



CYCLING  
SUTRA

*From a journey.  
Sutra's, thoughts, ideas.*

*Not moralistic, just straightforward.  
Do with it as you please.*

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# CYCLING SUTRA

*Written by a world cyclist*

*for change, for progress*

## WHY CYCLING SUTRA

I started 'Cycling for Stars' in 2015 to help a social project in one of Rio de Janeiro's favelas. After this I continued cycling. Things had changed. I had changed. I'm still cycling. Cycling this world to *discover* and to *connect*. The inner and the outer. Why? To create awareness, to share.

Before starting this cycling journey around the world, I was writing down my thoughts. They looked like Sutra's. But I didn't know what a Sutra was. Also, I was (and still am) symbolically tying my little Yin Yang strings around people's wrists - to *re-connect people and cultures around the world* - before I had ever heard of a Sutra.

Something crazy happened to me. After one year of cycling parts of Europe and Latin America to raise money for the social project in Rio I thought I needed a new bicycle. One that would be strong enough for off road cycling in the Pamir mountains and the Himalayas. I asked the Universe for it but a couple of weeks before the journey started I

wanted to check if my 'old' bicycle was maybe strong enough after all. On the very day I took it out of my dad's garage - and the mechanic said that I shouldn't worry that the bike would be fine - they stole it.

That evening, I shed some tears as I walked home. Tears of gratitude. Gratitude for an incredible year of cycling. It was a full moon and there and then I decided to let it go and let the stars take care of the bicycle. Two weeks later as the news had spread, two cool guys from my home town gave me money to buy the bicycle I have now. The brand of the bicycle is Kona and the name of this specific model is Sutra. I still had no idea what Sutra meant and I had no idea that I was 'doing Sutra's' myself until I cycled and reached Nepal where a writer told me about it. I had been tying, writing and cycling Sutra's for months without knowing it.

*So what is a Sutra?*

In short a Sutra is a Sanskrit word and the root comes from *siv* – that which sews and holds things together. It's a collection of words that are connected and that form a manual of aphorism, rule or direction – hanging together like threads, like strings, with teaching of rituals, knowledge and / or philosophy.

The bike, words and ropes coming together in a Sutra is one of the coincidences - or synchronicities if you will - that I've experienced in this journey and it gives me confidence to keep on going to reach my goals.

The Sutra's in this book are cycling Sutra's and are based on my personal experience and research. Hopefully they will do you good. That would realize one of my goals.

Cycle both the valley and the mountain.

Valley's relate to mountains.  
They determine each other.  
You cannot have one  
without the other.

See them both, accept them both,  
live them both.



Close your eyes.  
Breathe.  
Breathe deeply.  
Repeat.

*“Everybody wants to go to heaven  
but nobody wants to die.”*

If you want to become the best version of you, if you want better results, it's you who has to change, since, they're your results.

You'll have to experience the new. Dive in the unknown. Leave the comfort zone. And sometimes even make big sacrifices.

Will it hurt?

Yes.

But do it anyway.  
See what happens.

The bigger the obstacles  
the sweeter the reward.

And once you drank from that well – taste that energy - there's no turning back.

Isolation.  
A teacher.

Life's too serious  
to take it too serious.

TRUST

“I’m gonna cycle the world.” I said it.  
No turning back.  
My mother started crying. Me too.

Decided on trust.  
That’s all.

This journey. Into change.  
Into miracles and shadows.  
To learn, to see, to let go.

This journey. Into me.  
Scary, there are no borders here.  
Revealing power  
and sometimes the risk of death.  
Alive I feel.

I don’t want this to end.

Have to decide on trust.  
That’s all.

This journey.  
To nowhere and everywhere.  
I’m already there. I know I am.  
But hey...  
let’s keep playing.

Let it go and it will come.

20 MINUTES

Be silent  
at least 5 minutes every day.

Breathe consciously  
at least 5 minutes every day.

Be grateful  
at least 5 minutes every day.

Realize you're marvelous just the way you are  
at least 5 minutes every day.

Exercise.  
Walk in nature.  
Eat healthy.  
Meditate.  
Smile to people.  
Have great sex.  
Help others.  
Be playful.



Stop giving a fuck what other people say  
or think about you.

Giving a hug for 30 seconds raises your dopamine levels - the number one brain neurotransmitter that impacts your happiness.

Smiling has power.  
Smile to people and they smile back.  
They have no choice but to smile back.  
We have mirror neurons in our brain that  
copy what we see.

When people smile they are treated  
differently. They are easier to engage  
with, easier to connect with.

A person smiling perceives the other  
person's expression more positively.  
Neurons actually tell you: 'smile and the  
world smiles back.'

Smiling releases endorphins,  
a neurotransmitter that makes you feel  
happy.

:)

What smoking does to your lungs,  
television does to your brain.

Be present.  
The present is a present.  
The more present, the more presents.

Sometimes I pretend that I'm an alien  
and that it's my first day on earth.

Then I look at things and everything  
becomes a miracle.

Again.  
Close your eyes.  
Breathe.  
Breathe deeply.  
Repeat.

Meditate. Every day.

Make meditation something fun.

Don't expect anything from it.

Make it a habit like brushing your teeth.

Teach your children how to meditate.



There is nepotism in politics, religion,  
corporations, banks and media.

We fight their wars.

We pay their taxes.

We consume their shit.

We pay for their banks when they fall.

They don't give a fuck about you.

Don't confuse multiple choice for  
democracy.

Vote with your wallet.  
Buy local, socially responsible,  
alternative, bio, small scale,  
and from local entrepreneurs.

Let women govern.

Why get emotionally involved in negativity if you don't have to? It impacts your day; it impacts your life.

Stop watching the news for a while.  
Stop reading the newspaper for a while.  
Stop looking at violence for a while.

See for yourself what happens.  
See how it makes you feel.  
See if it creates space.

## DISCOVER THE UNKNOWN

It takes courage to dive in the unknown and unveil yourself. To peel off these layers that mask you.

You deal with a deep conditioning - it doesn't coincide with who you or others think you are.

In the process you might experience like some say 'the dark night of the soul' but keep on going it's a detox, a preparation, a test of how much you really want it. Go down the rabbit hole, face your dark sides, the insecurities and pain. Keep following your truth. The sun will rise again.

Better than ever before.

No magic pill, dogma or religion. You are the one who's going to have to do it. Have courage. No fixed roads to real freedom or enlightenment. No rules, no gurus, no yoga to follow.

Everybody has their own route. That's why everybody is unique. That's why everybody has their own adventure we call life. Books, wisdom, Buddha, Jesus, they all might point you in the right direction, use what serves you but it's your own road. You are the road. You *are* it.

Experience yourself.

## OBSERVE

Be aware of your belief biases.  
Your cognitive dissonances, the backfire  
effect, all of your conditioned beliefs.

Be aware that people,  
media & entertainment influence your  
negativity biases.

Start asking yourself questions. Why do I  
believe what I believe? How do I react?  
Do I repeat the same (negative) story  
in my mind?

Observe your mind. Don't judge it.  
Just observe it.

If artificial intelligence takes over your job, can you handle the change?

Change your life?  
Change your environment.

True spirituality, true consciousness is something that happens to you.

You can't find it, there's no road leading there. Then it just becomes another goody that has replaced the car, money, house or (social) status.

You'll discover it without looking for it.



## 90 SECONDS AWAY

It takes 90 seconds for anger to get  
'washed away' from your system.  
Do not relive that moment within those  
90 seconds.

Practice this. Let your anger leave you.

People don't need to be educated  
they need to be informed.

If you are not informed in this day in age,  
then that's a choice.

Don't follow, don't obey.  
Question authority.

Be self-taught, think for yourself and  
make your own choices.

Read, investigate, build your own reality.  
Question and fact-check all that is  
mainstream.

Educate & develop yourself.  
Grow into an individual.

What you mind matters.

Physical pain can be honest,  
clear and truthful.

See it as it is, as a feeling, as a sensation.  
Don't attach any label on it.

True compassion is pure love.

Feel and realize you are alive.  
You will start seeing miracles.

She thought I was looking in her eyes.  
She didn't know I could see her soul.

Having a watermelon with her,  
a highlight in cycling the world.

Think in opportunities  
and opportunities will come.



Discover the mind.  
Know how your brain works.  
Be aware of your thoughts.

Make new neurological connections  
Rewire the brain.

Read.  
Prime yourself.  
Design your mind.

## BRAIN DIET

Practice mindfulness.  
Improve your cognitive capabilities.

Brain food: Avocado, blue berries, broccoli,  
coconut oil, eggs, salmon, turmeric, dark  
chocolate, walnuts, green leafy vegetables.

What does your self-talk look like? What kind of  
thoughts and images are feeding your mind?

Your brain doesn't know the difference between  
reality and something that you vividly imagine.  
Start imagining cool things.

Have a changing environment. Sleep well. Take  
naps. Listen to uplifting music. Drink less alcohol.

Spend time with creative minds.  
Minds that make you smile and think different.  
Minds that make you grow.

Stimulate neurogenesis and brain plasticity  
through new experiences and exercise.

Release stress. Hang out with friends, do yoga,  
meditate, run, cycle. Do things you like.

Practice silence.

Vulnerability is power.

Be grateful.  
Be thankful.  
Practice it. Daily.

It's one of the most powerful tools  
towards happiness.

Truth has nothing to do with the amount  
of people that believe something.

Truth can be uncomfortable, can hurt,  
can isolate you, can make you insecure.

Accept it.  
Follow your truth.

A road block means it's just not your way.  
Don't freak out about it.

Failure does not exist.  
It's what we call learning.

Every master has failed countless times.

In a depression study more than 80% that are given a placebo heal as well as the people that are given the actual drug.

Your belief, thoughts and emotional state can impact your autonomic nervous system and create the exact same chemicals needed to heal yourself.

The pill is just a symbol of possibility. Create your own possibility. It is out there. It needs your focus, your repetition, your belief, your emotional state.



Time.  
The most valuable currency in life.

How do you spend it?

Education.

It stems from the word *educō*  
which means to bring out and  
develop from within.

Intelligence.

A combination of experience,  
knowledge, and intuition.

## AWESOME

If you think, perceive and emotionalize that you are strong, good, resilient and more beautiful than you ever thought before it will hibernate in your being.

You will grow into a spirit progress.

Others will pick up that vibe.

It becomes something that you are.

Choose wisely how you think and feel about yourself. Change the blue print you have of yourself when necessary and make it awesome.

Then that's exactly what you'll become.

Awesome.

Meaning. Purpose. A Goal.  
You still have it.  
Find it. Inside.

Change.  
Start from there.

Dream.

Play.  
Like a child.  
Like you used to do.  
No matter what people think.  
Surprise your mind.  
Move your body.  
Get absorbed.  
Life is playful.  
Laugh.

When the moment comes,  
that's when you decide.  
You'll know it because you feel it.

Take action.  
On ideas, on risk taking, on life changing,  
on adventure, on love.

Don't reason, don't contemplate. Be  
aware of 2nd hand thoughts and your  
protective emotions based on what was  
in the past or what might be in a  
(predictable) future.

Magic happens in a place you don't  
know. Don't think. Jump.

Paradise.

You're already there.

Unlearn and see it.



Love.  
Love again.  
Love more.  
Become love.  
Love yourself.  
And then love some more.  
Give it away.  
To anybody.  
It will come back.



Mendoza 2019, Gracias Juan Pablo por tu ayudo.

Que anicca..