

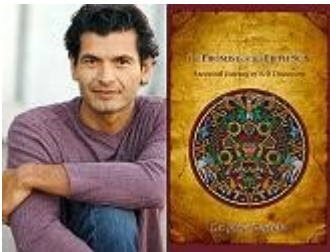
Psychologist's book combines Mexican heritage, positive thinking

November 12, 2009

By CHARLOTTE NORGAARD For Sun-Times Media

When Dr. Jorge Partida immigrated to Aurora from Guadalajara, Mexico, at the age of 9, he had a great deal of trouble adjusting to his new home.

He looked different, he could not speak English, and at the time there were no bilingual programs available in school.



Dr. Jorge Partida is the author of "The Promise of the Fifth Sun, Ancestral Journey of Self Discovery."
(Submitted)

"The teacher would put me in the back of the classroom with headphones on so she could focus on the rest of the class," he said.

Partida's trouble adjusting resulted in behavioral problems at school, including fights.

When his mother found out about his troubles, she told him she was ashamed, and that he needed to make the best of their new life.

"Then and there I decided to turn things around," Partida said. "School at that point became my salvation."

Partida graduated from East Aurora High School in 1983, graduated from Loyola University of Chicago and earned his doctorate from the Illinois School of Psychology.

Now a successful licensed clinical psychologist, Partida uses a similar philosophy for transforming one's way of thinking and perceiving reality, a similar philosophy that was practiced by his Aztec ancestors in treating patients.

In August, Partida published his first book, "The Promise of the Fifth Sun," focusing on his personal and professional journey as a psychologist and a healer.

It also outlines his philosophy that all human beings are part of the same family and how we can learn from the treasures we've inherited from the past.

"The book is intended as a self-help guide for people who can't get professional help," he explained.

Over the years, Partida has counseled trauma victims and created a trauma deprogramming program for boy soldiers in Liberia, Africa, and has worked in Colombia, Peru and Mexico.

"What often happens with trauma is it distorts the idea of life," he said, explaining that many trauma victims experience a way of thinking that is fear-based, and leery of others.

Partida shows trauma victims how to change their thought patterns and help them create the life that they can imagine.

The fifth sun in his book title describes his ancient Aztec ancestors' prediction of a new age of awakening.

"Humanity is ready for the next quantum leap of our own minds," he said.

After working for many years as a psychologist all over California, Partida has moved home to Aurora.

His first presentation of "The Promise of the Fifth Sun" in his hometown will be at 5:30 p.m. Nov. 21 at the Copley Theater in Aurora.

The event will include food, Aztec dancers, and a presentation on some of the universal principles of giving and gratitude.

Partida has already presented his book in California, Chicago and Mexico City. However, the coming presentation is the one he is most excited about.

"This is a coming-home for me," he said.

For more information on Partida and "The Promise of the Fifth Sun," visit www.drjorge.net.

IF YOU GO

What: Presentation of Dr. Jorge Partida's book, "The Promise of the Fifth Sun."

When: 5:30 p.m. Nov. 21.

Where: Copley Theater, 8 E. Galena Blvd., Aurora.

More info: www.drjorge.net