

The background is a watercolor painting of a seascape. The sky is filled with soft, blended colors of blue, purple, and pink, suggesting a sunset or sunrise. The water below is painted with horizontal strokes of yellow, orange, and pink, reflecting the colors of the sky. In the foreground, there are several dark, rocky islands or reefs. The overall style is soft and painterly.

The FORCE is INSIDE you

[JUAN CARLOS MARTÍN JIMÉNEZ]

The FORCE is INSIDE you

Juan Carlos Martín Jiménez

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The FORCE is INSIDE you

To my kids, Paula and Juan; to
my nephews, Marina and David
and for all who will read this
book, so that you always have

Much FORCE!

Prologue

Dear reader. Thanks for having this book in your hands! It goes without saying that I am not a guru, coach, psychologist, or one of those big authors of self-help books. I am a simple person, like you, who has just felt the need to transmit my vital experience and how, in an autodidactic way, I have come to get the force accompany me always, each second, each day of my life. I am not a Jedi either, or someone special, or weird for wasting optimism, positivity and enjoying with PASSION everything I do. The best of all is that each of us

-yes, you too-, can have the STRENGTH that I can feel inside and direct it to get your goals. How? Don't worry. Along the pages of this book, I will be giving you the keys to get it; keys that work for me and I want to share with you.

Maybe you are thinking that it is impossible; that you have tried many times and haven't any results; that have read self-help books and all is quackery, and that words are easy to say, but then you have to put into practice. I understand you because it happened to me. That is why I have gone my own way, used my own instinct, starting from my heart and helped in this path towards the STRENGTH by different experiences and by reading a book that was useful for me as catapult to be what I am today: "The monk who sold his Ferrari", by Robin Sharma, which I have recommended many times, have re-read five times and given a lot more. Thanks to this and from my own internalization, I have

reached my final goal: being who and how I really want to be.

With “The FORCE is INSIDE you”, I want to help you to walk through that path, explaining in an easy way, from humbleness. But first, you must be aware that you must really want to take that step towards your deep inside and the STRENGTH. If you truly wish it, we are going to take those first steps together. I don't want to mislead you. It is a hard path which requires time and overcome obstacles. Sometimes it is uphill, sometimes you will feel alone. It happened to me, of course, but the key is never give up, looking forward, falling five times and standing up six, going knocking down barriers... Because it is worth it, because the final result is you in a pure state, the ONE you want to be. Furthermore, I assure you that you will never walk alone, because the FORCE will always accompany you.

Moreover, this book can be really useful if you complete the exercises at the end of each chapter, with blank spaces to write your reflections about the questions I suggest. This way, I expect that my book will become a guide in your way to internalization and the FORCE. Because when something is expressed with your handwriting, it stays there forever.

You have taken it from inside and externalizing it is going to give you a great relief and the FORCE to achieve your goals.

Then....

Let's start walking to your INNER FORCE!

Chapter 1

Who and how am I?

Who and how do I want to be?

What big questions! Aren't they? All we should do is stop in our stressing lives and think about these questions, probably the most important a human being could consider. To the questions: who am I? or who do I want to be? it is easier to give answers like: a man, a woman, a journalist, a lawyer... Nevertheless, when you introduce the word «how» to both questions, they become something much more profound:

How am I really? Am I the person who I want to be? Have you ever really asked yourself that, from within?

Some people pass through life without asking themselves any of these questions or caring the slightest about the way they are, not even how they are perceived by others. Even more, nor do they consider it. They only tell themselves: «I'm just like that». How many times have we heard this sentence?

«I am just like that». Yes but, what type of person are you? Could you define yourself? I don't mean to what other people see or think about you, your personality, character... I mean how you really are. And that is something that only you can know 100% sure. Nobody but you can get to know you better. First, that requires that you wish to know what type of person you really are and that you really want to know it to take a step forward in the search of YOURSELF. It is not an easy way. It is called internalization and it is, no more and

no less, to find yourself in its purest state.

The first time I asked myself that question, I was 20. I was studying then 3rd grade of Journalism at Complutense University, in Madrid. Certainly, I knew that I wanted to be a journalist. I knew it since I was 10 and I focused on that goal until I achieved it. Because when something is pursued with STRENGTH, illusion and jumping any obstacle that appears on the road –that always appears –the result, the reward, is to achieve that which you have focused on intensely, without sparing efforts to make it real, no matter how hard or difficult it is. Don't let anyone or anything get you out of your goals. These are only yours. It is what you have chosen for your life and if you fight for them, they will appear sooner or later, but never surrender or give up. If you are sure that you are going to get to the finish line, you will cross it.

As I was telling you, when I made that question, I made the mistake of telling many people around me. I went to my group of friends, to my parents and some colleagues in the Faculty of Information Science... I remember that I told them:

«I don't like as I am». «I want to change, but I don't know how». Some said: «What are you saying? If you are a good person. You don't need to change anything». Others looked at me twisting the gesture: «Are you dumb? What have you drunk?». Nobody understood me but I knew of what I was talking about. I didn't feel good about myself.

I guess that it has happened to you or is happening now. It can occur at any age in our lives. It is not only a question you ask yourself when you are

young. In my point of view, you get the wrong idea that, at a certain age, you can't change anything in yourself. Evidently, there are some characteristics in our personality that are forging through the years and they remain in our way of being. You can be nice, cheerful, cold, shy, more or less outgoing..., but it is never late if you really want to change something that you don't like or you want to enhance something you already have.

REMEMBER

«Don't let anything or anybody ever take you away from your goals. They are yours. It is what you have chosen for your life and if you fight for your dreams, they will find you sooner or later, but never give up. If you really are convinced to reach that goal, you will get it».

At that stage of my life, I was in search of my authentic SELF. I was as lost as a fish out of water, out of place, without finding me or even worse, without knowing what to do or where to start to make that change. I guess that you have had those feelings or maybe are having them now. But don't worry at all. It is a logic and natural process, necessary to get the final goal: YOURSELF. But I insist, you don't get easily that. It demands a lot of inner work and, above all, a lot of time being alone with yourself and going progressing step by step and without going back. The important thing is to be convinced that you want to change.

Are you ready to analyze how you are and to become the person you really want to be? So, let's start!

Here I give you some keys that worked for me to start doing my first steps of inner change. I knew at least who and what type of person I was. It is the beginning of the way. Like an hindu proverb says: «The longest walking starts with the first step». And that is how I started:

– It is a process to do alone because you are the person who is going to change, not your environment.

I searched for loneliness in my favorite corner of Madrid, The Temple of Debod, where I sat with my notebook and a pen and defined my objectives. Or in the peace and calm of the night, when all is in silence and the thoughts come without interruption, in an intense and very deep inner dialogue.

Now, identify that magic place in which you find yourself and write where it is:

– Write in this book how you are, what are your main characteristics which you would never get rid of and those which you would like to change or those you don't have and would like to. Writing gives you power because it makes it clear from your own handwriting what you want, what you feel and what you wish, from the most absolute sincerity with yourself.

I have writings from that period of my life, reflecting sensations, fears, worries, bitterness... I wrote everything, and it relieved me to externalize it. If

you keep it inside, without expressing, it ends stifling you, even affecting your health.

– Write and focus on what you really dislike about you and repeat to your mind that you want to change, because you are going to change it. Transform that repetition and wish of change in a habit, until it is internalized. Changes will come to you slowly.

I was a very shy person, and I knew that a journalist who is shy is like a deaf spy, so I knew that I needed to change that anyway. And I was making steps to be more outgoing, less reserved. It was not from one day to the next, but I started talking to other people, to open myself, asking in class, doing an interview by phone... things I used to dread before but that I was assimilating inside me and transforming in a routine, to finally overcome that shyness.

– Practice any kind of sport: run, swim, ride a bike, play paddle, walk or practice yoga... or any activity or hobby you like, that relaxes you and provides you of inner calm: painting, writing, going to the cinema, cooking, visiting museums,...

I discovered athletics at 17. As I played football a lot, I thought that was a piece of cake: the first day I ran at Dehesa de la Villa Park, in January 1985. I could resist only two minutes. What frustration and what a lesson! Today I have run four marathons, many half-marathons and 10 kilometers races. All has a hard beginning, which is uphill, but insisting on it, the results come.

The search of MYSELF had started, without the help of no one and without any reference about what to do or how. One thing was clear for me: I was going to change, whatever it took.

It is very important that, if you are planning to change something inside you, first assimilate it and then start working on it constantly and focusing on what you want to be. Surely life is tripping you so that you decline and do not advance. Ignore it. Each obstacle that you overcome, gets you closer and closer to your goal.

In my case, life not only tripped me only once, but sent me an authentic tsunami in the middle of this change process: the death of my father when I was 23. Surely, at some point in your life, something like this happened to you: the loss of a loved one. And then you asked yourself: "How am I going to get over this? It is impossible. I'll never do". And you listen from people around you the famous sentence: «life goes on»; or even worse: «I am here with you for everything you need»... and it is when many people end up vanishing. These shocks are real opportunities to learn, because all inside you staggers and everything has to be relocated again. It's a question of time. Like a song of El Último de la Fila says: «...time doesn't heal everything, but it can help it». I spent two years aimlessly, in the darkest and deepest well I ever was. Logically, without wanting to change anything, vegetating...

And then, a self-help book appeared and made me react: «You can heal your life», by Louise L. Hay. I still remember some sentences in the book that helped me

much, that made me reflect: «Loving ourselves starts by never criticizing us»; or «That on which you pay attention grows and consolidates»; «Keep apart from the negative and focus on that what you really want to be or have». It was fresh air in my life. I invite you to read these kinds of sentences when you are searching for a source of energy; or to listen to a song that cheers you up, and also to cry and take your pain out and learn that your loved ones haven't gone, maybe physically, but they will stay forever in your heart, helping you, becoming part of you. The sooner you assimilate that the past doesn't return, that staying in the past doesn't let you live the present and build your future, the sooner you will be able to be on your way, released and in peace. It is said by someone who has seen both his father and his mother die. Is there anything harder than those images that will accompany me all my life? How have I got over it? Knowing that both are in the middle of my heart, giving me the strength every day and looking forward, being aware that I will never be alone.

REMEMBER

«The sooner you assimilate that the past doesn't return, that being stuck in the past means that you don't live your present or build your future, the sooner you will be able to be on your way, released and in peace».

And so, it also happens when you break up with a couple, a friendship... they are hard knocks of life but there is an infallible remedy to go over such difficulties: if those people go away is because they didn't have to become part of your life. As simple as that. Let them go and stay in peace. Those who really must be a part in your life, will come to you and will stay with you forever. The rest will contribute something, it will be a learning, there will be paths that someday joined for a reason but for another reason, they had to separate. Nothing happens by chance. Neither was a chance that the book of Louise L. Hay appeared in my life in the precise moment, when I had never read a self-help book before.

And it was there where I stood on the starting line towards my internalization, looking at the horizon with excitement, hope and respect; towards things to discover. But without fear or doubts. Fear paralyzes you and doesn't let you progress. What is more, fear is generated by us and the wonder of this is that as we create it, we can destroy it, so it doesn't make us stay in our comfort zone blocked, without making decisions, without being brave. Because when you are

willing to change, what you want and wish is at the other side of fear, and that fear can be got over in your mind, that is where you have created it and feed it and it has advanced to your heart. So, I raised my head and set out to meet myself. I knew who and how I was. Now I had to know how I wanted to be...

Reflections about chapter 1

– No one can become to know you better than you, but that requires first your wish of knowing what type of person you are, that you really want to know it to take a step forward in the search of YOURSELF. It is not an easy path. It is called internalization and is nothing more and nothing less than to meet yourself, in a pure state.

– There are features in one's personality that go building over the years and are rooted in your way of being. You can be more outgoing, more cheerful, colder, shyer, more or less sociable..., but never is too late if you truly want to change something you don't like in you or to strengthen what you have inside.

– Surely life is tripping you so that you decline and do not advance, even to give up on your attempt. Don't listen. Each obstacle that you get over moves you closer and closer to your goal.

– Those who really must be a part in your life, will come to you and will stay with you forever. The rest will contribute something, it will be a learning, there will be paths that someday joined for a reason but for another reason, they had to separate. Nothing happens by chance.

– Fear paralyzes you and don't let you take a step forward. Moreover, fear is generated by us. The wonder is that we can create it as easy as we can destroy it, so it

doesn't allow us to stay in the comfort zone without doing anything, making a decision, or being brave.

Acerca del autor



Juan Carlos Martín Jiménez was born in Madrid, in 1967. Father of two children, Paula and Juan, has a degree in Information Sciences, Journalism section, from the Complutense University of Madrid. He is the director of the local newspapers “Tetuan 30 days” and “Chamberí 30 days” and works as self-employed. He also directs the communication of various companies, mainly related to the world of franchising since March 1988. He is currently a partner of the company Tusideas.es and

Managing Partner of the portal Pymesyfranquicias.com, in addition to being Director of Communication of the Spanish Association of Franchisors (AEF) and Tusideas.es.

Although he claims not to be a coach, the truth is that with this self-help book he intends to help many people to change their personality traits or aspects of their life, telling of his own personal experience, all the way he has come to meet his own SELF, channelling the force to achieve all his objectives. A book that explains how it can be achieved by anyone who really wants it, from the HEART and with a fundamental key: control the mind and turn negative thoughts into positive, without setting limits on anything we set out to do.

“The FORCE is INSIDE you” is more than a simple self-help book. It is a guide for the reader to write what they want to change, their objectives, the steps they are taking, what make them happy, where to find the FORCE...and finally find the reward: the inner BALANCE, to be in PEACE with ourselves and have the necessary FORCE to overcome any difficulty that life puts us. If you want to change your internality, this is your book.