):
roll your eyes (as far as possible)
↳ horizontally <to the right and

left) and vertically (up and down) (but "do
 ↪ not push
 "); describe a circle; draw a lying figure
 ↪ eight, diagonals,
 eight; describe the letters "H", "A", "K").
 ↪ Blink.
 Flush your eyes with cold water. Cover your
 ↪ eyes
 the eyes with the palms of your hands, gently
 ↪ press and massage.
 ('Eye accommodation (focusing) exercises

30 MY ADVICE[]

lenses.

This is a crucial exercise for
 ↪ improvement
 sight! Put your index finger in front of your
 ↪ eyes at a distance
 about 20-30 cm so that you can see it
 ↪ clearly. Build
 in front of an object at least
 5 meters. Focus your vision on your finger
 ↪ and immediately after-
 tom on a distant object. Repeat 10 times.
 Close your eyes for 3 -4 seconds to rest.
 street. Repeat the whole procedure 2 -3
 ↪ times. Exercise
 perform quite quickly but thoroughly, always
 ↪ with
 completed accommodation to get the eye lens

and the eyeball were getting used to this
 ↪ activity. This exercise
 do not exercise as often as possible, even
 ↪ while walking!
 ' [16, for lack of a more appropriate source],
 ↪ [no source, no citation, citation omitted]
 ↪)

Try to "experience" ("enjoy", be aware)
 feelings -every moment is unique.

Try not to think: just feel the "moment"
 ↪ in
 you (are) -to be aware of the presence of-
 bearing.

Accept your feelings (such as they are).

16

<http://archiv.podbrezovan.sk/regionnovi_jny/podbrezovan.nsf/page/2016_2_Healthcare_okienko___Syndrome_of_pocitacov_vision_>.

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 31

(Practice) self[-]embrace [self[-]embrace].
 ([Practice] self-hug.)
 Smile.

Thank you for waking up in the morning;
↳ thank you for everything:
be thankful -if you love "life"-, many don't
the "luck" to be here. Show love, forgive
↳ others.
Show gratitude (to other people). You
↳ sleep,
for which you are grateful.

Judge not (anyone or anything).
Get rid of conceit. "Free thyself" from
of vile and low thoughts.

Just say "Thank you." in your head while
praying. Drive away the "cloud of
↳ thoughts"-gradually
from each side.

Forget about thoughts while praying -just
↳ realize-
house that you are thinking of something and
↳ try to "send (give) it
away"(all calmly).

32 MY ADVICE[]

The "key" to everything is
↪ breathing.
(Still) breathe deeply and calmly.
Try meditating in the cold.

Do not hyperventilate, (before) when
↪ (before) withhold-
You're holding your breath.

Pray "Jesus." (33×) while breathing deeply.
nia.

My "technique" in praying to Jesus
prayers "Lord Jesus Christ,"-hope "poz-
itive"; "Son of God,"-(hold) your breath,
↪ realize
"their participation in the divinity of
↪ Jesus"; "have mercy on
be sinful over me."-breathe out "negative."

Cast all (your) cares on Jesus -believe Him with them: give them unto Him (get rid of ↪ them). (Give them to Him everything that bothers you.)

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 33

If you have a problem with concentration,
 ↪ count yourself in
 the number of prayers said on the fingers of
 ↪ the hands. (For
 praying <the> Jesus Prayer, count the
 ↪ repetitions-
 nia on the fingers to maintain focus <sa> .)

Tell yourself that you will now concentrate
 ↪ fully on
 prayer, and then that thou shalt deal with thy
 worries.

Pray the Jesus Prayer in different
 languages (Slovak, Old Slovak, <a>
 in English).

"Feel your spirit," "separate yourself
 ↪ from the fleshly
 ".
 "Remove thyself from thyself," ("deny
 ↪ thyself and

take up your cross.")-see yourself as
↳ something "outside-
more -external|| - -outside themselves||.

Be non-violent. Don't be violent. To
↳ no one
(to any living creature) and do no harm
(Nothing. (Don't)

Seek the truth.

34 MY ADVICE[]

Believe the truth. Don't lie to yourself.

Search objectively
Information. Do not succumb to confirmation
↳ (and other
cognitive) distortions.
Be critical (of everything) (and reflect).

Clearly articulate (your) decisions.
Don't make (important) decisions when
↳ you're tired.

Try to make as few decisions as possible (try
↪ to avoid
decision fatigue).

Be more "consistent"-conscious-when
you're going to do something: you can't
↪ (afford to) (just) so
to waste time.

Immediately process what you have
↪ recorded.
(Still) read carefully (what you edit) and
↪ rewrite
(that) which is actual.

Start (in the morning) writing -something
↪ just write (as part of
morning routine).

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 35

How to read faster text you scroll (conš-

at the same speed) with your finger (this is
↪ how you "force" the "head
"go "faster when reading), text (in
↪ paragraphs)
run your eyes along the "diagonals"(so you
↪ have
more "shot").

If you're lazy about something (and feel
↪ like not doing it),
so (just) say to yourself, "Not today." and
↪ get over it.
Or subtract "5-4-3-2-1. "and do it.

Dedicating yourself to one thing all day
↪ doesn't have to be
so productive -I can't quite
concentrate and I don't use the time
↪ (efficiently).

Adapt yourself (and your daily routine) to
↪ the daily
light (when the sun rises and sets).

First do the "most important thing of the
 ↪ day" ("eat
 the frog"). Be productive. Use your time.

Just go, do - (so) start (then "do it
 "you will improve).

36 MY ADVICE[]

Have proper natural lighting at work.
 Don't dwell long on "trifles" that aren't
 ↪ worth it.

(If "it" doesn't appeal to you and doesn't
 ↪ interest you, it probably doesn't have a
 ↪ challenge.
 us to get "into it.")

Imagine your success.

Imagine a plan for the day. Have a daily
 ↪ plan.

Imagine the rest of the day (and evaluate the
 ↪ elapsed part
 of the day).

Make your plan(s) for the next week (the
 ↪ following-
 weeks).

Make a to-do list for the month(s).

Think of lunch and exercise as the
 ↪ prefects of the day.

You can use it for standing and squatting
 ↪ if you
 you don't have (other) furniture, a bed (with
 ↪ suitable
 height). (Standing up, I'm working on my bed
 <maybe one could try to work: in the kitchen
 ↪ at
 line; {give} something about the sill {and
 ↪ (so) about it}; {about}
 the table that is by my father's bed> . In
 ↪ the squatting work-
 I'm about Matthew's bed <maybe we could try

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 37

work: o beds in the girl's room; o table in
 ↪ the
 living room> . In the toe tap you can also
 ↪ work
 on my desk.)

During working hours (understandably, Mac
 have it off) you can e.g.: shower (and wash -

brush your teeth), play the guitar, go for a
↪ walk,
to exercise (the) feet.

How to emails Don't follow [(neu)] still
↪ your
email - set aside (only a certain) part of
↪ your day for this.
Read (every) email in a few seconds. If it
can be answered in a minute, do it. (The
↪ sooner to
the email you reply to, the shorter it is.) If
↪ not,
immediately write down at least a sentence (or
↪ words) with
answer (or at least with how you would for-
mulated) or concept and later finalize it and
Welcome. Wait to reply to important emails and
read them a few more times before sending
↪ (like
"regular" emails) and make sure you're sending
↪ what you sku-
exactly what you want to send. (Remember that
↪ your emails
can be read by someone other than the
↪ recipient, and even
may also appear on the Internet - take it
into account when writing emails.) Do not send
↪ emails

in a hurry, in (time) stress, and in (violent)
 ↪ emo-

38 MY ADVICE[]

cional situations [(rushes)] (such as [<is>]
 Anger [<or stress>]).

Create (invent) a new online identity (<a
 and> username).

Use the word "because" when making
 ↪ requests.

Use "d" (or "d -", "d -") as
 "Thank you" or "thank you".

Use "^_^", "^.^"("-.-", "-,-", [
 ":3", "<3"])

Use "J"(":J") (i) in parentheses instead of
 ":)".

(At the conclusion of the conversation)

↪ say, "My pleasure-

No."

Tactics on reaching out to give some paper (with your phone number), for example, for to the crowd, smile and say hello ("Hi.").

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 39

Carry only money in a plastic wrapper into
 ↪ town
 (and maybe a receipt) (don't carry your whole
 ↪ wallet).
 (If a policeman stops you <and acts illegally>
 ↪ , live-
 and ask him to produce a document and record
 ↪ the
 get his identification data.) If you (also)
 ↪ drove
 on a bicycle under the influence of alcohol,
 ↪ (so) give yourself
 (damn) careful (especially that nothing
 didn't happen) and in case(,) you see the
 ↪ police, quickly from
 dismount the bicycle and push it. Watch out
 ↪ (also) for
 city police.

Come to terms with the past (and don't go
 ↪ back to it).
 caj).

Take the time to stop and ask (to
 ↪ <yourself
 yourself>), whether (you do and) do what you
 ↪ consider
 right and want (to do).

Ask yourself: "What can I (u)do now,
 to be closer to achieving my goal?"

Don't give feelings a good or bad "charge"-
 just "(do) your own thing" and do (what) you
 ↪ want to do;
 try to understand them (and their influence;
 ↪ how they affect your

40 MY ADVICE[]

actions) understand and learn to control, and
 ↪ do not let
 (them) to influence you (your actions). When
 Something "emotional" (and significantly
 ↪ <that>) is overwhelming you
 influences your behavior), try to "ground
 "back by something rational (for example:
 ↪ count to

10; be aware of yourself, your surroundings;
 ↪ touch parts of your
 yoke of the body).

CONAY! Don't be afraid to make mistakes
 ↪ (but be careful);
 learn your lesson if you come.
 Just go. It's up to you to be successful
 (or you fail).

Compare not thyself with others, but with
 ↪ thyself-
 bou. Keep making progress and be better (try
 ↪ harder) than
 have you ever been. (Keep moving forward.)

Control (and constantly track and monitor)
 ↪ your
 thoughts: your thoughts form "your real-
 itu."
 Be careful what you think about, and
 ↪ whether it's worth
 for this (whether it is productive thinking).
 Stop worrying about useless things.
 ↪ (Appreciate the time,
 which you have.)

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 41

Stop thinking if it doesn't help you.

The "clouded" thoughts(,) of which the
want to get rid of them on paper, and tear
↳ them (<ted> a
ho).

Wait to react (in a stressful situation):

↳ e.g.
lad, try to stay calm (at least) for a minute
↳ (just
you name it).

Stop and think -give yourself (to
↳ yourself)
a minute's peace.

Wait
(i) with the answer (two-three seconds don't
↳ respond to
you didn't answer irritably). Think twice
before you say anything.

From each and every
every opportunity you have to learn something
(observe other people and their behaviour);
↳ behave
treat all people equally and show them equal-

respect (you never know when you'll "need"
 ↪ them).

be nice to other people; please
 them with small compliments; listen to others
 people (show them attention).

42 MY ADVICE[]

Think about how much you give to whom you
 ↪ give your
 his time and whether it makes sense to
 ↪ associate with that
 man.

Prepare (thoroughly) for meetings.

Be tactful; adapt yourself to the mood of
 ↪ man and
 the situation in which he (and you) are (and
 ↪ so
 respond appropriately).

"Tune in" to your partner's communication
 (through the "channel" it uses).

Control yourself. Non-verbal communication
 ↪ -that's what
 the "signals" you send to others - is
 ↪ extremely
 important.

Control yourself; your behaviour
↪ determines your
Reputation.

Get rid of relationality and pettiness.
(Don't be petty.)

(Although I don't want to be angry and
↪ resentful at all)
anger and rage should be "for some reason",
↪ "just
planned", "controlled", and "in order to
↪ achieve-

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 43
and the attainment of some goal".

Smile (so) for a moment(k)when someone
looks you in the face or in the eyes.
Notice people's faces (parents and
↪ siblings).

Try burning frankincense (thyme), bay
↳ leaves
or sage (for scent) in the room.

A plant for the room. (Buy and take care of
her.)

Try putting a blanket on your chair
↳ (instead of
cushions).

Thank your body (for being strong).
Learn to control your body and try what you
thrives.

Don't neglect staying in the sun and fresh
↳ air.
Spirit.

44 MY ADVICE[]

Protect yourself from unnecessary (and
↪ unnecessary)
exposure to electromagnetic fields.

(Still) have an empty nose. Purify (clean)
↪ your nose
with water and salt.

(Nos) Socks of wool or bamboo, not
cotton.

How to take a shower (Give yourself a warm
↪ <must not>
be hot> tea before cold <ice> sp-
chou.) (Put garlic before the shower.) (Don't
↪ use
soap.) (Before you start, splash on yourself
↪ <on
breasts> a little cold water.) First, let go
↪ slightly
cold water, and direct the (shower) hose to
↪ the
legs, then on the abdomen, on the left arm and
↪ shoulder,
your right hand and shoulder, and (so on) your
↪ face; then you start

wash your hair and (wipe) your face, while
 ↪ directing
 the hose so that the water flows (alternately)
 ↪ onto your belly.
 cho even on the back. Do this until you are
 ↪ completely
 you (un)lower (tap) the water temperature (
 ↪ <usually>
 two-three-four times). Then wash your throat,

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 45

hands, and under the armpits. The hand in
 ↪ which you don't have
 hose, wash your belly, chest, and back (back).
 ↪ So
 change hands and wash the same body parts.
 ↪ Then
 wash (thoroughly) your (right) foot and your
 ↪ soles (also
 between the fingers). Then use both hands
 ↪ again
 wash the abdomen, chest, and back (lower
 ↪ back). Then wash
 the other (i.e. left) leg in the same way as
 (the) first one. Then wash again with both
 ↪ hands
 abdomen, chest, and back (sacrum). Then (point
 hose on your face or chest and) wash your
 ↪ genital
 limb (and foreskin). Then again with both
 ↪ hands

wash the abdomen, chest, and back (lower
 ↪ back). Then in
 squat, run water on the anus and wash
 ↪ (yourself)
 him (with his hand). Then stay in the squat
 ↪ for a while and let go
 water on your neck <
 (so> that it is
 ↪ <mediated>
 on the abdomen and on the back) and also (on)
 ↪ the shoulders. Then
 stand up and wash your stomach again with both
 ↪ hands,
 chest, and back (back). And finally, just head
 ↪ stu-
 daily water on his face. (Then you can blow
 nose <so that you plug one nostril at a time
 finger and blow with the other> .)

Have 2 towels: for hair and body. Do not
 ↪ wipe
 your face with a towel.

Do not wipe your (wet) face at all (with
 ↪ any tex-
 tilom).

46 MY ADVICE[]

(Gradually) soothe your muscles. Tighten (and relax) (relax) (individual) muscles (and ↩ face) (and the back of the neck and the neck).

Massage the back of your neck (and soles ↩ of your feet) (before (Stimulate the vagus nerve.)

Get a good night's sleep (don't neglect sleep), rest is extremely important. (Don't patience <and lack of food> causes faultiness <decision making> .)

Sleep in total darkness.

Practice coffee nap. (A power nap.)

Try sleeping (again) with a pillow?

Eliminate ("blue") light before sleep:

in the evening wear sunglasses at home (in
↳ front of the PC), use
you have dedicated programs on your PC for
↳ this purpose.

NEWER PRINCIPLES AND ADVICE FOR LIFE[] 47

Massage yourself on a tennis ball before
↳ going to sleep.
and still "stretch".
Ventilate before sleep.

Drink (warm </é>) tea(s) before going to
↳ bed.
a teaspoon of honey before bedtime.)

Give your subconscious some (creative)
role before sleep.

48 MY ADVICE[]

Health

Chill

It's all (about) the psyche. (<So> as
↳ everything os-
Daddy. [<So> Like everything.])
See it as a challenge.

The feeling of nostalgia warms.

If you feel cold -just relax your muscles
 ↳ (don't tense them),
 and breathe deeply.

Calm your breathing, slow your breathing;
 ↳ prac-
 tizuj deep breathing.

Practice The Wim Hof Method of breathing
 ↳ (on
 warming up).

Just breathe and meditate. ("Properly
 ↳ "medito-
 you.)

49

50 HEALTH

Eat chili peppers. (⟨Sulphur⟩ black pepper
 ⟨whole⟩ (Ginkgo biloba ⟨?⟩ , yarrow
 ⟨?⟩ .)

Do not drink cold water with salt first
 ↳ thing in the morning.
 Pi Tea(e). Drink hot water with ginger.

Circle your legs (30× - 50×) (to warm up).

↪ Do

massage your legs <and feet> .

Wash your feet with warm or hot water.

Wear socks made of natural material (e.g. lad bamboo).

Wear more socks and more shoe inserts.

[D]o socks finely ground black pepper.[17]

Sprinkle a little ground black pepper into socks. Body heat will release from the spice

↪ essential oil,

17

<<https://slovensko.rtvs.sk/rubriky/starsi-e-learn-your-journey/hand-guided-tutorial/99>

↪ 839/n

a-cold-legs-will-help-grind-black-roots>.

CHILL 51

which stretch the blood vessels and keep the

↪ feet warm[18].

Wear "proper" slippers.

Get all the sleep you need

(don't limit yourself).

Extra cover (sheet) for the bed.

Morning walk (when it's cold).

Try eating (something) hot (cooked) (rather
 ↪ than
 raw). (?)

18

<[https://blog.mall.sk/lifestyle/devat-koren
 i-ktore-vas-in-winter-zahreju-464.html](https://blog.mall.sk/lifestyle/devat-koren-i-ktore-vas-in-winter-zahreju-464.html)>.

52 HEALTH

Health

Exercise*

I do the warm-up every day. I work out 5 times
 ↪ a week

(either 2× or <every other week> 3× <on>
 hands, and 3× or <every other week> 2× <to>
 legs, while then still <on> the abdomen).

(Make a video <of> my warm-up?)

My warm-up
 - (Praying <prayer> to the King of Heaven,
 Comforter.)

*

[Exercise]

53

54 HEALTH

Head movements (up-down, right and left,
 diagonally <diagonal>). circling (describing
 circles) with the head (neck).

Circling (joined) palms in both directions
 in and out. Circling the wrists (to both
 ↔ sides).
 Circling (arms bent) at the elbows (<aj>
 ↔ strie-
 gave). Circling the arms <all over>
 (with hands) (do-
 front and back). Shots with hands as in kraul

and character (arm circling movements as in
 ↪ swimming
 kraul and character).

Leaning (leaning) (pushing) (and endurance)
 hand (one of the hands) (perpendicularly)
 ↪ on/against the wall.

Circling with outstretched arms (and
 ↪ outstretched
 palms) to the sides, in front of you (and
 ↪ above your head).

Cutting with the hands to the right and
 ↪ left (before se-
 and above <and behind> the head), and (waving
 ↪ hands)
 Up and down.

↪ 5
 ↪ 5

Tension and relaxation of the muscles in
 ↪ the hands:
 holding <one> hand behind the head with the
 ↪ other
 hand, swinging <tilting> behind the head of the
 ↪ spo-

hands on either side, holding the high in
 ↪ front of you.

third hand with the other hand behind the
 ↪ elbow.

Shaking out of the (stressed) muscles (of
 ↪ the hands).

Arms and legs (by jumping) close to the
 ↪ body and (by jumping) away from
 bodies.

Boxing.

Circling (shoulders) in the shoulders (to
 ↪ relax
 muscle <muscle>> of the stiffened) neck).

- (Praying the <prayer> of the Lord's
 ↪ Prayer.)

Rotating the arms back and forth and
 ↪ circling
 not sideways (<a> panva).

Rubbing (rubbing) the hands against the feet
 ↪ (when aligning the feet).

in the same posture) and leaning sideways.

Throwing your arms around.

56 HEALTH

Rotation (rotation) of the trunk (torso)

↔ (and pelvis

⟨panva⟩) sideways.

Circling with legs bent at the knee

↔ (inward

tra ⟨get out⟩).

Holding the (stretched) leg with the

↔ hands behind the knee. (

⟨Held⟩ The foot is at the breast.)

Holding the (stretched) leg with the hand

↔ (which is on the

the same side of the body as the leg being

↔ held) for

ankle. (⟨Held⟩ leg is at the buttocks.)

Circling (so)

with joined knees (kneeling) (holding

with their hands).

(A more difficult option is to practice
 ↪ these exercises in slippers.
 ah.) (With legs extended <straightened> in
 knees.) Touching (the ground in front of the
 ↪ foot)
 lami - <prayer Rejoice, Mother of God> ,
 ↪ Friday
 <caught or held> - <Health Prayer>
 Mary> , the earth behind the heels of the
 ↪ earth-bound
 - <prayer to my guardian angel>) with your
 ↪ hands,
 or(/a) "worm" (stretching out <behind> the
 ↪ handles on
 country) a hand walk[ing].

↪ 5 |
 ↪ 7

Marching in place (<z> lifting knees
 feet and touching the breasts). (<With back
 ↪ outstretched->
 tom.) <"Explosive".>)
 Stumbling with one of the legs (backwards)
 ↪ (on the right
 and left buttock). Shaking of the legs.

Circling the ankles (in and out).

Miscellaneous (uncategorized/unverified)

↪ exercises

Rocking head back and forth, side to side,

↪ side to side, side to side, side to side
side to side.

Stretching.

Plank - on the elbows, on the palm of the

↪ hand-

ach ⟨rukách⟩ - swaying (kyv) (leaning) on
toes (of both feet) forward and backward

↪ (and/or

sideways), sliding (⟨still⟩ one of the) legs

↪ (and their

alternation) sideways (right and left),

↪ lifting

(⟨standing⟩ one of the) legs (and their

↪ alternation) up and down.

58 HEALTH

Burpees.

Mountain climber.

Squat. Elbow pressure on the knees
↔ (and/or
leaning sideways) in squatting.

Circling (describing a circle) with the
↔ foot to
sides, and back and forth.

Leg kicks.

Shortcuts.

Bridges.

Jumping rope.

↪ 5
↪ 9

Exercises for the hands

Trapeze Bends.

Cranks (on hands). (Hand position:

↪ "^"rather than

"T (T)". Elbow closer to the body. Look down.)

(R)lifting (biceps) dumbbells.

Triceps push-ups on the bench.

Exercises for legs

Running up the stairs, running down the

↪ stairs.

Standing lunges (calf raises). (Reverse

↪ calf [muscle]

raises.)

Toe kicks out standing on his heels.
 ↪ (Oscillation of the no-
 hami up and down standing on his heels.)
 ↪ (Tibialis ante-
 rior [toe] raises.)

Massage of the muscles, tendons (and feet)
 ↪ in the legs.

60 HEALTH

Endurance in a sitting position leaning
 ↪ against a wall. (Endurance in the
 ↪ "chair
 "against the wall.)

Abdominal exercises (abdominal muscles)
 Pull-ups of the knees (both legs) (to the
 ↪ chest <abdomen>)
 sitting (on a chair).

"Bicycle (on a chair)"-knee extension(s)
 ↪ (one-

of the leg, while the other leg is extended
 ↪ <and their
 alternation>) (to the breast <abdomen>) in
 ↪ a sitting position (on
 chair).

"Scissors (on the chair)" -smithing
 legs up and down in a sitting position (on a
 ↪ chair).

↪ 6
 ↪ 1

Positions (postures) (conscious)
 When you sit, try to keep your back straight
 ↪ and don't
 have your legs crossed at the knees.
 ↪ ('[C]risscrossed
 legs can cause higher blood
 pressure.' [20])

Stop. 'The
 (simple act of standing instead of
 ↪ sit-
 ting may help you burn 20 to 50 more calories
 ↪ per
 hour, depending on your size. Although that
 ↪ may
 not seem like a lot in a 2,000-calorie day,
 ↪ making
 the standing adjustment for four hours each
 ↪ day
 can burn an extra 80 to 200 calories -helping
 ↪ you
 lose 8 to 20 pounds over the course of a
 ↪ year.' [21]

'For an hour of quiet sitting, 66 to 126
 ↪ calories are
 spent (depending on body weight). Standing
 ↪ still
 for an hour burns between 78 and 156
 ↪ calories.'

20

<https://vysetrenie.zoznam.sk/cl/1000649_08387/Translating-your-leg-over-my-leg--Inno_cently-from_can-threaten-your-health->.
 ↪ /15

21

<https://www.livestrong.com/article/7391_6-c

calories-burned-standing-vs.-sitting/>.

62 HEALTH

[citation needed]

'On standing days, the
↪ volunteers'

blood glucose levels went back to normal much
more quickly after eating a meal compared to

↪ on

the days when volunteers sat. High glucose

↪ lev-

els have been linked with increased risks of

↪ heart

disease and diabetes.

Standing caused the volunteers to have a
much higher heart rate (around 10 beats per
minute higher), which adds up to burning

↪ about

50 calories more per hour versus

↪ sitting.' [22])

Deep squat. Deep squat (resting squat

↪ posi-

tion). (Grok squat.) (Peaks <and knees> von

↪ <cho-

diddle bottom> , stand on the outside of the

↪ foot, more

straddled, arms between the knees.)

↪ ('Squatting

burns [better source needed] more calories

↪ (70% more)

than if you were sitting during that

↪ time.' [23]

'Squatting burns more calories, but it also

↪ puts a

LOT of strain on your vascular-system, so it

↪ raises

the risk of spider-veins, and varicose veins,

↪ and

22

<<https://lifehacker.com/standing-for-3-h>

↪ ou

rs-a-day-on-weekdays-is-like-running-1447078

889>.

23

<<https://www.healthguidance.org/entry/17>

↪ 360

/1/the-health-benefits-of-the-squatting-posit

ion.html>.

↪ 6]

↪ 3

bad ankles.' [citation needed])

Sitting in a kneeling position (on the

↪ ground). (Kneeling seventh.)

Turkish sit. (Cross-legged sit.) ('After
 ↪ eat-
 ing if you want only to sit, then sit on your
 ↪ calf
 muscles (Vajrasan Position) for about 10
 ↪ minutes.'
 [24, 25]

'When you sit on the floor and bend
 ↪ for-
 ward to eat and go back to your natural
 ↪ position.
 This back and forth movement helps muscles in
 the abdomen to secrete digestive juices, and
 ↪ helps

[]
 ↪ 2]
 ↪ 6]
 ↪ ,
 ↪ 2]
 ↪ 7]
 ↪]
 in digesting the food properly and quickly.')

Sit straddle.

24

<<https://www.quora.com/What-are-the-prope>

r-sitting-postures-when-eating>.

25

<[https://www.quora.com/What-is-the-good-p
↪ os](https://www.quora.com/What-is-the-good-position-for-sitting-after-eating)

ition-for-sitting-after-eating>.

26

<[https://www.indiatimes.com/amp/health/he
↪ al](https://www.indiatimes.com/amp/health/healthy-living/10-reasons-why-the-indian-way-of-sitting-on-the-floor-and-eating-is-good-for-health-252822.html)

thy-living/10-reasons-why-the-indian-way-of-sitting-on-the-floor-and-eating-is-good-for-health-252822.html>.

27

<[https://iturl.in/2cf84483?utm_source=sha
↪ re](https://iturl.in/2cf84483?utm_source=share_text&utm_medium=copy)

text&utm_medium=copy>.

64 HEALTH

Sed(y) v twist(-)e/och. (Twist-y.)

Singing and music

Harmonica

Mouth to tip when playing.

Movement of the tongue - "JOJ".

Bite, diaphragm - "Y".

Bend -pery - "VJU".

Tremolo -movement (tip) of the tongue

↪ (forward, backward)

-(,) "JU-JU", "TUT-DUT-TIT-HAH".

C major
 holes 1 2 3 4 5 6 7 8 9 10
 blow C E G C E G C E G C
 draw D G B D F A B D F A
 [citation needed] / [citation needed]
 ()

65

66 SINGING AND MUSIC

Vocal Exercises *

"S-s-s-s-s, br-br-br-br,
 s-s-s-s-s, r-r-r-r-r", "br-br-br-br -",
 "r-r-r-r-r -"

"r, p, t, k", "d, t, n", "b, p, m".

(Add "m" or "n" to the beginning:)

"i, e, a, o, u".

"L, l, l".

"You-ho-moo", "you-you-you-you-you",
 "mí-mé-mé-má-mó-mú", "lá-lé-lí-ló-lú",
 "I-vau".

„Mi-i-i-i-a-a-a-a-a. “
 „Ha-a-a-a-a. “ („I-i-i-i-i. “)
 "Ha-(--)n-ger(s)."
 Tone Today [29] .)

*

[Voice exercises]

29

<<https://www.youtube.com/watch?v=eBbzjyJ>
 ↪ PGbS

4>.

HARMONICS 67

"Uh-oh."-With the tongue inverted ([30]).
 (Gentle) hoarseness (in the throat) - "and
 ↪ (-)"-(gentle)
 hoarseness (in the throat) * .
 Rob the siren (<loudly> up from the bottom
 ↪ to the top <in
 throat>), "Mmm-mmm."
 Stretch the larynx (from back to front to
 ↪ back):
 "Ha-a-a."

Exhale (also with a pause): "s -", "sh
↪ -".

"S-s-s-s-s," "s-s-s-s-s," (train).

Yawn (open-mouthed).

(Down) with a low larynx: "m-m-m (-)",
"ma-ma-ma-ma-ma-ma."

"A-ng -" (try with your tongue up), "hmm

↪ -" (try with your tongue up), "hmm

↪ -" (try with your tongue up), "hmm

↪ -" (try with your tongue up).

a graceful tone of voice).

"z, z, z, z, z, z, z", "ng -

", "(t)r -", "m "and "n"-(aj) with closed

↪ stretches

tami (tickling ⟨on the lips⟩) , "l -".

30

<<http://video.superiorsingingmethod.com/ty-cracks-and-breaks>>.

*

(Sic!)

"Bří" (-)kanie.
 "Hmm."
 "Meow" (-)kanie.

"Yum", "brep".

(Brumendo.) (5 tone lip rolls.) (Singing
 ↪ Tips
 on How To Do A Lip Roll Vocal Exercise - How
 ↪ To
 Sing Better Using The Lip Roll [32] .)

Breathing Exercises *

(By) The Ultimate Breathing Work-
 out by Jaime Vendera

- Abdominal release #1 breathe (in)
 ↪ into
 belly and "with (-)".

32

<<https://www.youtube.com/watch?v=CBmoQcJ>
 ↪ Cp3K

o>.

*

[Breathing exercises]

HARMONICS 69

- Abdominal release #2 exhale as quickly as possible-
 ↳ the more -the (highest) number of
 ↳ exhalations.
- Breath capacity #1 hold your breath for
 ↳ the time when you
 Fluffy.
- Breath capacity #2 hold your breath for
 ↳ the time when you are you-
 breathing.
- Breath release #1 count to 10 (2
 numbers/second).
- Breath release #2 alphabet (its' reciting
 ").
- Sustain #1 "steady pitch"("a -") on time.
- Sustain #2 "z - "do "(whole) head buzz",
 then close your mouth and "m - "-for a
 ↳ time.
- Sustain #3 sing "a - "the longest (and
 ↳ what to-
 higher -by semitones <try at least 30-40
 seconds>) as you know.

1. "diaphragmatic (belly) breathing",
2. "keep ribs expanded",
3. combine (<both> ways) of breathing,
4. resonance,

70 SINGING AND MUSIC

5. inhale and exhale correctly - quickly take a breath,
6. represent breathing (puffing) when singing instead of exhaling to release
Wrong "stomach tension": "inhalation sensation"-"pretend inhaling
↪ (breath-
ing in) when singing (breathing out)",
7. tense the "stomach muscles by pushing
↪ down
(only straight down) "as (when
↪ necessary) to
toilet -with that scream.

BB

1. balloons,

2. boat - inflator,

3. air mattress.

a á ä b c č d d dz dz e é f g h ch i
 i j k l l l l
 m n n n o o o p q r r r r s s t t t t u u u
 ↵ v w w
 x y ý z ž
 [34]

34

<https://en.wikipedia.org/wiki/Slovak_orthography>.

SPEV 71

a b c d e f g h i j k l m n o p q r
 s t u v w x y z
 [35]

(Breathing/holding times

(breath in)/breath out

- 4/4/8

- 6/7/8

- (4 - 7 - 8)

Spev

(Councils to) sing(u)
Practice tongue-twisters.

Have the right posture when singing -be
↪ upright-
measured and balanced. Be poised when singing.
Don't bow. Don't sing with your head out

35

<https://en.wikipedia.org/wiki/ISO_basic_Latin_alphabet>.

72 SINGING AND MUSIC

Forward. Don't jut your chin forward, keep it straight.

Breathe correctly.

Sing purely -slowly and precisely.

↪ (Properly
open your mouth.)

Grow up the whole word -better longer than

↪ shorter.

Practice your face and tongue, opening your
↪ mouth. Do

Massage (of the nose).

Stretch your larynx.

Irrigate your vocal cords, drink water

↪ before singing.

Breathe through the nose; inhale through

↪ the nose rather than through

Mouth.

Not nasality.

Sing on the lips, sing (whispering

↪ forward)

on the tip of the tongue; rather use the lower

↪ palate,

their tongues are back and down.

Sing softly - don't push, be relaxed,

↪ gently

consciously connect the vocal cords.

Sing out of your head.

Sing the low notes with your head up;

↪ start the high notes

with your head down and slowly lift it up.

Don't lift your shoulders.
Engage everything - hips, ribs (and hips),
↳ and fill
them with air; the lower part of the ribs
↳ (let) remain -
don't download it.
May "stomach muscles" "firm but flexible".
Check air discharge by tensioning -no
(muscles) strongly tensed.

Examine your mouth and face.
Watch yourself singing.
Remove yourself from the singing -as you
↳ would hear
(sing) someone else.
Accept all tones.
Spell (try) as accurately as possible.

Check (your) resonance: put your hand on
↳ your head
(belly of the finger into the depression above
↳ the nose, between
(Maj) tingling on the tongue.

Separate the vowel from the sound
↳ -(za)kusni to the chairs,

tongue tip press on the lower gums (or <give>
tongue in front of the teeth and down to the
↪ gums).

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Plug your nose and (as it were) "breathe".
Plug your nose, open your mouth properly,
↪ and so

Sing.

Hold your tongue and sing.

(Try) vibrato.

Try gently, what (you) give the highest
↪ tone.

Sing with the upper right vocal cord.

The effect of coffee on the voice(s) is
↪ ambiguous and
for each individual.

('[C]affe irritates the head-

[36]

gray hair and dehydrates' , 'skip the coffee
 ↪ and cigarettes,
 which are said to be able to properly "spin"
 ↪ the voice'[37] .'In
 fact, caffeine pulls water out of your system
 ↪ and

36

Beginner's Guide [□] How to become a good
 ↪ one
 trader [] Bělohlávková Věra

37

<<https://dvojka.rozhlas.cz/kdo-zpiva-fales-ne-nemuze-se-vymlouvat-na-hlasivky-7508563>>.

SPEV 75

↪ []
 ↪ 3]
 ↪ 8]
 ↪]

depletes the vocal folds of needed
 ↪ lubrication.'
 'Caffeine is a major no-no for opera singers:
 ↪ it
 causes dehydration and can be damaging to
 ↪ vocal
 folds.'[39] 'However, according to a 1999
 ↪ study

on the effect of caffeine on vocal folds,
 ↪ caffeine
 can have a negative impact on a singer's
 ↪ vocal
 quality, but the effects vary greatly from
 ↪ person
 to person.' [40] 'One pilot study took eight
 ↪ vol-
 unteers and tested their voice quality before
 ↪ and
 after they consumed 250mg caffeine tablets
 ↪ and
 found voice quality was reduced. The degree
 ↪ of
 the effect varied between participants.
 ↪ Another
 study of 58 females ranging between 18-35,
 ↪ with
 half given a 100 mg caffeine tablet and
 ↪ another
 half [were] given a placebo, found no
 ↪ variables
 between groups in terms of vocal acoustics
 ↪ and
 aerodynamics a half hour after ingesting the
 ↪ pill.
 [
]
 A group of 16 healthy adults participated
 ↪ in
 two sessions where they consumed 480 mg or

24mg of caffeine. They found no significant

↪ dif-

38

<<https://www.ivtom.org/2013/10/caffeine->

↪ and

-the-singer/>.

39

<<https://www.rubensteinstudios.com/wp-co>

↪ nte

nt/uploads/2015/04/OperaArticleAboutSleep.pdf

↪ f>.

40

<<https://music.stackexchange.com/a/47918>

↪ >.

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ference in the voice's ability to deal with

↪ pro-

longed speech between the two sessions. '[41]

'This guilt lingered until I read this study

↪ (and oth-

ers like it) that found drinking two cups of

↪ cof-

fee had a "nonsignificant" effect on voice

↪ pro-

duction. Caffeine is a diuretic, which means

↪ it

can dehydrate the body; however, regular cof-

fee drinkers quickly develop a tolerance to

↪ the di-

[42]

uretic effects of caffeine.' 'When you take
 ↪ into
 account the small amount of water loss caused
 ↪ by
 the coffee's caffeine against the hydrating
 ↪ effects
 of the water in the beverage, and then
 ↪ compare
 this to the minuscule percentage of total
 ↪ body hy-
 dration needed by the vocal folds, the effect
 ↪ on
 voice quality is imperceptible.' [citation
 ↪ needed] 'In-
 vestigating the Effects of Caffeine on
 ↪ Phonation
 A core component of vocal hygiene programs is
 the avoidance of agents that may dry the
 ↪ vocal
 Folds. Clinicians commonly recommend that
 ↪ indi-
 viduals reduce caffeine intake because of its
 ↪ pre-
 sumed dehydrating effects on the voice. How-
 ever, there is little evidence that ingestion
 ↪ of caf-

41

<<https://www.liveabout.com/is-caffeine-bj>
 ↪ ad

-for-singers-2994147>.

42

<https://www.merriamusic.com/teachers/v_j_oaca/free-advice-great-singing-separating-myth-truth/>.

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feine is detrimental to voice production. The
↪ first
objective of this study was to evaluate
↪ whether
caffeine adversely affects voice production.
↪ The
second objective was to evaluate if caffeine
↪ ex-
acerbates the adverse phonatory effects of vo-
cal loading. Prospective, double-blinded,
↪ sham-
controlled study. Sixteen healthy adults
↪ partici-
pated in two sessions where they consumed caf-
feine (caffeine concentration=480 mg) or sham
(caffeine concentration=24 mg) beverages.
↪ Voice
measures (phonation threshold pressure and
↪ per-
ceived phonatory effort) were collected.
↪ Subjects
then completed a vocal loading challenge and
voice measures were obtained again. There were
no significant differences in voice measures
↪ be-

tween the caffeine and sham conditions. Ingestion of caffeine did not adversely affect

↪ voice production ($P > 0.05$) or exacerbate the detrimental phonatory effects of vocal loading ($P > 0.05$).

↪ Our findings contribute to emerging knowledge on the effects of caffeine on voice production.

↪ Recommendations to completely eliminate caffeine from the diet, as a component of a vocal

↪ hygiene program, should be evaluated on an individual basis.' [43])

43

Erickson-Levendoski E, Sivasankar M.

↪ Investigating the effects of caffeine on phonation. *J Voice*.

↪ 2011

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Sep;25(5):e215-9. doi:

↪ 10.1016/j.jvoice.2011.02.009. Epub 2011 Jun 25. PMID: 21704493.

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