

Review Article

Copyright© Jorge Garza Ulloa

Symphony of Love Teachings

Jorge Garza Ulloa*

Research Consulting Services, University of Texas El Paso, USA

*Corresponding author: Jorge Garza Ulloa, Research Consulting Services, University of Texas El Paso, USA.

To Cite This Article: Jorge Garza Ulloa*. Symphony of Love Teachings. Am J Biomed Sci & Res. 2024 25(1) AJBSR.MS.ID.003286, DOI: [10.34297/AJBSR.2024.25.003286](https://doi.org/10.34297/AJBSR.2024.25.003286)

Received: 📅 December 10, 2024; Published: 📅 December 12, 2024

Introduction

Each human being feels in our life how it is enriched with good teaching and examples of people we meet in our lives; by accumulating them, they are forming us into maturity that will help us in our lives to be, at the same time, a good example for others. In this

reflection based on the real teachings of a person and their partner, whom I thank very much for their influence to achieve that realization so necessary today to reach that level of satisfaction and daily happiness of leaving a good legacy to our descendants, friends, and loved ones (Figure 1).

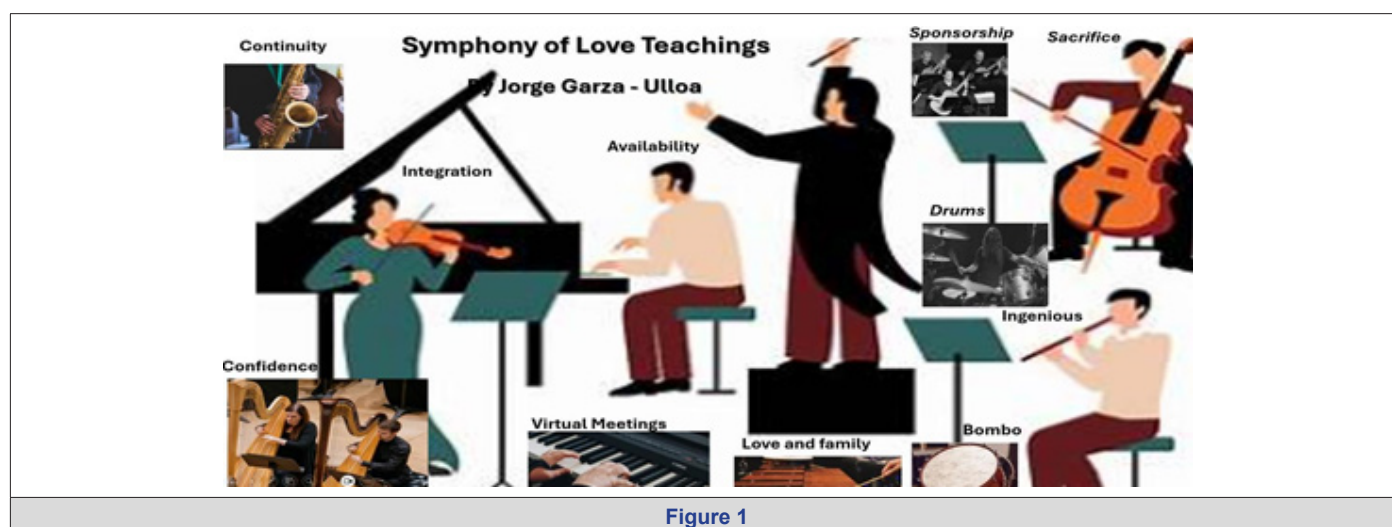


Figure 1

Some people that we meet through our walk in life have something that we admire, and their actions are taken as models to follow in our personal training. It is very frequent for children to find them in people around us, from relatives and friends. They can inspire us and apply learning to face new challenges with the values and virtues learned to mature decisions in our lives as

- The way to be open-minded and always listening to decide the best ways to help.
- Resolve problems with ingenious solutions.
- Promoting the best methodologies for teamwork to find opti-

mized results.

- Allows ready-to-be sponsorship for our best projects.
- Sometimes even sacrificing their busy schedule to be with us.
- They show a special love for their families.
- Always showing availability to help others.
- Their priority begins with their families.
- Always show confidence.
- They have continuity for all their projects.

- k. They do not waste any opportunity to continue open communication with others.

And many more virtues to get closer to our creator and collaborate with God in his plan for humanity.

This story is based on real events and personal experiences with a family member who had, by nature, that gift of guiding people in the right direction. They are always open to helping, listening, and guiding us through the years at every stage of our lives; they earned the inspirational gift of being composers of “symphonies of love teachings.” Where “symphony” is an extensive and complex musical composition for the harmony of many musicians with different instruments, achieving harmonious and amazing results. Relating each positive teaching learned with the learning of a musical instrument, which, by accumulating them, we form a unique, personalized orchestra, where we can create compositions with others to obtain the “symphonies of love teachings.”

In my personal way of analyzing and reasoning, we are all formed with examples and advice from many people we have been blessed to cross on our path. We learn to ignore bad influences and focus on positive people who always contribute and integrate their guidance and advice into our own personalities with continuous learning and effective decision-making in our lives, and we will always be very grateful to all of them and to God. All this with the main objective that the reader could recognize them and invite them into their lives in time to enjoy the invaluable privileges that they can bring to their lives.

Communication

Our first lesson: communication. I relate it to the drum as one of the basic instruments that helps us to follow the rhythm with blows to a thin elastic membrane that supports a writing lever used to transmit and record light movements as if they were arterial pulsations to follow the continuity of communication.

At birth, being the fourth child in a family of nine siblings, my parents were very dismayed with my brother, who was born about a year before me. He had a hereditary bone disease known as “rickets.” Where the first symptom is a softening and weakening of the bones in their childhood, usually due to not being absorbed enough vitamin D. This vitamin helps the body absorb calcium and phosphorus. Extreme or prolonged lack of vitamin D makes it difficult to maintain adequate levels of calcium and phosphorus in the bones, which become flexible and painful material again. Additional symptoms include delayed growth, delayed motor skills, bowed legs, muscle weakness, and pain in the spine, pelvis, and legs. All of this can cause permanent damage and even death. My parents, when I was born, decided to entrust me to my maternal grandparents, Arnalda and Moisés, to be able to dedicate themselves to caring for my sick brother since his disease was progressing more and more.

My maternal grandparents love me; they took care of me with a lot of attention and dedication. They had a teenage son about 13 years older than me, named “Moses.” The maternal grandparents, Arnalda and Moises, also had three daughters already married, including my mother, “Rosa.” Moisés was a very dedicated and re-

sponsible teenager; he was an example to follow: a brilliant student, an outstanding athlete, and an inexhaustible worker. He always had enough time in the mornings, where we all had breakfast together and he interacted with his parents and me with topics that interested him as a teenager, such as sports; American football was his passion, and he commented that they would soon be champions, of subjects that he studied and that he liked very much, of his work collaborating with my father organizing 16 mm film screenings in different neighborhoods of the city, and his aspirations in general. He talked a lot about how the sister of a good friend was a very beautiful woman called “Lupita” and other topics.

Conclusion from first lesson: communication. Young Uncle Moises influenced and channeled my imagination with dreams that one day I could achieve what I wanted to be when I grew up, following his example with that positive rhythm, energy, and dedication of continuous improvement for the goal of doing the best we can be in life.

Ingenuity

Second lesson: Ingenuity, related to instruments like trumpets that have historically been used as signaling devices in battle or hunting.

It was frequent in the house of the maternal grandparents, the meetings of all the cousins of similar ages: Graciela, his eldest daughter, with her two sons and a daughter; Rosa (my mother), with five sons and four daughters; and Estela, his youngest daughter, with four sons and four daughters. Once all the cousins were there, all under 11 years old, celebrating the birthday of one of them. And our young uncle Moises climbed on the roof to maneuver the piñata built with paper and reed, with an accord that moved it everywhere, since it had to last the blows of all the cousins using a wooden stick, and as long as possible, since it had many sweets and chocolates inside. All the cousins were lined up from younger to older; one of my little cousins wanted me to take him to the bathroom; I agreed to take him. We went, and when we finished, we found out that the bathroom door was locked, fortunately there was a small window that looked out onto the patio where the piñata and my other cousins were. I was thinking that we could ask for help, but suddenly my younger cousin burst into a panic, screaming and crying; everyone noticed and started screaming too. I tried to push the door with all my might, turning the knob both ways to open it, without achieving anything. In that bathroom, through the small window that overlooked the patio, which had a very thick grille. My young uncle Moises inserted a broomstick; he himself removed the lock from the lock, and I was able to open the door without any problem. Everyone applauded, and I said, “I’m going to study engineering to solve all kinds of problems.”

Conclusion for second lesson: Ingenuity is needed in my life; helping others find viable solutions for each situation, keeping calm, and not letting nervousness enter is something that I learned in those days from our young uncle Moises, and I keep it as an invaluable gift.

Teamwork

Third teaching: teamwork, represented by the musical instru-

ment known as the “Bombo,” the bass drum. When struck, it produces a much deeper sound than the other existing drums. Because of this unique tone, they were used extensively in warfare and combat to work as a team, as a deep, percussive sound was needed to ensure that forces marched at the proper pace of each other.

In 1959, one Sunday, our grandparents very proudly invited me to attend an American football game since their son Moises would

play in the final on the team of the Faculty of Civil Engineering of the University of Nuevo León, where he was also studying. Everyone was excited, but for me it was something very special for the following reasons: I had never been present at a football game; the fact that our young uncle Moises, a person I admired since my childhood, would be part of the final of the champions team, and to have the happiness of sharing that feeling of joy and satisfaction with my grandparents (Figure 2).



Figure 2

Note*: Background of sports in the UANL: The university was founded in 1933; since then, sports played an important role where the university was created, known as Colegio Civil, and years later the UNL. In the fifties there were not many sports that predominated: American football, athletics, basketball, soccer, volleyball, baseball, tennis, and cycling. These events were social events and monopolized prominent spaces in the print media. These were years in which Civil Engineering stood out in almost all disciplines, until Mechanics began to be its competition [1]. At the beginning of the 50s, university sports continued to be organized in the Civil College, because it had enough space for sports practice, in addition to the inertia that had already been manifested in the sports organization of previous years [2].

It came on Sunday, the day of the championship final match. That night I didn't sleep from the emotion. We all got up very early; as always, Uncle Moises had lunch with us. He looked very happy, sure of himself. He even commented that his girlfriend Lupita would be at that match and that he would dedicate the match to her. He left before us since they had to concentrate on a place with the team's coach, Engineer Cayetano Garza, to plan the strategy of the game. We arrived an hour before the game started. My heart was racing when I saw the field of play with grass, not very well presented but delineating the areas for the game. Back then it was made of wooden stands with inclinations like stairs around the field, which gradually filled with very cheerful and participative people. Many singing cheers for their teams. I must confess that at my young age of 7 years old, I had no idea of the rules of the game and only reacted based on the emotions of my grandparents and the general public. The end was one of constant screaming; almost everyone shouted excitedly, we are finally champions!

Note*: It is important to mention that that same year of 1959, being already champions in American football, the projection was

made to build the university stadium, which was completed 8 years later and became a reflection of the maximum contribution to the promotion of physical culture in the northeast of Mexico. At the end of the match, they agreed to go to a culinary exhibition where there was food from different countries. There we ate a variety of dishes, and I tried Chinese food for the first time. We were all surprised by its variety of ingredients, soy in other flavors such as egg rolls, and other dishes, all accompanied by the great amount of joy of the atmosphere of a united and joyful family. What happy memories that are still in my memory at 72 years old.

Conclusion for third lesson: For Teamwork, always giving your best; you must achieve a common goal. In addition, I learned that happiness in the family is achieved when one of them reaches a goal; joy and celebration are shared with family and friends.

Sponsorship

Fourth teaching: Sponsorship, represented by the guitar, a stringed musical instrument widely used for accompaniment.

Our mother was always a devotee of Catholicism; our father did not always accompany us because he was too busy to support the expenses for our large family. Thanks to her, her example, and daily teachings, all her children understood very well the importance of communion in our lives. She took on the task of introducing us to our best friend in our lives, Jesus, who instituted the sacrament of the Eucharist, and we recognized from childhood the primordial importance of its meaning and the participation of godparents, who must remind their godchildren to live a life of faith and love following Jesus. Then we were given special preparation for First Communion in our parish to be ready, where I learned the 3 basic pieces of knowledge of the Eucharist: who instituted it, its importance, and the participation of godparents.

- a. Jesus Christ himself was the one who instituted the sacrament of the Eucharist at his last supper with the apostles, with his apostles saying: <<This is my body, which is given for you; do this in remembrance of me>> [3].
- b. The paramount importance of explaining the profound meaning of the Eucharist, explaining to us that in communion we receive the body and blood of Jesus Christ to strengthen faith and its relationship with Him as documented in the Bible, in [4]: << Truly I say to you, if you do not eat the flesh of the Son of Man and drink his blood, you have no life in you. He who eats my flesh and drinks my blood has eternal life>>.
- c. The involvement of godparents, who are to remind children to live a life of faith and love following Jesus, based on [5]: <<Fathers, do not exasperate your children, but form them rather by Christian instruction and admonition>>

Conclusion Fourth teaching: My best choice to be my godfather for my first communion was the young Uncle Moises, since he always had a positive influence on the formation of my person; accompanying me in many stages, he was a source of support and guidance throughout life. He was always available to guide and advise me, with an example to transmit Christian values. Additionally, he was godfather to several of my siblings and cousins. Following the example of sponsoring has given me a lot of satisfaction in helping my godchildren

Sacrifice

Fifth Teaching: The sacrifice comparable to the cello, abbreviated simply as cello, is a medium-pitched stringed instrument from the violin family. Its four strings are usually tuned into perfect fifths, from low to high.

In 1963, I was 11 years old, and I really liked living with my grandparents. My grandfather's name was Moises. He always, when he returned from his job as a telegraph operator, would bring the evening newspaper and sit in a rocking chair to read it with all the calm in the world, putting his feet on a small table. I always accompanied him at that time; although he was very tired from his work, he liked telling me the news. And one day, noticing the lump the size of a small pineapple between his legs, which he often had to accommodate to be able to sit comfortably, I dared to ask him: What is that lump between your legs? Smiling, he looked at me and replied, "All men and you also have 2 testicles as part of the reproductive organ, but I'm lucky; I have 3." And he laughed, and I was thoughtful without understanding; he came over and hugged me and touched my ribs as he used to until he made me laugh. When I finished, my grandfather told me, "I'll tell you a joke so that you understand me better." In school, a seven-year-old girl fell in love with a boy and said, Do you agree if we get married when we grow up?" The boy, all blushing, replied, "I'm sorry, in our family we only marry each other; for example, my grandfather married my grandmother, my father married my mother, and so we will all marry only among ourselves." Then we started laughing out loud and forgot about it." A later weekend, being at home, after lunch, my grandfather commented, "I'm going to take a nap for an hour; Jorge, please don't

make noise." I decided to play with marbles in the backyard of the house. There lived a friend, a black cat, whom we called "Mitch." He always came to see me play at a prudent distance, patiently. I enjoyed his company very much, and I talked about everything to the cat. After 1 hour, I went to his bedroom to see if he had woken up yet. I noticed that he was in bed, half sitting and leaning against the headboard; the tone of his face was purple and tilted to one side, when his regular sleeping position was to use up to 3 pillows to sleep on his back with an inclination of approximately 30 to 45 degrees. I tried to wake him up, but he did not respond, and I went immediately to tell my grandmother, "Arnalda," who, when she went to see him, squeezed him hard to wake him up; in addition to yelling at her, he made her half wake up, and he just said, "What's wrong, woman? Let me sleep; I'm very tired." Then my grandmother located Uncle "Moises" by phone, and when he got home, he was accompanied by a doctor, who, after checking him, I managed to hear the doctor's diagnosis, who told them, "He is already better; the inguinal hernia he has was almost completely strangled. I was able to accommodate it this time and restore circulation, but I recommend that she have surgery in the shortest possible time to prevent this situation from happening again with major consequences such as gangrene." Then I understood the reality of the situation of his inguinal hernia. For weeks, they all tried to take him to the doctor to be treated and schedule surgery, but they always managed to postpone it. Finally, Uncle "Moises" convinced him to have surgery, and he set the following condition: "Yes, I will, after your wedding and after you return from your honeymoon." They shook hands and hugged each other after the agreement.

Conclusion fifth lesson: sacrifice. "That day I witnessed the paternal love and sacrifice between father and son and vice versa, where sacrifice is made and pain is postponed, lessening the alteration in the way of life of another."

Love Family

Sixth teaching: Love is represented by the marimba, a musical instrument of the percussion family that consists of wooden bars that are struck by mallets. Below each bar is a resonator tube that amplifies the harmonics of your sound.

Back then, as a child, it was the first time I met a couple like Moises and Lupita. Seeing how they fell in love and detecting an incredible happiness, observing how the love of youth grew between Moises and Lupita, it grew to see those bright eyes in both that reflect each other as if they were a mirror, showing the purity of the soul and what their hearts feel in those moments, framed with those firm eyelashes with an immense and comforting joy every time they saw each other. They finally married on October 18, 1963, in a grandiose ceremony in the church of Our Lady of Refuge in Colonia Mitras at Monterrey- Mexico, just a few meters from the residence of Lupita's parents, and the civil wedding was held there. The reception at the Hotel Ancira de Monterrey. And the party continued back at the wedding at Lupita's parents' house. Then they happily went on their honeymoon by road, and in that car, they visited incredibly beautiful places for a little more than 3 weeks. When they returned,

the happy couple lived in an apartment in the suburbs, and Uncle Moises joined their work of professional passion, civil engineering.

Conclusion sixth teaching: love and family. The most wonderful thing about this marriage was something additional that I had never experienced, the feeling that both families were united so much that, as the years went by, we all saw each other with so much affection and admiration as a large family blessed by God. Frequently inviting each other to all kinds of social events, my parents were happy, especially my mother, to see their younger brother Moises fulfilled in all personal and professional aspects, giving us again an example to follow, especially with new uncles, especially with a new great friend and spiritual guide, Lupita's seminarian brother, Emigdio, who later became a priest, teacher at the seminarian, and monsignor, whom his mother frequently invited to eat and shared with me many of his teachings and valuable guidance in a family way

Availability

Seventh teaching: availability. I represent it with the grand piano, which helps us to enjoy a beautiful sound playing chords and melodies available to enjoy our life with rhythms for all kinds of feelings.

In 1Sc4, our family, at the time of 10 people, lived in a small house that was across the street from a factory known as "Apolo," which used chemicals for different uses. Our house, halfway down the block in front of the factory, was small, with 2 bedrooms: one for our parents and one for the 4 siblings; the TV room or living room, where my 4 sisters also slept; a cement dining room with a mosaic for 4 people; a kitchen; and one bathroom for everyone. This house also had a not very large backyard, where we lived our imaginary

adventures, and a very small patio of 1 meter x 3 that was next to the brothers' bedroom. My brother Luis Mario and I had to sleep in front of a window, and my other 2 brothers, Humberto and Arturo, slept in beds next to the opposite wall. Every night we liked to see the moon, the stars, and the clouds. There we learned to see the phases of the moon, and one night we had to see the waning moon, which occurs before the new moon occurs, characterized by being a black moon; its shape, as observed from planet Earth, resembles a letter "C." From there, in this phase, the moon is progressively darkened until it reaches the new moon phase. The way we see the moon changes throughout the cycle, as its position is relative to the changes of the earth and the sun. When the moon gets smaller each night, what we call a waning moon. This represents the percentage of the illuminated moon that we can see depending on how the moon, the sun, and the earth are positioned with respect to each other. That night we fell asleep thinking in our innocence, that the waning moon is bad luck, and that we should be on alert all night. But sleep overcame us. At a certain time of the morning, I felt an immense heat. I took off my blankets and imagined that what we thought at last before going to sleep had come true: the sky had been covered in red. Suddenly I felt our mother wake me up agitated, saying, "Get up, everyone," and my brothers commented, "The Apollo factory is burning." When I opened my eyes and looked out the window, the sky was indeed very red, and extreme heat was felt. And my brothers, we all looked scared, and I thought about the premonition of the bad luck of the waning moon and that all

that was missing was for the werewolf or a vampire to appear. In a few minutes, we left the house and saw that the flames almost covered half of the street. On the corners, the firefighters were already analyzing how to fight the fire, and the police were trying to serve those affected. Our mother was super nervous; she told all her 8 children and said, "I'm missing one; we have to go get him to save him." My father, very serious, replied, "No, Rosa, no one is missing; calm down." She would tell all her children again, repeatedly... and her face showed desperation. And by God's will, her younger brother appeared, Uncle Moises, who by then had already married Lupita, and said to her, "I come for all of you so that you can go to our apartment; there is Lupita waiting for us." And she asked him, we are missing one, and he answered, "Remember that Luis Carlos, your third son, is already in heaven." Immediately she changed her countenance, showing tranquility, and said to all of us, "Let's go with Moses." Only our father stayed to see how they controlled the fire and took care of our heritage.

Conclusion Eighth teaching: availability. The next morning, the factory fire in front of our house was already under control; it was extinguished without affecting any other buildings around the factory. We returned home with pleasant taste, with the help of my mother's younger brother, Uncle Moises, and his wife, Lupita.

Family

Ninth Teaching: Family Integration is represented with the violin, with a hollow wooden body, and they commonly have four strings (sometimes five), usually tuned into perfect fifths with notes, and are most played by pulling a bow through the string to play harmonious melodies of reflection for the integration of different thoughts and attitudes.

Upon returning from their honeymoon, Lupita and Moises requested, as agreed, surgery on Moses' father. Her doctor scheduled it for January 15, 1964. The repair of his inguinal hernia was an open surgery under general anesthesia where the bulging tissue caused by a weak spot in the intestine is strengthened and supported with sutures. Unfortunately, that day he passed away during surgery for his "inguinal hernia" due to "heart failure," which occurs when the heart muscle doesn't pump blood the way it needs, and his heart just didn't hold out anymore!" Remembering that our heart is the clock of our life and the center of our love for others. His unexpected passing was very strong for everyone in the family. Always, the loss of a loved one is one of the most distressing experiences, but unfortunately, they are part of the life cycle and part of our life experience until we are also called to God's call.

Conclusion ninth teaching: family integration. Our admired and beloved uncles Lupita and Moises showed a lot of maturity in accepting the reality of loss, managing that feeling of pain for the absence of a close loved one, and showing a quick adaptation to the new reality, facing subsequent problems, especially when inviting Moises' mother to join his new family the following year. They already had their eldest daughter, Lupita, and were expecting their second daughter, whom they would call Silvia, and had to move for work reasons to Mexico City. His mother, Arnalda, was part of the Ulloa Villareal family, helping to create their five daughters and one son. She lived very

well cared for, and we even had the opportunity to visit her several times and continue receiving the love of Grandma Arnalda, my second mother, and all the members of this admired and beloved family.

Confidence

The tenth lesson teaches us that the classical harp has been a part of our lives for over 4.5 millennia. They have served to harmonize moments of peace and war throughout history and have come to endure and evolve to the present day.

Upon graduating as a professional at ITESM Engineering at MTY. In December 1976, I was offered a job in a maquiladora in Cd. Juárez, Chih. And there I learned many practical things about making color TVs, but additionally I began to experience love for a co-worker, comparing it to the time when Moises and Lupita were dating. I now felt the need to be with her longer and talk about everything, and we became boyfriends four months after we met. Then I expressed to my parents that I wanted to join her in marriage; my mother, all anguished, told Uncle Moises about her concerns and asked for his advice. He kindly told her, "I have a client in Ciudad Juarez, and I will visit him soon, so I will have the opportunity to talk to Jorge and guide him if necessary." That day arrived; my girlfriend Hilda and I went to meet him at the airport. When I greeted him, he said in my ear, why did you bring her? I wanted to talk to you alone. I told her, "I want you to meet her, talk to her, and give me your opinion later." We agreed to meet at the end of the visit with his clients to eat something and finally take him to the airport. Where we talked very pleasantly, very openly and sincerely, for more than 2 hours at lunch, very happy, sharing many experiences of his family, my parents and siblings, and my girlfriend's family. When we said goodbye, I felt again that security and tranquility that he always transmitted, Uncle Moises.

Conclusion tenth lesson: trust. On the weekend, when we called my family after Uncle Moses' visit, my mother answered and immediately asked me, "What did you say to your Uncle Moses when you met?" I answered, "We talk very well, as always. My question is: What did he say?" My mother, in tears, told me that he felt that same love that he saw as a young man; now my father, when she and a beautiful girl, my mother, courted each other and then became boyfriends, saw a world of union, cooperation, and well-intentioned that only those who are very much in love can feel, and in his opinion, we were ready to get married and form a big family that he himself would support and bless." And so, it was thanks to him that I was able to achieve the support of my parents to form this wonderful marriage where we had two daughters, a son, and currently seven grandchildren. Uncle Moises gave me the greatest lesson in trust and responsibility, which is the decision to start my own family.

Continuity

Eleventh teaching: continuity, I relate to the saxophone, although, if it is true that it is not part of the general staff of an orchestra, it is used for concerts with a soloist or for ensembles of popular music or contemporary music.

Uncle Moises and I had meetings whenever there was an op-

portunity. Once he went to Ciudad Juárez accompanied by his son Moises, who specialized in digital media and was helping his father in the construction of shopping centers. They would visit several clients in Cd. Juárez. I was very happy to see them together and to connect a lot with my cousin Moises as well, and to see the part of Uncle Moises' personality reflected in his son as well. During that visit, we had the opportunity to talk at the end of the day for several hours, and they, with their experience, recommended that I buy the premises in shopping centers where my commercial establishment specialized in software development and staff training was located. That same year I proceeded to follow his advice and invested in the purchase of four premises, and it was a good success. Thanks to them, now that I am semi-retired, I rent them, receiving economic income, in addition to other businesses. Every time I visited Mexico City, I usually called Uncle Moises to greet him and see how they were doing, and in many of them it was possible to visit him in his office or see us for lunch, and I visited Grandma Arnalda. In one of those, at that time he told me that he was nearby and that he would like to see us for lunch and talk. Once we met at a VIP restaurant in the Zona Rosa of Mexico City, close to where I had to be at conferences, and we talked for several hours. Seeing my concern to diversify with my ideas of new designs and new technologies, he gave me a written motivational book that I still have in the style of a parable and allegory. That book entitled Who Has Taken My Cheese? [6] Who describes change in work and life, and four typical reactions: 1) resisting change for fear of something worse, 2) learning to adapt when you understand that change can lead to something better, 3) detecting change early, and 4) finally rushing into action. All this is cited in the life of two mice in a humorous way. That book that became a best seller helped me a lot. We both identify ourselves from there with the pleasure of reading books continuously, to always be studying and analyzing other possibilities.

Conclusion eleventh teaching: Continuity in communication and frequent opportunity for counsel are paramount throughout our lives. He liked to read a lot, and many times he gave me the reference title of the book he was reading at that specific time to comment on it, i.e., "Elon's World," [7] where the behavior of this special person, Elon Musk, is described and how he is continuously changing the world of technology for good or bad; "From Animals to Gods," which describes the evolution of humanity and how it was directed towards wealth based on consumerism with an uncertain future by unbalancing nature's resources; and many others. Thanks to him, when I finished my doctorate, I escalated my addiction to reading books to continuously study new research and to write books and scientific research.

Virtual Meetings

Eleventh teaching: Virtual meetings; I relate it to the electronic keyboard organ designed to imitate the sound of wind organs, and others evolve to imitate any instrument and even imitate orchestral sounds.

In the COVID years, with those forced lockdowns to avoid contamination, business meetings evolved into virtual meetings and virtual classes. All my brothers and sisters got used to having virtu-

al meetings, all with open video and audio to facilitate discussions or brainstorm, where we analyzed and discussed various topics and invited Uncle Moises and his wife Lupita, with the help of one of his daughters, to establish internet connections, and we all enjoyed his participation every weekend with very accurate opinions. In addition, I documented his answers based on reading books, and he gave his opinion on my specialized research books. He recommended that I begin writing books at a public level. Thanks to his recommendation and your support, I decided to write books focused on topics on the "Philosophy of Life," for example, "Walking to the Temple of Christ on the Mountain [8]" based on the "meditation and theological reflection of the journey of people to go physically and spiritually to the "Temple of Christ on the Mountain," focused on a magnificent example supported by testimonies and information compiled from the Temple "Christ of the Mountain" in Guadalupe. Initially built with the spiritual direction of one priest known in the community as "Father Rady" (1919-1993), and its spiritual realization by "Monsignor Emigdio" known as "Father Emigdio" (1941-2016), brother of his wife Lupita, also documenting his personal advice to me during my lives. Another was "student riches," where the accumulation of knowledge and experiences, creating that invaluable human potential of learning something new every day to one day, contributes something more with the goal of changing the world to make it more accessible to society. And many others. Uncle Moises frequently analyzed the changes caused by the pandemic and how it affected the shopping centers that his company managed, where we all contributed ideas to move them forward. He also commented on the drop in sales of his all-you-can-eat "Sirloin Stockade" franchise restaurants as customers stopped going during the pandemic.

On certain occasions, in virtual meetings, he talked about reflections on personal experiences, remembering his daughter Silvia, his second daughter, who died in childbirth when he was on a business trip. Upon receiving the news, he commented that he cried so much with a very deep sadness during that night, but that with God's support he recognized her call at dawn and never cried again, since she knew that she was with the creator and that one day he would be reunited with her and all her loved ones. Another day he commented that, according to his rheumatologist, the cartilage in both of his knees had run out when he played a lot of tennis. On another occasion he commented, when he was invited to come to Monterrey, Mexico to visit us, that he was already very tired of walking on the platforms of the airports and that this had already greatly limited his travel. I thought he probably already had heart problems, such as heart arrhythmia; however, I did not dare to mention it, but an exception was the joy of visiting his daughters and their families in the USA, especially his grandchildren, who transmitted positive energy to him. Another day he commented on the death of a great businessman friend whom he esteemed very much, who had many investments, and on the third day he stopped being news, and as a joke he commented that he always read the obituaries in the newspapers to see if his name did not appear.

Conclusion twelfth teaching: virtual meetings. Where people are present from different places, virtually and giving continuity to

present problems and current issues, reflect and give their opinion on the best way to face them and help everyone to continue growing according to our gifts and virtues. And additionally, in those important virtual family meetings, we fed each other the mood of each of the participants.

Epilogue

I relate the epilogue to orchestral music, one of the most beautiful forms of sound art. From the classical pieces of Mozart and Beethoven to the most recent film soundtracks, orchestrated music has left an indelible mark on our culture.

In the last virtual meetings, Uncle Moises and his wife Lupita connected, and all her children and their families were celebrating their wedding anniversary. All very happy, sitting on the sides of a very large square table whom he introduced to us one by one, we shared the happiness and pride of our uncles to introduce all of them, all gathered at their celebration. In another subsequent virtual meeting, they were visiting the USA with one of their daughters and her husband with their 3 children, and then the following week they visited another daughter, her husband, and two children. In the last meeting they were already back at their house in Mexico City, and we discussed very important issues, but we were very surprised by its little participation, and my older brother Humberto asked him, why are you so quiet, Moisés? And he replied with a smile, "Here meditating on everything we talked about today." Then in the following weeks, he passed away after 10 difficult days that began with cardiac arrest, dialysis, and other medical instruments to help him continue living. His final moment was precisely on Sunday, June 30, 2024, at the age of 86 and happily married for 60 years, where they formed a great family and his great legacy in all of us who were blessed to know him.

Final Conclusions

- a. We are the sum of examples and actions that all our predecessors planted in us in the time they dedicated time to us, combined with our own decisions to achieve what we reflect today in all our families and friends.
- b. Today is the best day to enjoy the present and enjoy the opportunities that God gives us.
- c. When you see your loved one the reflection of our Lord Jesus Christ, it is time to love and give our best to all our fellow human beings.
- d. The Word of God warns us today: the scene of this world will pass sooner or later; only love and service to our fellow men will remain.

People like Uncle Moises left legacy on his wife, Lupita; in all their children, their families, and in all of us who felt that light of love and special understanding that he radiated.

Always willing to listen, help, and love. We will always miss him, but we feel him spiritually present with Jesus Christ in our hearts in our daily activities. Helping others with our gifts is not only a good

thing to do, but is also something that pleases God, teaching others how to create their own “symphony of love teaching.”

Acknowledgement

None.

Conflict of Interest

None.

References

1. The great stories of the University Stadium - Universidad Autónoma de Nuevo León.
2. Background of sports in the UANL - Autonomous University of Nuevo León.
3. Bible: Luke 22:19.
4. Bible: John 6:53-54.
5. Bible: Ephesians 6:4.
6. Book: Who Has Taken My Cheese? By Dr. Spencer Johnson.
7. Book: Elon's World by Walter Isaacson.
8. Walking to the Temple of Christ on the Mountain by Jorge Garza-Ulloa | crimsonpublishers.com.