

<h1>Marcela Castellanos</h1>	<ul style="list-style-type: none"> ☰ Remote document color code and components ☰ Remote doc template 2023
<p>Schedule your next lesson: Schedule - Alcanza Consultants Pay for your lessons: https://www.alcanzaconsultants.mx/client/payment-options/</p>	<p>Feedback form: https://forms.gle/NpuFTuD1eqTCdFvV6</p>
<p>Eval reports: <ul style="list-style-type: none"> ☰ Marcela Castellanos-No Eval Report Dec 2024 </p>	<p>Remotes: <ul style="list-style-type: none"> 📁 Marcela Castellanos remote folder </p>

Contrasts...

- **Compared to** last week, this week is fairly busy.
 - In comparison with last week...
- **Unlike** last week,
- Different from last week...
- In contrast to last week...

To prevent or avoid problems...

A framework

Uncomfortable.. **Comfortable...**

Confidence...confident

- Confidence... we have confidence...
- **Trust....**

Be **honest...** authentic....

Every other Sunday...

I thought

- It would be easier
- It was going to be easier

A spirited debate...

Date / Consultant: Ryan 10.17.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

We tend to..

We adapt to.. Adapted... adaptive...

It is comforting to hear that..

Icebreaker.. Teambuilder...

Polite responses....

Thank you so much...

I appreciate that...

That is so nice of you...

You are such a kind person...

What a wonderful thing to say...

Reinforce

I would my visit my sister in Miami,

- If you did not have to stay here for family.
 - Unreal conditional... would -- hypothetical... did not have to stay-- obligation + simple past
 - If I ate 1,000 cookies, I would feel sick.
- If you had a superpower, what would it be?

Vocabulary/Phrases:

Practice:

Date / Consultant: Ryan 10.8.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

A dumpster fire (common expression) ... chaos without an end... American politics

We will see what comes up this weekend and then flow with that.

Heartburn...

Networking conversations

Venture capital fund dinner... cocktail...

- a top 2% performing... above the other 98%
- Seed fund...
- Net Internal Rate of Return... Net IRR is the annualized rate of return earned by investors after all fees, expenses, and carried interest have been deducted. It shows the actual return that limited partners (LPs) or investors receive on their invested capital.
- **transformative consumer companies**
- **backing --- to back.. To support.. To fund.. . We are backing this NGO.**

Initial introduction ...

- Who are you...
 - I have been running my own private practice for the last 9 years.
 - I have also been collaborating with a private company to improve their- implement - define organization culture.
 - I have also been working on HR projects with private companies in order to create and improve their organization culture with a focus on transmitting institutional values.
- What are you doing here... interest?
 - We represent Talipot Holdings, and we are here enjoying the evening.
 - Doing some research on venture capital... convo coming!
 - Networking
- We don't have a trip planned.
- Flip into question... finding topics to discuss... closing...
 - That sounds great! Well, have a wonderful evening!
 - Oh yes, we need to do that! Absolutely!
 - Thank you. You too!

Humble question framing...

- Keep it open
- Frame it humble
- Connect with a source

I know very little about... X... could you please X to me?

I know very little about the rare minerals topic, but I have heard it in the news. Could you explain it to me?

I am not an expert on tariffs, but I have heard that they are hurting the USA economy. What is your opinion or analysis?

I am not an investor, but ...

This is not my background-- I am a teacher-- could you please...?

- Could you explain this like I am dumb?

I just finished an article in the Economist on Sub-Prime risk.... Do you think this is a real problem in the USA economy?

Follow up questions...

Vocabulary/Phrases:

Practice:

Date / Consultant: Ryan 9.22.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

Morning sickness... I can take it... I can deal with it

Unreal present conditional

If I was living in CLN, that would be normal for me.

Past tense **would + verb**

A context first... then the conditional.

I live in CDMX, so the weather in Cabo is really hot. Living there would be different for me.

A few couples or a few couple friends of ours....

We invited a couple that we are friends with.... With whom we are friends

Take everything with a grain of salt...

If you could change anything, what would you change?

American Politics

Martyrdom.... Martyr...

There is a lot of rhetoric right now.

To jockey...

Uncertainty, instability, frustration, anger....

Radical elements on the both right and left are coming out

Reinforce

Overall feedback:

Summary of lesson:

Vocabulary/Phrases:

Practice:

Date / Consultant: Ryan 9.4.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

Your body gets used to it... the exercise...

Maternity and paternity leave

I have a free window...

To scoop out...

I recommend that you pack your hospital bag.

Art of Conversation

<https://www.youtube.com/watch?v=4sCH3jYv75A>

High stakes conversations (foro de mar) vs low stakes conversation (meeting friends of friends)....

- Never underestimate who you are talking to

Practical way of looking at conversations...

Practicing for an event... Business with a social commitment to support regenerative agricultural practices

- audience
-

Scenario... Role Play

To achieve a balance between sharing enough and not oversharing

What brings you here?

With or for my husband...

We were invited **by** the founder... /// we have been invited... PASSIVE VOICE

- The founder invited us ACTIVE VOICE

We will see what projects they present .. are presented..

- We want to see the projects that they will present tonight.
 - **No expose!** Not so much show.

Open questions...

What brings you here?

What do you do?

How has Mexico been for you?

How has life been in Mexico city for you? // How has CMDX been treating you?

What are you doing in Mexico?

- Where have you been doing exercise?
- Compound verbs in questions.... Need to divide into 2 parts

Deeper questions... pull the thread...

- You hear something and make a connection...

Vocabulary/Phrases:

Practice:

Date / Consultant: Ryan 8.26.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

To go around the neighborhood... pasear...

To spit up... to vomit... colicky..... To have colic....

I am going to flow.... Fluid adj... fluent n. (I will be fluent)... fluency....

Enhance

Activity:

Focus:

Reinforcing Feedback loop,:

Reinforce

Overall feedback:

Summary of lesson:

Vocabulary/Phrases:

Practice:

Date / Consultant: Ryan 8.8.25

Lesson number/week:

Aim:

Topic:

Lesson type: **Intuitive method**

Warm Up

Thrilled... he was thrilled...

Settled..

Personality

Adverb use... degree or quality...

- Strongly, solidly, slightly....
 - I would slightly disagree with that statement. --- Fernanda
 - **Colloquial...** I **kinda** disagree with that... a bit- kinda- sorta... uncertain
 - Solidly... firmly... concretely...
 - I strongly agree with that statement. --- YOU!

Adverbs + verbs: very common in colloquial or a bit informal writing (every adj can be an adverb)

- Commonly, effectively, reliably, frequently, comfortably...
-

<https://www.16personalities.com/profiles/estj-a/f/islij8nvy>

- I will unpack the structure of these questions later.

HOMEWORK: que opino del desempeño del entrevistador o del entrevistado

Fernanda...

- She is not driven by her emotions
- She prioritizes facts
- Assertive... empathetic... congruent...
- More oriented towards extrovert
- Task driven or task focused... solution focused.. practical ...
- She is more closed or decisive... less open minded...
- Narrow judgement ... strict...
 - High expectations... hard limits... fixed mindset...
 - Predetermined opinions... or preformed opinions on things....
 - More controlling tendencies...
 - Detailed focused...
 -

Flipping conversation (didn't get here)

<https://www.youtube.com/watch?v=4sCH3jYv75A>

Mapping conversations...

Vocabulary/Phrases:

Homework:

Date / Consultant: Ryan 8.4.25

Lesson number/week:

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Warm Up

Restorative practices

Regenerative practices

Food poisoning... stomach ache...

For you to know the place and to meet Joseph....

There are some things that we need to take care of...

Banister... handrail...

To be social... social people....like before... like we were before....

Introvert vs extrovert... your source of energy... where do you get your energy....

Technique to flip through flow conversations... conversational dexterity

When we are speaking, we know we should end....

- Question... flip it....
- Non sequitur.... Change the topic of the conversation...
- Connect it with the listener and give them the chance to connect...

I think I am more of an introvert because I get my energy from...

- How about you... are you more of an introvert or extrovert?

Especially.... Not having spending a lot of time in the car...

- It could take one hour....

Reinforce

Overall feedback:

Summary of lesson:

Vocabulary/Phrases:

Homework:

Date: / Consultant: 7/26 Ryan

Lesson number/week: 7/19

Topic:

Aim:

Catch up/Homework review:

Foreigners moving to CDMX with high income jobs...

- In general, gentrification is unequal income or capital between two parts with one possessing substantially higher resources.
- An imbalance in resources, income or capital that results in the displacement of the disadvantaged group from a valued, historical etc area

WORKSPACE:

<https://www.englishcurrent.com/speaking/discussion-speech-topics-esl/>

PHRASES TO AGREE AND DISAGREE

Agree

I tend to agree with you

That's a good idea

I think you are right

I'm with you on that point

That's just what I was thinking

I agree with you entirely

I totally agree with that proposal

I hold exactly the same view

I couldn't agree more

Disagree

I'm afraid that's not how I see things

Sorry, I see things differently

I agree up to a point. However...

You have a point there, but...

You could be right. However...

The idea is worth considering but...

The idea is worth considering but...

I'm afraid I don't agree/I disagree

I strongly disapprove the plan

Comparatives and cause/effect

Add the WHY

As a result of higher rents and new businesses, people are being displaced from their own neighborhoods.

Gentrification is causing rents to increase, so neighbours are protesting.

Protesters breaking windows in stores reduces the value and message of the protest.

Violence causes people to ignore the real issues of the protest.

People moving from higher to lower income neighbors are changing the social dynamics of the neighborhood. Therefore, residents from these neighborhoods are protesting their perceived or real loss.

The nature of food in these neighborhoods represents a cultural identity, so modifications to the food feel like a change or loss of identity.

Cause → Effect

- She made one big mistake, **as a result**, she lost her job.
- Mary studied hard for the chemistry exam. **Therefore**, she got an A+.
- It rained heavily, **consequently** the football game was called off.
- It is too late **so that** we cannot go to cinema.
- He didn't complain to the police, **accordingly** the police took no action.



Effect → Cause

- She was very tired **as a result of** working late.
- My father hasn't slept in 4 days **due to** his illness.
- They cannot go to cinema **because** it is too late.
- My success was largely **due to** luck.
- They have had to postpone the meeting, **owing to** the strike.
- **Due to** the bad weather, the match was cancelled.

Connect it all together

https://www.youtube.com/watch?v=eXdVDhOGqoE&ab_channel=TED - first 2 mins

TRANSITION WORDS IN ENGLISH

Emphasis	Addition	Contrast	Order
Undoubtedly Unquestionably Obviously Particularly / in particular Especially Clearly Importantly Absolutely Definitely Without a doubt Indeed It should be noted	Along with Apart from this Moreover Furthermore Also Too As well as that Besides In addition Not only...but also In addition to this Additionally / an additional	Unlike Nevertheless On the other hand Nonetheless Despite / in spite of In contrast (to) Contrary to Whereas Alternatively Conversely Even so Differing from	Following At this time Previously First/ firstly Second/ secondly Third/ thirdly Finally Subsequently Above all Before Last but not least First and foremost
Result	Illustration	Comparison	Summary
As a consequence (of) As a result Thus Hence Consequently For this reason Due to Therefore	Such as In this case For example For instance To clarify Including Namely Proof of this To demonstrate	Similarly Equally Likewise Just as Just like Compare to Same as Correspondingly In the same way	Briefly In short In conclusion To summarise Altogether To sum up In summary To conclude
Reason	Condition	Concession	Generalisation
Because of With this in mind In fact In order to Due to	If In that case In case Unless	Admittedly All the same Up to a point Even so In spite of Although/Even though Even if However	As a rule For the most part In general/ Generally On the whole Overall In most cases



Errors/Opportunity for growth/Pronunciation/Feedback:

Vocabulary/Phrases:

Homework:

Finish the video - send a voice note debating the points she makes

7.23.25 Ryan

- Baby brain... people need to be compassionate...
- I don't feel as sharp...
- Sluggish, lethargic... a step behind..
- Your body is more aware...

- Until you go to the nutritionist, you need to lower your carbs.
- **Otherwise**, I have had a good pregnancy.
- I would not have asked...
- I took care of it.. Good!
- Overall, everything is going well.
- The bell rang.

La Paz vacation

- We had not gone out of CDMX for vacation since the pregnancy.
- I was in a listening mode, and everyone talked about AI.
- To separate... apartar... ~~to part him...~~ no
- Sleeping habits
- Supportive! They were very supportive of the Mom.
- Enlightening for us...
- Baby blue... postpartum depression...
- No shame in sharing these topics
- Fortunately, we can talk about that now.
- You need to be patient with...
- Reassuring... it was very reassuring to hear that...
- Overall, it was a very good week and it helped, and finally we had a vacation...

Parenting...

- People are slow to admit that
- Judgement... judgmental...

To remind...

7.15.25 Ryan

- I hope everything turns out well.

A nuanced, complex, complicated, critical, controversial ... topic....

Summarize gentrification....

- Individuals with high socio-economic resources...
- Well-off individuals...
- Ability to move... to enable... their work enables or allows them to move...
- To afford.... They can't afford these rents... they can't afford to live there...
 - Affordable... more affordable but usually less developed neighborhoods
- Their resources stretch further... higher standard of living... services and good are more accessible for them....

Define Gentrification....

- Working-class (hands on work)... blue collar... Middle Class neighborhoods...
 - Average income for the Mexican middle class is much less than the American middle class, for example.

- Working class values (positive) ...
 - Rust belt-- blue collar...
 - Young professionals neighborhood
- To change... to transform...

Arguments...

- The market argument.... Capitalist... free hand... libertarian...
 - Law of the supply and demand...
- The Leftist... Humanitarian... Reformer... Progressive...
- 4T... anti-neoliberalism... anti-colonizer... (receives support from their parents and still lives with them without a family)

7.12.25 Ryan

- Their story, their narrative....
- Everything lined up...
-

7.8.25 Ryan

- Faster, quicker, more quickly, safer...
- How is the apartment coming together?
- Humanities...
- Real estate developer... bienes raíces
- To disagree... to debate... to argue...
- The housing subsidy...
- Unjust vs just... unjustly... an injustice...

Humanitarian viewpoint-- arguments	Capitalistic perspective
<p>Large companies purchase locations and rent them through AirBnB</p> <ul style="list-style-type: none"> - No responsibility for their effects - Many second effects - Impact on community - Corporate responsibility and governance - Community involvement <p>Right to dignified housing</p> <p>Evolving culture ... adapting...</p> <ul style="list-style-type: none"> - High context cultures don't adapt well <p>Need for regulation</p> <p>Foreign residents</p>	<p>The intention... intentionality</p> <p>Jealousy... resentment...</p> <p>Victimhood... victimization...</p> <p>Debt... owed??</p> <ul style="list-style-type: none"> - Foreigners owe Mexico. <p>Colonization narrative...</p> <p>Guilt... to blame...</p> <ul style="list-style-type: none"> - You should feel guilty for...

<ul style="list-style-type: none"> - Community involvement - <p>5ws...</p> <p>what is Gentrification? who does it affect? where does it occur? why is this important for us?</p>	
<p>Morena.. Government...</p> <p>Virtue signaling... hypocritical...</p>	

Agreement...

- I don't agree with...
- I disagree with....
 - Spanish... I am in agreement with you. Estoy acuerdo contigo.



PHRASES TO AGREE AND DISAGREE

Agree

- I tend to agree with you
- That's a good idea
- I think you are right
- I'm with you on that point
- That's just what I was thinking
- I agree with you entirely
- I totally agree with that proposal
- I hold exactly the same view
- I couldn't agree more

Disagree

- I'm afraid that's not how I see things
- Sorry, I see things differently
- I agree up to a point. However...
- You have a point there, but...
- You could be right. However...
- The idea is worth considering but...
- The idea is worth considering but...
- I'm afraid I don't agree/I disagree
- I strongly disapprove the plan

Gentrification protest... Explain in a voicenote and use vocabulary!!!!

- To protest... v and n... ~~manifestations~~... to manifest... to show, make clear...
 - They protested gentrification in their neighborhood.
 - Peaceful protests... vs violent protests...

- Destructive, aggressive, nonviolent, disruptive, conflictive, sit-in, silent, political, community,
- Protestors manifested a communist component in their speeches.
- A convenient political narrative...
- To block streets and traffic...
- A spontaneous vs planned event...
- The law allows people to protest... the right to protest is above the rights of drivers... people are exercising their right to protest.... By law they have this right...
- However, they don't have right to hurt people or damage the city. They must respect other people's rights of safety and property.
 - To harass people
 - To break the glass
 - To assault people...
 - To threaten or to intimidate...
 - To demand... slogans, songs, chants, symbols, flags, colors,
 - To colonize... colonization
 - To globalize... globalization
 - To define or identify...
 - Class or class struggle...
 - Race or indigenous struggle.. Conflict... discrimination...
 - Gender aspect or component... to impact
 - To complain... the complaint...
 - To judge... the judgement (call)
 - To convince...
 - To recruit...
 -

7.3.25 Ryan

- It is coming together.. Your new home is coming together....
- You put up with it... to take it..
- She is more accustomed to ordering these providers around... she is used to telling them what to do... she has a different relationship with them...
- Personality... character (moral force within-- actions and behaviors align-- lots of values like consistency, loyalty and honor).
 - Perception of these comes from different layers... personality is outward and character is inward.
- Your upbringing decides 90% of your personality and you are born with the other 10%.
- After childhood (8-10 yrs),
- All disorders exist on the spectrum... "he is on the spectrum"
- They are neurodivergent..
-

Gentrification... Public Policy...

<https://www.vice.com/en/article/digital-nomads-work-from-home-gentrification/>

- To diminish or minimize the impact or effect
-

Identify Problem	Actors + Perspective	Solutions	Side Effect
Economic impact	everyone	complicated	complicated
Rent increase	<p>Govt-- increased revenue</p> <p>Foreign businesses</p> <p>Nomads-- no impact, very accessible rents</p> <p>Local citizens-- more expensive, 60% rent increase, you can't afford to live there, pushes out small businesses, services increase, distances and commutes increase</p>	<p>Promote an entrepreneur program for local residents</p> <p>Rent control</p> <p>Rent increases only allowed to match inflation</p> <p>Invest in the community.... Community centers... programs...</p> <p>Increase in education...</p> <p>Limit airbnb rentals... regulate them...</p> <p>Require 6 month or 1 year leases...</p> <p>Require foreign leases to pay a community tax or fee for rents over a certain amount or they can replace that with volunteering.</p> <p>Govt campaign... multi-cultural city, enriching, embrace your neighbor</p>	

7.2.25 Ryan

- I don't want anymore people coming into my house.
- Calmer... more calm
- Morning sickness...

-

Conditionals... would...

- If he had dinners outside, he would have to take the highway.
- In Toluca, if we went to a concert, we would not be home before 12.
- If we wanted to play a sport, we would need the whole morning for logistics.
- If we ate breakfast, that would have been our whole morning.

Polanco...

Pros	Cons
Many locations	Noise, traffic, apartment life
Parks and walking areas	Complicated with large families
Good food	
safe	
We have friends nearby... a community... connection... support network...	

6.25.25

The Move...

- Providers...
- It is flowing better now... it is getting better...
- We feel more settled.... I am in my own space... we are not living out of boxes or suitcases...
- Storage area or bodega in the basement... to store...
- To take inventory
- To get rid of stuff... to declutter.... To reduce... to cut down...
- If she would have breastfed, they probably would have done things differently.
- If they had breastfed, ...
- To move... moving... the move...
- I did not feel either here or there.... I did not feel like I was anywhere... homeless
- To make it livable... make it your space..
- Your personal items... to make the space yours...

-

Urban life... rhythm...

- The traffic will get crazy in a bit
 - Rush hour is bad.
 - A bottleneck...
 - Traffic gets better or lighter...

-

- Your area is calmer, more walkable, greener, less congested, more accessible
- On the edge of Polanco
- It feels more like a neighborhood
- Did you know the area before you moved?
- Food desert...
- In Toluca, there was no noise...
- Freer... less planning... very different dynamic...
- I drive much less here... I spend much less time driving here....
- Educational system is very different...

Gentrification... Results... Cause and Effect...

- Low income areas....
 - Culture ...
 - To move in...
- High income people moving into low income areas... typical in expensive cities...
 - Rent increases
 - More expensive... services and overall life...
 - New culture...neighbor's identity changes...
 - The connections or bonds in the neighborhood change...
 - Some businesses fail; others are started...
 - The Hipster movement was an important moment that people began to realize this.
 - To feel invaded...
 - Workers... pushed out... a new class of workers come in to work there... usually immigrants or lower income individuals who come from the outside...
- Inequality... unequal...
- Tensions... conflicts... frustrations... resentments...

Roma-Condasa

- The rent is getting higher
- Foreigners...
-

6.3.25 Ryan

- This week vs next week...
- To be babied, pampered, spoiled...
-

5.30.25 Ryan

- A good phrase
- Cardboard... carton
- Teachers union is protesting
- How is the traffic in Toluca?
- Trailer... semitruck
- Low blood pressure

Homework:

<https://www.youtube.com/watch?v=BW0gXbEVYgA&list=PLeXS0cAkuTPqFMtZQ379qdEmcfxO1SvXc&index=4>

Génesis 1, Génesis 2, Psalm 19.

Brainstorm...

The trajectory of human salvation .

In contrast with other stories about human origins, from different traditions or creation stories. This is the creation out of [nothing.He](#) simply just created us.

God revealed that he did this because of his goodness and give man have a blessed life.

HE created both for three purposes: Labor, leisure, and love.

In the microstory, God created a helpmate which is very profound. The women is in not lower just a helpmate.

The term Ezer kenegedo means that the women is not substandard or beneath Adam.

- Adam is commanded to work, to love and to find leisure- relax.

Reported speech... modals... adj- adv... present perfect... Grammar Points.

Defending or advocating...

- How do you defend a point or idea?
 - 1. Clarify the question...
 - Ask for **meaning... Clarification...**
 - What do you mean...?
 - Can you specify your question? Can you be a bit more specific?
 - To expand on, to unpack, to clarify, to specify, to define,
 - **Restate** the question back to the speaker...
 - So you want me to...
 - So you are curious about the best European country to visit or travel to?
 - 2. State our opinion...
 - 3. Arguments.....
 - 4.

TRANSITION WORDS IN ENGLISH

Emphasis	Addition	Contrast	Order
Undoubtedly Unquestionably Obviously Particularly / in particular Especially Clearly Importantly Absolutely Definitely Without a doubt Indeed It should be noted	Along with Apart from this Moreover Furthermore Also Too As well as that Besides In addition Not only...but also In addition to this Additionally / an additional	Unlike Nevertheless On the other hand Nonetheless Despite / in spite of In contrast (to) Contrary to Whereas Alternatively Conversely Even so Differing from	Following At this time Previously First/ firstly Second/ secondly Third/ thirdly Finally Subsequently Above all Before Last but not least First and foremost
Result	Illustration	Comparison	Summary
As a consequence (of) As a result Thus Hence Consequently For this reason Due to Therefore	Such as In this case For example For instance To clarify Including Namely Proof of this To demonstrate	Similarly Equally Likewise Just as Just like Compare to Same as Correspondingly In the same way	Briefly In short In conclusion To summarise Altogether To sum up In summary To conclude
Reason	Condition	Concession	Generalisation
Because of With this in mind In fact In order to Due to	If In that case In case Unless	Admittedly All the same Up to a point Even so In spite of Although/Even though Even if However	As a rule For the most part In general/ Generally On the whole Overall In most cases

Lost in conversation...

- Let me try that again... let me recover my idea...
- I am trying to gather or organize my ideas.
- Let me try to structure this.
 - I am getting there.
 - I am trying here.
 - Give me a minute, I will get there! (among friends)
 - Rephrase!

Why do you believe in the bible?

- Fulfilment
-

5.29.25 Ryan

- Chapter - episode
- They added me to the trip...plus 1
- To crave... cravings...
- To give birth
- Cesarean -- C sector vs natural birth...
- Thrilled... thrilling... they were thrilled
- He gets involved with his grandson.
- To make people aware.. To increase-raise awareness

What has changed in your life over the past few months? **Present perfect.**

- I am feeling tired... I have felt more tired...
- I have craved ... cravings...
- My body is changing... has changed...
- My sleeping habits have changed... I have experienced sleeping changes...

How has your pregnancy been going?

- It is going well. In general or overall.
- I have been feeling more nauseous but nothing significant.
- Calm pregnancy.. Nothing out of the ordinary or serious... of course, we are careful with my diet and activities...
- I have been avoiding lifting heavy things- weights- boxes
- The typical... very thirsty, frequent bathroom breaks, sensitive to some smells, have had early morning cravings
- To show... I am showing early... are you showing?

That is how I would describe my pregnancy.

What is your baby's theme?

Baby vocabulary

- Cribs....
-

5.22 Ryan

= I took a wrong turn so I had to pay the toll

- I made a mistake
- I took the wrong X
 - Exit.. salida
 - On ramp or off ramp
- Hour vs time... I have to take the X at the same time everyday
- Area of opportunity... area of improvement
- I was out of breath...

Tipping point in listening for our second language

- Remind me!
-

5.21.25 Ryan

- To declutter... clutter....
- I have learned not to accumulate things that I don't need.
- To hoard... hoarder.... Extreme version!
- To conquer... the conquest
- A complete picture of the conquest... integral...
-

Malinche

positive	negative
It was fun and different.. Enjoyable	Too much flamenco for the story
Musical was very nice... excellent music	Overproduced , over-the-top, exaggerated
Good actors and good acting	Fantastic... a fantasy... not true to the history: ½ and half

- A traitor... to betray...
- To suffer as a slave
- They show an empathetic version or side of Malinche.
- It is very popular to use the term 'colonizer'... to intersect.. A intersection....
- It is very common to hear...
- Schools of Feminism... polarizing... black and white... to divides... victims vs oppressors...
- To create resentment... to resent....to presume...
- A cycle of victimization...
- The dichotomy of many schools of feminism
- To overcome your circumstances and break cycles of victimization...
- Submission... to submit
- Rigid vs flexible position
-

5.16.25 Ryan

- The board meeting
- To keep busy
- Some furniture has not arrived yet.
- Tray or pallet of plants
- I got out of the car
- To draft... a draft....

Proverbs of Salomon.

10.

Proverbs express theological values, which are in some way a collection of *wisdom* (wise adj) teachings drafted in a very practical way. The attention is put (It focuses on) *more* on regular individuals more than on religious practices. ~~They~~ The passages are a compilation of advice to develop personal qualities needed to find success through God and with God. Also, a very important aspect is that proverbs are based on the fear

of God, which *explaining that this* is a very central aspect of the Christian faith. To understand (the wisdom in proverbs) *this knowledge* of proverbs is to understand the fear of God *at the same time*.

- Advices... noncount noun... furniture, stuff, news etc.
- Also... furthermore, moreover, in addition... Linking words...
- Which... relative clause...
- Conjunctions.... Although, because, when, while etc.

Relative clauses... who, that, which, when, where, how, whom....

Proverbs, which is book 20 of the Old Testament, reveals God's advice to individuals.

Joshua, who was a prophet of Israel, commanded the Jews to follow God's law.

-

Combining...

Proverbs express theological values, which are ~~in some way~~ a collection of *wisdom* (wise adj) teachings drafted in a very practical way. The attention is put (It focuses on) *more* on regular individuals more than on religious practices.

Proverbs expresses theological values and collects practical and wise teachings, while focusing on regular individuals more than on religious practices.

5.9.25 Ryan

- We are making progress
- We are advancing
- We are moving-.... It's moving.... It's rolling.... Denote movement and progress
- Brilliant marketing
- To favor
- To submit... to surrender... to humble yourself to God or before God or in God's presence

Conversation tips...

- Frame the conversation... I will make mistakes with my English. Please correct me!
- Breath, think, deliver...
- Checkpoint questions... "did that make sense?" or "did I say that correctly?"

Review...

Book of James

<https://www.biblegateway.com/passage/?search=James%201&version=NIV>

I think overall that James wants to invite us to have a pure heart.

He recommends that we ask God for wisdom, that we stay close to him, that we never forget the core and that we treat others in the way that God has treated us with compassion and mercy.

James said that we should incorporate, add, use, put prayer in our daily life.

5.7.25 Ryan

- nephew - niece
- Busy social weekend... my social calendar is full this weekend...

5.6.25 Ryan

- To book a hotel
- A booking agency
- To complain... a complaint...
- To check your bank statements
- English is not my first language.
- I am not going to be taken seriously.
- I read very little of the bible.

News article...

- **The news!** Never "a news"...

<https://abcnews.go.com/International/wireStory/irans-top-diplomat-pakistan-mediate-escalation-india-deadly-121461140>

- Escalate or deescalate
- Have these airstrikes deescalated the conflict?
- India claims that they hit many targets in Pakistan, while Pakistan reports that they shot down 5 airplanes.

Last week ~~was announced~~ a deadly attack on tourists **occured** in the Kashmir section in a city that belongs to India *and is* (the city) situated between India and Pakistan. It is well-known that it is a city claimed by the two countries.

- SVO.
- An attack occurred ... S V...
- To be situated, to be located
- Both countries claim the city (active) OR the city is claimed by both countries (passive)

While Pakistan is suggesting that India might plan ~~ned~~ an attack to hit them back, India denies it. Pakistan has denied any role in the attack and even proposed an international investigation to probe it. The United States has suggested them to avoid further escalation.

- Even adverb for emphasis
- Asked, requested, solicited...
 - The USA has suggested that both countries avoid further escalation.
 - To suggest that
 - To recommend that
 - To advise that

It is important to mention that both countries have fought for this territory and the Himalaya Region ~~since~~ many years ago, *and went on a war over the himalaya region.* Now Kashmir is the new region of combat.

- Since... start date... since 1994, since the conquest...
- They fought-had-declared a war over X region

I intuitively go with passive voice.

Recommendations... to suggest, advise, to propose, urge, to request, to ask, to claim...

- Recommend... no should.... No modals, usually...
- That... you can change that conjunction...

- If, how , where, when etc.
- Commas for conjunctions... in Spanish commas are like candy, in English
 - Commas are for extra information that is not necessary to understand the sentence-- general rule

Recommend and suggest need to follow this structure intensely.. The others are a bit more relaxed and a bit more reported speech...

S V that S V O.

- I recommend that you try this new restaurant in Polanco.
 - She recommended that when we visit polanco, we go to Tacos Orinoco.
 - He recommended how to build a house.
- Marce suggested that we avoid booking.com because it is not a reliable-trustworthy website.
- My wife proposed that we leave our child at home and travel to Tuscany for 2 weeks.
- My Mother requested that we travel to visit my sister's daughter.
 - **Reported speech + modals**
 - My brother-in-law asked if we could join him at a party.
 - I asked when we should go to the party.

S V O.... one item or person!! Little detail.

- I recommend you to visit the Prada Museum in Madrid.
 - I recommend that you visit the Prada Museum.
 - I recommend the Prada Museum to-for you.
- Marce suggested me to try a new restaurant in Polanco.
 - Marce suggested a new restaurant in Polanco
- I recommended my friend, the carpenter, to my client Marce.
 - My friend... the recommendation!!!!

To put off-- delay... to catch up

Nausea... sick to my stomach

Welcome to the hidden subjunctive tense in English!

I recommend or **recommended**... purse and dress combination.

My Father-in-Law **has recommended** that I **buy** furniture for the house without discussing it with my wife.

I **will recommend** that you throw out things before you move.

I might recommend that you move the dinner to 6pm.

Other subjunctive!

*If I were you, I would....

If he were happy... (If he was happy, ... **wrong, very common**)

If we were...

If they were...

Modals ... past modals... modal + have + PP.. (unreal conditionals)...

- We should have moved the dinner to 6pm.
- My Father-in-Law would have bought the furniture for the house, but I stopped him.

Can-could, will-would, should, might, have to, must, may, is going to

Simple past modals... easy!

- I was going to call you.
- I had to take care of my son.

More complicated...

- I should have called you yesterday.
- We would have gone to the museum, but...
- Jesus might have eaten lamb.
- Joseph may have forgotten to put his shoes on.