

ACCEPTANCE FOR A LIFE WITHOUT SUFFERING

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Context. What is the purpose of the human experience?

Before embarking on the next theme, we ought to outline a context that presents a new way of looking at life, a new paradigm; one that lets us be happier and understand human beings. You don't have to agree with everything that follows, or to believe anything, because we are not talking about beliefs. All you have to do is to see how your own life changes after applying this information, to see if it works for you.

If the results inside you are happiness, peace and harmony, you'll find this information to be true; and if the external results, in terms of relationships, health, resources and how you adapt to your environment improve, you'll verify that that this information is wisdom.

The purpose of human experience is to evolve, develop our own consciousness and so be filled with wisdom and love. Each and every one of us has come to this world to work on our spiritual development, sharing and participating in experiences with other human beings. Life is actually a process in which the Universe teaches us; planet Earth is a "spiritual school" and each life experience is like one academic year.

Spiritual development is an internal, and so absolutely individual and personal task. Nobody can do it for anyone else, yet nor can we do it "without another"; in other words, we need to interact and share experiences with other people in order to achieve our own development —to know ourselves—. Sometimes, instead of getting on with our own development, we try to interfere with other people's, and instead of learning from them we try to change them. All this does is to distort the learning, or attempt to distort it, and this complicates life itself.

Only if we understand this can we be efficient by asking ourselves what life wants to teach us in each situation, because each is part of a learning process. In short, we have to learn to turn ignorance into wisdom.

When we notice that suffering is disappearing, our inner peace is becoming invulnerable and that our own capacity to create, love and serve is expressed without any condition or restriction, it means that we have achieved wisdom.

In order to lay the foundations for a new civilization that will bring a greater level of satisfaction for everyone, we must start by harmonizing ourselves. To do this it is essential to study the Universal Laws and apply the principles that lead to wisdom. We should bear in mind that only by sustained practice and discarding

theories and ideas that prove to be mistaken can we really achieve wisdom. This way we can develop peace and harmony directly on the ground, with the teaching of daily life, because life is the best school and nature the best teacher.

All we need to achieve efficiency is to stop arguing with the perfect order of the Universe; mental inefficiency is necessary in order to discover, through saturation, that the Laws of the Universe exist. When we reach the point where we have suffered enough, we are ready to understand the Laws. Internal opposition must stop before external opposition can, and for this to happen we have to have accepted that everything that exists and everything that happens is perfect and necessary, because its purpose is one of Love.

Studying and understanding why things exist and why they happen can lead us to recognize the Laws, which in turn make it possible to create a better future for Mankind.

There are seven Laws that govern all of the Universe's processes of creation, administration and evolution. Of the seven, four are fundamental, for they control the development and evolution of the consciousness of the human species anywhere in the Universe. These four Laws form the lower triangle of the Laws, while the Law of Evolution is the superior Law that governs the inferior triangle, which is also known as the triangle of hell, because it is the lowest part of the Universal Laws.

We will be within the Law when we love, enjoy and value what we have. Everything within the Law functions well and flows on its own.

Anything that brings suffering, anguish, pain and illness, happens because we are going against the Laws, and that is how we are going to recognize them. The results we obtain when we go outside the Laws enable us to recognize their existence. We have to make mistakes to be able to discover the Law. Mistakes are not the problem; the problem is not learning from them.

The Law is designed so that we ourselves make a change, not so that we try and change others.

As can be seen in the following tables, human experience is governed by four specific Laws.

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
NATURE	<ol style="list-style-type: none"> 1. All things that are complementary attract each other. 2. Every living being requires the specific food for its species. 3. Every manifestation of nature requires favorable conditions. 4. Every living being has an instinctive sense of the Law. 5. All cycles of nature have specific functions. 6. Every violation of the Law produces serious consequences. 7. Every living being has its function. 	<p>Physical ailments: undernourishment, illness, vices, degeneration, misery, hunger, physical and mental defects, physical malformations, ecological imbalance, erosion, plagues, shortening of longevity, etc.</p>

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
HARMONY	<ol style="list-style-type: none"> 1. Everything that is sent out acts, reacts and returns. 2. Everything that is attacked defends itself. 3. Everything that pleases is accepted. 4. Only love can transform beasts into persons. 5. Only understanding avoids destruction. 6. We must control situations, not be controlled by them. 7. The best teacher is learning by example. 	<p>Psychological ailments and relationship problems: distrust, fear, estrangement, isolation, individualism, loneliness, sadness, depression, fights, shyness, lack of communication, disunity, boundaries, traumas, complexes, etc.</p>

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
CORRESPONDENCE	<ol style="list-style-type: none"> 1. Every situation is a learning experience. 2. Every circumstance is generated by oneself. 3. All events happen to whom they are meant to happen. 4. We are always exactly where we are meant to be. 5. We come to life with what we need to live it. 6. Only what needs to happen, happens. 7. We only give or have what we need. 	<p>Upsets in the individual environment: mental blocks, dissatisfaction, difficulty in achieving success in what we do, wearisome battles against the circumstances of life, inability to accept one's life, fears, anxiousness, constant frustrations, etc.</p>

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
EVOLUTION	<ol style="list-style-type: none"> 1. Experience alone opens the way for understanding the truth. 2. Only opposites lead to the development of consciousness. 3. We only move up a level through the appropriate transformation. 4. We are only the result of ourselves. 5. We only argue with situations that we have not understood. 6. The need for understanding alone is the reason for physical existence. 7. We can only recognize balance from imbalance. 	<p>Social upsets: rebellion, anarchy or self-destruction, when limits are imposed on the experiences to be lived; wars, strikes, violence, revolutions, delinquency, hate, conflicts, when human concepts are imposed.</p>

In the tables above, the effects of violating the Law are listed on the right-hand side. In this discussion of the Laws of the Universe we will also find an explanation of the benefits of not violating the Law.

The Universal Laws should not be confused with human laws or rules; the Universal Laws are immutable and non-repealable, and their origin lies in the wisdom of the Absolute or Divinity, so they are absolute; they cannot be amended or negotiated, and disobeying them brings a negative outcome —in the sense of unpleasant—, and also a positive outcome —in the sense of it being a learning experience—. That is why it is said that in fact human beings do not construct laws, but issue them; we call them *human laws*, but they are rules, because they are repealable, transitory and useful for a given moment.

We have come to planet Earth to develop three inner virtues: Happiness, inner Peace, and Love or Service to others. This development brings with it excellent results in all four fields of: Relationships, Resources, Health, and Adaptation to the environment:



The idea is to use these virtues to interact with what is around us. To learn to be happy, to be peaceful, and to love is the true purpose that has brought human beings to the physical world of matter.

VIRTUES	CHARACTERISTICS	SCIENCE IN WHICH IT IS STUDIED	IT REPRESENTS OR IS DEVELOPED IN
Happiness	0% suffering 100% understanding 100% self-worth	Acceptance	Function
Peace	0% conflicts 0% reactivity 0% confrontation 100% respect	Accepting life with wisdom	Destiny
Love	100% capacity for service 0% resistance 0% fear 100% adaptation 100% commitment	Unconditionality	Mission

Happiness, peace and love are principles of the divine essence; they have no polarity, they are immutable.

Learning to **be happy**:

- ✓ To learn to be happy we have only to face up to all that we believe takes our happiness away.
- ✓ To be happy we do not need anything outside of us, just understanding and a certain attitude of mind.
- ✓ Non-acceptance is the only cause of suffering; we must stop arguing with reality.
- ✓ It is essential to stop working on others, and work only and exclusively on ourselves, changing what it is inside us that is annoying (the ego) so that it stops doing it.
- ✓ If there is suffering, then just one question needs to be asked: what is it that I'm not accepting?; that is where the answer is to be found.
- ✓ Everyone, without exception, has what they need to be happy; however, very few people know how to be happy with what they have.

Learning to **be peaceful**:

- ✓ Nothing and no one brings peace.
- ✓ Inner peace is the result of one's own spiritual development, not a gift.
- ✓ Handling peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist, the skill to manage one's own vital energy, and training.
- ✓ If peace is lost, we must ask ourselves: "What am I resisting?; what do I want to change?; who am I blaming?"

Learning to **love one's neighbor as oneself**:

- ✓ All this requires is to be involved or share time with people whose behavior is very different to our own, to learn to love and respect them just as they are.

- ✓ Love cannot be offended, it is invulnerable, immutable, universal and neutral.
- ✓ Love signifies total understanding of the Universe; it is a way of being and does not need an "object" on which to project itself.
- ✓ Love is not a force, it is a tool.
- ✓ Love is not a feeling.
- ✓ Love is always giving the best of oneself.
- ✓ If there is a lack of motivation the best thing is to wonder why I am allowing the specific situation to limit my capacity for service, which in reality should not depend on external events.

By developing the three inner virtues excellent outer results are obtained in all four spheres:

- ✓ In relationships.
- ✓ In resources.
- ✓ In health.
- ✓ In adapting to the environment.

In the life experience of any human being five elements are present: purpose, destiny, mission, function and intention.

1. Purpose

There is a purpose of love that brought us to the world of matter; it is the perfect objective of learning two things:

- a) To be happy in oneself, i.e. not to depend on anything or anyone in order to enjoy inner peace and happiness.
- b) To love one's neighbor as oneself, i.e. to respect the rights of all beings in the Universe.

And how do we learn this? Here we can see the perfection of the Absolute's pedagogical design. To perform the exercise of learning to be happy in ourselves

we need to live in a place, with certain people and circumstances where everything that happens around us is more or less aggressive. In this way we will realize that our problem does not lie in what is happening around us, but in how we relate to it, and the rejection and resistance that we set in motion.

As for the second part, loving one's neighbor as oneself, this means respecting them just as they are, not seeking to change them, not putting up resistance to others. We need to live in a place where the people around us think differently, have varying customs, and create different things. In this way we will learn to love them as they are, without judging them or condemning them. This is how the purpose of love is fulfilled; it is the real reason why we human beings are here on planet Earth.

More than 2,000 years ago, the Master Jesus taught us this when he said: "Love your enemies"; they are not our enemies, they are people who think differently.

Being happy means experiencing zero suffering about what happens; and loving means offering zero resistance to others. Wisdom is the same as love, not feeling. Those who have love care deeply about others, but they do not suffer; however, those who possess goodness but not wisdom care deeply about others, but they suffer enormously. Those who do not care, the indolent, the indifferent, possess neither wisdom nor goodness.

2. Destiny

This is what we come to learn from the world of matter —how to manage the seven tools of love to attain invulnerable peace—; it is a great opportunity to learn what we are missing.

All of us bring to the world a destiny that is inevitable and highly valuable. Our culture teaches us to try and avoid destiny instead of showing us how to harness it. The key to harnessing destiny is: "You have the capacity to enjoy whatever you do, because that capacity is within you". However, if someone says to their child: "You must always do what you like", this will generate a huge block in them.

Destiny is a pedagogical design whose purpose is to enable human beings to verify and discover information that governs the Universe and its perfect order. It is therefore the best opportunity for transcending all human limitations. Instead of complaining about the difficulties that we face in life, we must take advantage of

them as a great opportunity for transcending them; then they will disappear for good. If we do not learn from difficulties, far from disappearing, they will become more complicated, they will persist and they will become permanent.

3. Mission

This is what we can teach in the world of matter. We should enjoy our mission intensely, whether or not it is part of our function.

Our mission enables us to recuperate a large amount of the vital energy invested in the exercise of learning to be happy. Our mission is what we already understand, what we already know. It can therefore be used to serve others while bringing enormous enjoyment.

Both our mission and our destiny are represented in our personality: the latter through our belief system and the former through understanding. As we progressively transmute our ignorance into understanding and wisdom, we will increasingly have a bigger mission and therefore more satisfaction.

4. Function

This is what each individual does to support themselves; it consists in putting all possible enthusiasm, joy and love into what one does, even if it is not part of one's mission.

We know that all living beings have a function within the order of the Universe. It takes wisdom to accept it with joy, enthusiasm, and total capacity for action and service. One's function does not consist in "earning one's living"; living is not "earned" because it is a divine gift. What one earns is what supports this biological entity, this body.

Thus, our support is guaranteed as a result of our function. Those who are happy and enjoy what they do will always have an abundance of resources at their disposal.

5. Intention

This is what we want for ourselves or for others. Intention must be directed in a way that does not interfere with the destinies of others nor seek to avoid our own destiny.

Intention is the most complex element for human beings today, because feelings, the idea of kindness and the other ideas that our culture has erroneously conveyed to us lead us continually to try and interfere in the destinies of others. If we were to accept that destiny is something extraordinary and not "bad", that it is the best opportunity we have to fulfill what we came to the world to do, we would stop trying to change the destiny of others.

When a son or daughter wants to fly the nest and their parents object to it, how should we act so as not to interfere? We always want things to go our way. In this case, the parents consider that it is not the right moment for their son or daughter because they do not have a steady job, for example, and they do not want them to leave home. The "I want's" are the cause of suffering. An "I want" is also unconscious selfishness because we want others to be happy doing what we want them to do.

What would be the wise and loving thing to do in this case? To say to the son or daughter: "The most important thing for us is for you to be happy and find your way, and we therefore respect your decision. We want you to know that if you want to come back the door will always be open."

In short, wisdom means being clear about our purpose, taking advantage of our destiny, enjoying our mission, accepting the function and holding the intention of not interfering in the destiny of others. All this must be practiced in thought, word and deed.

Chapter 1. The difference between resignation, faith and acceptance

1.1 Acceptance vs. resignation

ACCEPTANCE \neq RESIGNATION



Figure 1. Acceptance vs. resignation

When we are in a state of resignation, we say to ourselves: "I can't do this, I'm not worthy, I'm no good, I'm wretched, this is impossible ...". And so we do not find peace. Instead we feel we are lacking in strength or ability, we feel incapable; it is a situation similar to "long-sufferance".

*Resignation arises when we believe
that we cannot change circumstances.*

Resigning ourselves, or not accepting, means putting up resistance until we say to ourselves: "I don't have the strength, will or ability to handle this", and we get frustrated. Accepting means saying to ourselves: "I understand that there's no need to become involved in conflict, that a relationship is more valuable than a concept, that happiness doesn't lie in putting up resistance to things, but in letting them flow." Acceptance requires understanding; resignation only requires weakness.

When we *let go*, what we repeat to ourselves is: "This isn't meant for me; I'm letting this go, I'm going to stop insisting on this." This frees us from suffering, blame and resentment; we understand that everyone, in their experience of life, has exactly what they need from the order of the Universe. Each person is meant to have their own experience, not someone else's.

But if letting go is not combined with acceptance, i.e., with understanding, then it becomes resignation inside us.

Acceptance enables us to follow the order of the Universe, by understanding that everything is perfect and necessary. It is the complement to wisdom, which is what first enables us to recognize that order. That is to say, we gradually discover that there is a universal order with which we must comply.

*Acceptance arises when we understand
that circumstances fulfill the purpose of love.*

Acceptance can never be resignation, because someone who has really understood knows the power of acceptance.

Faith and acceptance handle the same archive, but faith does it from absolute belief and acceptance from recognition of the Law.

Deep acceptance of the reality of life involves understanding that:

- a) The fundamental purpose of the experience of life is to develop consciousness through recognizing the Laws that govern the Universe.
- b) Teaching the circumstances of human experience results in freedom from suffering.

This deep acceptance of the reality of life will endow us with the following qualities of love:

- ✓ Living in absolute peace with all beings in the Universe.
- ✓ Expressing love constantly.
- ✓ Valuing all of life's circumstances.

Resignation leaves a constant frustration in the mind.

It is the refuge of ignorance, the dark cave of the mind that is tired of fighting to no avail in order to adapt life to his own beliefs.

Anyone who has descended into resignation feels totally powerless when faced with the circumstances of life and feels incapable of fighting any longer. Yet

when they stop feeling like that, even if only because they have given up, they have the chance —despite still feeling frustrated inside— to recover some of their vital energy. This recovery could, eventually, lead them to understand that having inner peace matters more than fighting. Consequently, at some point the light of understanding will enter their mind and they will realize that the path to liberation from suffering does not involve fighting against life in order to try and change reality, rather it consists of changing the internal perception of life. Having reached this point, they will have overcome the limitation of resignation and can set out on the path to acceptance, as the science that frees us from suffering.

Acceptance brings total freedom to the mind.

Ancient culture contains information that is little more than 12,500 years old, which is transmitted from one generation to the next. The principles learned through culture are verified inside us as feelings, and enable us to know ourselves in two ways:

- ✓ Through feelings that produce a sense of suffering, anxiousness, fear, resistance or any unpleasant aspect; these have their origin in learned principles that are untrue.
- ✓ Through feelings that are totally positive and loving; these are the only ones that have their origin in true information.

Feelings are a tool that assist us with understanding and self-knowledge.

If we feel something unpleasant, we need to modify what was recorded automatically in the mind from birth up until approximately 12 years of age.

Ignorance is sustained with the justifications of right and wrong, good and bad —so as to sustain, in turn, the learned programs of culture—. Good is the purpose of all, but we use it together with bad to wrongly label the things that happen to us. That is why people justify their suffering by saying: "If I don't suffer it means I'm not a good person; if I don't suffer it means I don't care about others; I have to interfere in the processes of others, because I love them." These are the types of justifications that keep the process of ignorance going inside us.

Thus, justifications sustain suffering, suffering consumes vital energy and maintains a situation of mental darkness; and in mental darkness, ignorance remains.

The sequence we need to follow within us to dismantle ignorance is:

1. The wisdom of understanding.
2. The power of acceptance.
3. The strength of letting go.
4. The techniques of mastery.

This is what is called *reprogramming the "mental CD" (hard drive)*. Until we are approximately twelve years old, we are only recording; from twelve to eighteen, we listen to what we have recorded; and from eighteen onwards we are able to reprogram what we do not like about what has been recorded.

Wisdom is information that has been verified through results. Yet the information that is going to be verified is not accepted by a person's mind until they are willing to look for new information or to stop suffering; that is, until they have become a match for that information. Once the results have been verified, it is then possible to thoroughly understand the meaning of the events happening around us. When the true significance and purpose of love has been understood, that understanding grants the power of acceptance.

The acceptance that everything that happens in the Universe has a perfect purpose, that nothing is a mistake or the result of chance, but is in response to a mathematically exact Law, means that the only thing that needs changing is inside each of us, not outside.

*The strength of letting go serves to neutralize
the ignorance that comes from within.*

Once we have the power of acceptance, we have to use the strength of letting go: we totally and definitively stop interfering in any other people's process. We stop suffering over any situation, and avoiding what we are meant to do; because in connection with this there are two possible mistakes: the mistake of excess and the mistake of *omission* (doing what we should not do, or failing to

do what we should do). The mistake of excess involves carrying out actions that are inappropriate, and the mistake of omission involves failing to take actions that are appropriate.

That is what letting go is for, precisely for placing someone at a point of balance.

*The techniques of mastery serve to neutralize
ignorance that comes from without.*

The techniques of mastery are for adapting our information to that of people who are not yet acquainted with all or some of it, thereby avoiding becoming involved in conflict.

Before arriving at the truth, we base ourselves on beliefs, a system that is prior to verification, and therefore we will now speak about the power of faith.

1.2 The power of faith

Faith is built on a belief, on an absolute certainty that is completely lacking in reasoning and free of doubt. The mind accepts this belief by making it real, i.e., by producing the miracle. Thought becomes innocent by not allowing the ignorance of the personality to act. Faith gives us an inner strength with which to face life, it gives us confidence in it. It can be replaced by acceptance once we have understood what the Universe is about.

If we carefully observe the procedure whereby miracles occur, through faith, we will realize something marvelous: when the mind accepts an idea, this releases the potential of the psychic powers that lie dormant in the consciousness; then it is possible to accomplish what we think. However, we will not be able to do anything that is not permitted by the Laws of the Universe, because they are superior to all human faculties and beliefs.

Because faith has its origin in a belief and not an understanding, the more innocent and less knowledgeable a person is, the less they will doubt and the more easily they will convince themselves to accept any idea as a reality. This means that faith can be used positively or negatively and therefore many of our difficulties can be traced back to faith. Fortunately, in these cases also the Laws of the Universe prevent things happening to us that are not meant for us, even

though we may fear them. Yet by placing our faith in them, what can easily happen is that we waste our vital energy, by obscuring our mind.

In contrast to faith, *acceptance* has its origin in a deep understanding of love and of the Laws that govern the Universe and the Life of human beings. Through acceptance, we understand that there is nothing that is impossible, there are just correspondent mental states or experiences. Accordingly, if someone learns how to become a match for certain situations, and understands how the Laws that govern the Universe operate, they will intentionally be able to generate different realities around them.

On the other hand, like faith, acceptance is governed by the Law and manages the same powers. The difference is that because acceptance arises directly from understanding, it cannot be used negatively, because, like love, it only brings peace and harmony to the mind. However, faith that originates from a blind belief can make us believe in the existence of evil, triggering suffering and anxiety in our minds.

*When we completely accept the universal rule of love
we are safe from all suffering.*

A scholar or a scientist will have difficulty going back to using the power of faith, because the knowledge they have acquired no longer accepts beliefs without reasonable logic or that can be empirically demonstrated. That is why the power of acceptance that arises from the understanding and verification of the existence of the Laws of the Universe is easy for this kind of person.

Faith is such a powerful force that it can move mountains, but at times a person can find that their faith does not bring results. What's going on?

It means that the person is not aware of the existence of the Laws that govern the Universe and, of course, if they are not correspondent with the miracle, however great their faith may be, the miracle will not happen.

And how does one become correspondent with a miracle?

A great deal of inner work is necessary. Faith is based on a belief that is able to cancel out the conscious mind to allow the higher Consciousness to manifest, producing a miracle.

As an example of this, if 100 sick people go to a place of healing and only two are cured, does this mean that the other 98 had no faith?

Yes, they may well have had, they just were not correspondent with the miracle.

1.3 The power of acceptance

Another possible way of connecting with the higher powers of the Universe is through a *force* called the force of *understanding*, which has nothing to do with belief. There is no room for anything negative in understanding, whereas a negative belief can exist.

Understanding is liberating, it is the truth.

The tool of faith may be used by someone who is ignorant or innocent, because they have not yet reached the understanding that the Universe is perfect. Faith makes people feel safe. Thus, for example, if someone is walking in the dark, where they can see nothing, they do not know if there is a precipice before them; if they do not have faith, their path is extremely difficult for them, so they need faith to be able to move in the dark without knowing what is in front of them. That is how life is without wisdom; but when we have attained mental clarity and are able to see life as it is —that is, as it was designed by Divinity—, not how we were taught it was, at that moment we no longer need faith. Then, another force replaces the previous one and enables us to walk with greater security than with faith: it is the force of understanding.

When faith is replaced with an understanding of the wisdom that directs life, we begin to understand that life is perfect, that it has a purpose of love, that it is protected right from the start and that the objective that each human being brings with them has been designed to be fulfilled. Then fear disappears.

We only fear that which we need to learn, and not because it is dangerous, but because we do not understand it, we cannot control it or manage it. Fear brings us face to face with the need for spiritual development. When we learn to accept, fear ceases to exist; because acceptance means that we have now understood.

Understanding has no polarity, it is neutral, because it is made from the same essence as love. However, through faith it is even possible to kill.

What is it in us that leads us to doubt something? The answer is ignorance or knowledge that has not been verified. Innocence does not doubt, because it has no information, and wisdom does not doubt either because it already has understanding.

If someone asks us: "What do you think of these flowers?", we will say, for example, they are lovely. But if they add that the flowers are a delicious and very nutritious food, from the innocence of a child we will accept it, but from our knowledge we will not. We doubt what someone says because we possess knowledge. From wisdom we would answer something like: "I've verified that what you're saying to me is marvelous", or otherwise: "I've verified that this isn't suitable food for human beings". In some way we would have verified it. Innocence, therefore, does not doubt, whereas ignorance doubts what it has not verified.

Reasoning cancels out faith because it involves comparing concepts. If we all were to stop reasoning, we would immediately connect with the absolute information of the Universe. The answer is within us. The only way for ignorance not to cancel out faith is to stop reasoning.

For example, let us imagine we are at home, expecting someone at 7 p.m.; but it is now midnight and they have not yet arrived, and we have no way of contacting them and we have no idea where they are. In a situation like this it is as easy to think negatively as positively, to suffer as to be full of peace. However, the mind "thinks and thinks" so that we suffer, and there is only one way of ending that suffering, and that is by ceasing to reason.

We should stop reasoning, or else think only the best!

Until we do, we will continue to suffer.

We should stop reasoning so that faith can manifest.

We should stop thinking things that are unpleasant.

Everything is useful at a given stage and time, but it is important not to remain stuck at a specific moment, because all moments are passing. When we reach deep understanding we no longer need knowledge, but wisdom, and there

is only one way to use wisdom: by letting go of knowledge, because otherwise we continue to reason.

But when must we let go of knowledge? When the time is right.

That is why the Masters say: when we have suffered enough we do not need to suffer further. And when is "enough"? When we have complied with the Law of Saturation.

Every individual can recognize their "saturation point". It is like a sponge that is completely soaked with water and cannot soak up any more; that is to say, it no longer serves its purpose. While the sponge is not completely soaked, it can still be used to collect water. In the same way, while a person is not saturated with suffering, they can still receive it and, of course, they are correspondent with it.

Belief is what makes it possible to tune the mind to a piece of information. When we think of a belief, any belief, we are tuning our mind. The same thing happens with reasoning: we tune in but then, if we do not stop reasoning, we will not receive the information that enables us to understand.

It is one thing to *tune in* and something very different to *receive*. In the first case, we move until we find what we are looking for; but when we find it we must stop "moving the dial", or the new information will not serve us. Whereas when we receive information we do so directly, we are not the ones who are moving or searching, it comes to us.

Both faith and acceptance inhibit the ego. Things are not as we want them to be. Faith makes us leave everything to the will of God, and acceptance makes us understand that it is in the order of the Universe.

Faith is not reasonable; if it were, it would not be faith.

Acceptance and understanding will never lead us to making do, disappointment or resignation, because once we understand that having done the best —in thought, word and deed—, what is meant for us is always perfect, we will enjoy it immensely.

If we value all that we have, we enjoy it and we enter into *positive action*, we will increasingly require more and better things. However, if we complain about what we have, which is what happens to the person who makes do and the

person who resigns themselves, we will increasingly have less; because someone who complains about what they have is on the way to losing what they need and also what they have. That is why making do and resignation are totally limiting, and valuing what we have is completely liberating.

It is essential, however, to remember that attempting acceptance without having attained understanding is a pointless task, because the result will be resignation not acceptance.

Once we have reached the place of acceptance we understand the futility of dispute and that the process is perfect, and thus we will not attempt to change anything that is outside us. By being in *acceptance* there is spiritual development; however, in *resignation* we feel unable to make an effort, because we believe we have no chances of success and we do not understand the learning experience that life is offering us; this means there is no spiritual development.

Love does not "put up with" anything, it just "accepts" everything; what puts up with things is resignation. To love means: "I accept you as you are, with your virtues and your limitations, and I'm willing to give the best of myself, regardless of whether others make mistakes or not".

Chapter 2. Why is acceptance a science?

2.1 Acceptance of reality

*Acceptance is a science
that gives us happiness and frees us from suffering.*

Science is knowing, having certain, well-founded, accurate and reasoned knowledge of a given set of facts. Science is based on observation and experimentation of material phenomena, with the aim of discovering the immediate laws which govern them. It also uses hypotheses and theories, always based on real and irrefutable facts, which can be misleading in terms of their evaluation, but never in terms of their result.

*An interpretation may be misleading,
but the reality of a result can never be.*

Acceptance fulfils exactly the parameters proposed by science, since observing what happens in someone who cannot accept something reveals that it always produces the same result of inner conflict and suffering. Therefore, it is not a belief but a knowing: knowing exactly what we are doing, why we are doing it and what for, and how to obtain a result.

*Accepting reality frees us from suffering;
permanent peace appears, vital energy increases and is accumulated,
and in turn activates the higher powers.*

The aim of being happy is fulfilled by accepting reality.

Experiments have shown that when this happens an inner change occurs that frees the individual from suffering, thereby providing evidence of the existence of the laws that govern the mental process of human suffering. In addition, conflicts and inner suffering are actual indisputable facts which, although they can be seen from different points of view, are never misleading as regards the reality of their existence or of their results.

Accepting the truth breaks the spell of suffering and liberates the energy from the action, thereby generating a new reality. This does not mean that the previous reality disappears, since it continues to exist for those who have not yet understood it.

We have to understand that the existence of external reality matches the inner state of the individual experiencing it. It is only when the individual changes their inner state that they generate a new reality for themselves, as soon as they understand and accept that what is outside is the result of their inner experience, and when they decide for themselves to change it. Although many people maintain that they have *changed reality*, what has really happened is that from within them they have generated a new reality for themselves.

Here are a few examples of this:

First of all, the reality of a prisoner in a prison changes when they are released; but the prison continues to exist for the other prisoners who have not yet served out their sentence.

Then there is the reality of a child facing the complicated problem of the "compound rule of three", which is an endless problem for all children who have not yet understood this exercise; but it is totally non-existent, as a problem, for an advanced mathematician.

The following case is also illustrative: when we cross a large city, we encounter many different realities: that of the beggar, that of the sick person, the rich person, the poor person, the unemployed person, the opulent person, the miserable person, etc. All of them are present simultaneously, but each one experiences only that which corresponds with their inner experience.

Lastly, imagine someone who is at home and goes out into the garden; by doing so they have changed their reality, but their house continues to be a reality. What is modifiable then is one's inner correspondence with another reality.

So when we stop trying to change reality —one of the greatest expenditures of energy for a human being—, and accept it as it is, we are then ready to experience a new one, because the previous one has nothing more to teach us. This is when what science calls a *proven phenomenon* happens —as when mixing two gases, hydrogen and oxygen, produces water—. This is a scientific fact, as is

also a new life for someone who totally accepts their present reality as something that they no longer need.

In the face of the reality of life, there are three kinds of individuals:

1. **The first kind:** are those who face life trying to find personal satisfaction by changing their present reality to adapt it to their ideals. These are the most backward spiritually, as a result of which they cannot yet let go of suffering.
2. **The second kind:** are those whose mission is to change the natural, social, economic, political, scientific, religious, etc., environment, because it is no longer a match for the people who live there. These are people with different levels of evolution, but their actions always correspond with the needs of individuals of the first and third kind.
3. **The third kind:** are those who accept their present reality as a marvelous opportunity for transcending their inner limitations, and therefore they only occupy themselves with changing their inner state. They know that in this way it will be for them to live in the new realities created by the individuals of the second kind. Individuals of the third kind are the most advanced, the most evolved, and therefore it is not up to them to do the work of those of the first kind.

You may well now ask yourself which of these three groups you belong to, those who suffer, those who become involved in conflict, or those who are at peace? When it comes down to it, what is your attitude to reality: suffering and battling with life, and failing to create a different reality; suffering and battling with life, and succeeding in creating new realities; or taking advantage of the present reality to transcend your limitations and attain inner peace?

We are going to try and work **as individuals of the third kind**, without attempting to change reality. Yet how can we know that we have totally accepted the reality that we no longer wish to continue living in? The answer is: by once and for all stopping trying to change the present external reality, unless we recognize that that is our mission, even though it brings suffering.

Similarly, how can we know whether we have the mission to change something? Simply because we have the necessary tools and means, and because in addition we verify that this is being achieved.

On the other hand, *idealizing* means not accepting reality, because we always idealize something that is not present in our reality. We only try to change something when we consider it inappropriate, flawed, or unusable, but if we recognize that all that happens is perfect and necessary, we will not try to change anything.

Ideals serve to recognize our own ignorance; once we have done, we can totally rid our minds of those ideals, because they become an obstacle to peace. Not having them entails recognizing reality as such and learn to move within it, accepting it as a marvelous tool.

Suffering is always directly in proportion to whatever we are unable to accept; it does not change anything outside, just our inner state. And there is only one way of freeing ourselves: through acceptance. Obviously the mind begins to fight, resist, defend itself. That is why the science of acceptance is liberating; but, like any other science, no results are obtained unless it is applied; it stays in the mind without becoming action, and therefore it becomes just another part of the ego's erudition. For it to have a practical application we have to train ourselves, so that we can verify the result.

Reality does not depend on the senses; rather it is entirely independent of the individual. It does not matter what he does, sees, thinks, understands or does not understand, since none of these elements modifies reality. For example, if there is a blind person in a conference room, this does not change the fact that the lecturer is speaking; what it does change, of course, is the perception that the blind person has of this fact, but not the fact itself. For each individual, reality is what is happening in the place where they are aware.

*We don't have to suffer with reality,
we are meant to use it to make an inner change.*

Among other things, reality is for:

- ✓ Acting with firmness, efficiency and calmness.
- ✓ Transforming ourselves inside. If we accept, calmness and inner peace develop.

- ✓ Verifying our own inner process. Reality is a mirror in which to see ourselves.
- ✓ To show us who we are, what we need to learn or what we have already learned.

2.2 Knowing the Laws of the Universe

Behind every phenomenon there is a Law. If we are thoroughly acquainted with the Laws of the Universe, we will understand the processes of our civilization, and will thereby be able to make sense of the past, explain the present, and set a direction for the future, with the assurance that we are advancing towards a new form of civilization with greater harmony, wisdom, love and satisfaction for all human beings.

What remains is the task of *verifying* through our experience *the existence of the Laws of the Universe* that affect and control our daily life in a direct and forceful way. As soon as we become aware of the existence of the Laws that maintain the order of the Universe and we prepare to obey them, we join the team of "builders" of a new evolutionary moment in present civilization, understanding the reason for our existence on this planet. This helps us to free ourselves from the belief that someone is to blame and the idea of injustice, by understanding that all events merely have a perfect pedagogical purpose for us to discover the Law that governs them; in this way it is possible to transcend conflict, illness, pain and death.

If we accept that *everything that happens is within the Law*, we understand that really nothing can be done outside it, only what is designed and programmed in the Universe. Behind every event of violence, hate or intolerance, however unpleasant or difficult to accept it may seem, there is a purpose of love. Our learnt mental difficulties are what make it hard to understand all this. The Laws will always provide an explanation for any and all human experiences.

When someone does not get what they want, they learn to recognize the Law. And if they do not get it, that is because they are not meant to have it, because, whatever it is that they desire, it is ruled by a Law of the Universe that, initially, that person does not know. To the extent that they discover the law, they will learn to free themselves from their limitations as a result.

We cannot accept something that we do not understand, and we cannot manage to understand unless we have had an experience or we are aware of how the Laws of the Universe work. Ignorance of the Law will not exempt us from its result, so it is better to be informed. The "I want" leads us to discover the existence of the Law, and the "I need" leads to the discovery of the need to obey it.

Obeying the Law after recognizing its existence is what is called *understanding*, and it represents the evolution of human beings, liberating them from suffering and conflicts.

When we are not able to change our learnt concepts nor to accept new ideas, we miss the chance of obtaining other conclusions and finding new truths and, therefore, we cease to evolve.

Chapter 3. Why do we suffer?

3.1 The functions of suffering

We suffer because we do not accept reality. Fear is not accepting the possibility of something that has not yet happened, whereas suffering means not accepting something that has already happened, i.e. reality. Suffering is a tool for the evolution of consciousness, and it fulfils three important functions:

1. *Preventing the evolution of the consciousness from slowing down.* If there were no pain, the body could injure and destroy itself without the person realizing. Therefore, pain is a tool to protect the body, and also enables the person to learn to look after it to avoid suffering pain. In the same way, suffering is a tool that prevents either the development of consciousness stopping, or learning continuing for longer than necessary. In other words, suffering has a limit called the Law of Saturation that stops the mind receiving more of it. This enables the individual to take the decision to stop suffering and to start looking for the necessary information to make an inner change through understanding and leave suffering behind forever, thereby attaining inner peace.

*When our mind becomes saturated with suffering
we are ready to set out on the way to liberation.*

2. *Measuring the level of individual ignorance.* As with any process of social, economic or technical development, it is very important to evaluate each stage of growth so as to be sure that the process is being properly guided. It is also very important for the Masters of the Law to periodically assess the process of development of individual consciousness, either to introduce the necessary corrections at the appropriate time (Law of Evolution), or to update the process at the appropriate stage (Law of Correspondence).

When we have suffered enough we do not need to suffer further.

The level of suffering and personal conflicts is an exact measure of the state of individual ignorance: the lower the level of suffering and conflicts, the

lower also is the level of ignorance and, consequently, the individual has fewer processes of confrontation left to experience. This makes it possible for the Masters of the Law to clearly determine the most satisfactory correspondences for the person in question. That is, when a person gives up suffering, they become correspondent with outer situations of much greater satisfaction and peace.

3. *Facilitating the recognition of the truth.* For this purpose it is necessary to establish a contrast with what is not true; i.e., it is essential to compare "what is" with "what is not", and thus clearly distinguish truth from untruth. This is a mental procedure, because truth and untruth are in a person's mind, not in the outer world of physical matter. Thus we can easily recognize one and the other in the feelings that we experience in the face of life's different situations by just observing whether we are suffering or are in a state of peace, acceptance and appreciation —according to the Law of Love—.

When we have recognized untruth in our mind, we can discard it; and once we have recognized truth, we can understand it.

3.2 Alternatives to suffering

Suffering as a mental attitude or tool for facing situations in life that present difficulties is totally pointless. It is easy to verify that no one has ever managed to resolve any problem by suffering over what is happening.

Suffering does not change what is happening.

The only way to find solutions to the difficulties that arise in life is, first, to allow the mind to look for options by the appropriate use of thought, analysis, meditation and prayer; and second, not to allow thought to dwell on the cause that generates suffering, but rather on that which brings peace to the mind because it offers possibilities of solution.

If problems have a solution, why worry?

Besides which, to apply the solutions that have been found, actions are necessary, not suffering. Only properly reasoned actions can have a positive

impact on outer situations; conversely, suffering acts only on states of mind, generating confusion and deep depression.

*Suffering has no influence on the external,
but it does have a negative impact on the state of mind of the sufferer.*

On the other hand, when the problem has no possibility of solution, it is best to put it completely out of one's mind, accept the situation and stop thinking about it. Otherwise, the mind becomes obsessed and enters a vicious circle of thoughts of suffering and non-acceptance that uselessly consume vital energy and lead the person to fall into the area of mental darkness and episodes of depression.

If problems have no solution, why worry?

"What is it that I'm not accepting?". This is the question we must ask ourselves whenever we find ourselves suffering. And we will realize that acceptance can only be applied when there is understanding, because it is neither faith nor is it based on a belief. Therefore, if we have sufficient understanding we are in a position to free ourselves from suffering for good through acceptance.

Acceptance puts an end to suffering.

Understanding is the task of putting our mind to work on the search for answers in order to have tools for verification. In order to accept, first it is necessary to have a deep understanding of the Laws that govern the Universe and the principles that govern relationships, as well as to know that everything that happens in the Universe is perfect and necessary and has a purpose of love, directed specifically to the experience that each person has or needs to have.

Knowledge of the Law ⇔ understanding ⇔ acceptance

There are no unacceptable facts or situations, only minds unable to accept. While something is unacceptable for someone, their suffering will have no solution. But under the Law of Saturation, when the mind is saturated with suffering it is ready to transcend it, and does not need to suffer any more.

The only cause of suffering is the inability to accept what is happening.

Our vital energy is very precious, but we generally do not value it because we do not know how to use it; it is such a great treasure that there is no point in wasting it in worrying about what cannot be changed, that is to say, our external reality.

*We suffer, therefore we consume vital energy;
the mind descends to the lower zones, and there is no mental clarity.*

We have inner peace, therefore we accumulate vital energy;

*the mind enters the zone of light and
the deep awakening of the human being occurs.*

If we accept, we attain inner peace.

The need to learn acceptance as a fundamental part of the Laws of the Universe confronts us with increasingly difficult situations. Their level of intensity is in proportion to our stubbornness, rebelliousness or disobedience of the Laws of Life. That is why, when we manage first of all to accept in our minds the situations that seem most difficult to us, these no longer occur, and that is because life, through that situation, will no longer be able to teach us anything, because we have already understood it.

*We only face situations that we have not understood
or accepted previously.*

The only thing we need to face is our own mind, our own "self", our ignorance. This means that life's difficulties come down exclusively to the work of transmuting ignorance into wisdom that we each do in our mind. If we do a good job and succeed in accepting beforehand everything that would cause us suffering, then nothing unpleasant can happen to us.

The following table shows some of the forms taken by non-acceptance; in other words, the symptoms that we can recognize when there is something we are not accepting.

Table 1. Symptoms of non-acceptance

Recognition	What we don't accept
Rejection of life	The learning opportunity offered by problems
Overprotection	Everyone's mission and destiny experience
Perfectionism	The existence of different organization and management methods
Preoccupation	That I can lose something that I no longer need or that I cannot obtain something that I do not need
Fanaticism	Different ways, paths, beliefs and options
Short temper	What other people do or say, or what is happening
Disapproval	Behavior and attitudes that are different to mine
Rebelliousness	The need to adapt to my environment
Anxiety	That letting go of what I have, I can live another way
Sadness	Other people's experience and behavior
Criticism	Other people's customs, ideas and decisions
Resentment	That other people are not to blame for my own experiences
Judgment	That everyone does what they can, with what they know
Attachment	That nothing and no one belongs to me and I always have what is necessary
Stress	That things can work out differently and I can only give what I can
Fear	The possibility of losing what I have, or not achieving what I want
Jealousy	That I don't own anyone and only love can unite us
Blame	That I'm not to blame for other people's experiences, and they aren't responsible for mine.

None of these symptoms, which are internal issues, modify external factors, they just complicate them.

The problem with non-acceptance is exclusively internal to the human being, not external. Outside everything has been designed by the Teachers with a specific purpose, namely to develop our understanding.

Although it is true that acceptance frees us from suffering, in order to accept beforehand we have to understand; and assimilating the information of wisdom is not easy or quick for many of us.

3.3 The process of acceptance

All of us are immersed in a process of personal growth that leads us to the purpose of acceptance. Therefore, since it is not a question of an objective, we should not feel stressed if there are situations that we do not understand or accept, consequently, we feel sad, worried or afraid. On the contrary, we should be respectful of our pace of learning.

If we are not able to accept and understand the situation, that is all right, we will have time to do so, and it is normal to experience sadness or other negative emotions. We are on the way to being able to accept, but we do not yet know how to do it through lack of training. With patience and confidence we will make better progress in this process of developing consciousness.

Our suggestion for those moments when someone feels sad or worried is for them to use tools to free themselves from such negative emotions, to clear them, since they are not yet able to accept the situation because they have not reached a high enough level of consciousness. They will do before too long if they continue working with the information and training with it.

Yet what are the appropriate tools for eliminating negative emotions? It depends on individual preferences, because each person knows what makes them switch gears: watching a comedy, practicing a sport, being in nature, etc.; always endeavoring to have in the mind thoughts that do not fuel negative emotions further. That is to say, we must let go of thoughts that feed sadness, and focus on those that release us from it, by seeing always the positive side of everything that happens.

We know that sadness and negative feelings in general lower our precious vital energy. We also know that if vital energy drops, we fall into a zone of mental

darkness (negative thoughts) and our inner peace diminishes. Therefore we need to leave that vicious circle as soon as possible, by recovering vital energy with the tools that we are proposing throughout this theme and in the training exercises.

It is necessary to respect the amount of time an individual takes to assimilate this information so that it begins to germinate in their mind. The time will come when they finally understand; there is no rush, this is not a competition, it is a path of learning in which it is possible to enjoy each small advance. In short, it is a personal decision: we can choose to suffer or to enjoy life. Once we have made the decision, training with the new information of wisdom begins. No one can take the decision or carry out the training for us.

Lastly, how do we know when something has been understood? Because we can accept it with ease and we feel at peace.

And how do we know when something has been accepted? Because it no longer happens, or it ceases to be a part of our life; because it does not generate any conflict, and we experience peace, harmony and inner satisfaction.

Decisions made using knowledge are based on recognition of the external reality and on the need to adapt and flow with this reality, instead of fighting against it. Every human being has a function that does not involve changing reality but adapting to it, like water.

We need to fill ourselves with inner peace. For this purpose, as we have seen, the fundamental tool is acceptance, that is, to stop arguing with the world, situations, people or circumstances, and focus on ourselves and no one else, because each individual is the only one who can change their life, nobody else can do it for them. If someone changes their inner reality, immediately (magically, automatically) an external reality that matches that inner change will appear.

Acceptance, then, frees us from suffering, conflict, aggression and slavery, which is a mental situation that in turn can generate outer slavery. We cease to be slaves because we become independent of what others say or do in order to maintain our own inner equilibrium. We become free to take decisions and accept the result, as well as to respect.

As soon as we accept that life always arranges what is necessary for us, our relationship problems, suffering and anxiety come to an end. If the mind comes

to accept, the ego disappears instantaneously, because it habitually feeds on those negative elements.

Acceptance also helps people to dispense with the bad habit of reproach. When we reproach we neither transmit wisdom nor offer any help, rather we express pride and anger and contribute towards others losing their peace after losing our own.

Look at the following example:

You have placed a large order at the supermarket and instead of food, they have delivered cleaning products by mistake. Moreover, it is a Friday afternoon and the problem can't be solved until Monday morning. Faced with this situation, there are two basic options:

One is to take the opportunity to accept that people make mistakes, and use the cleaning products to clean our house from top to bottom and inside out, before calmly calling the shop on Monday and good-humouredly pointing out that a mistake was made and that you are letting them know so that they can make sure that they don't make similar mistakes with other customers who might not react so favorably. In other words, do not lose your sense of peace, and do not contribute towards others losing theirs, instead offer neutral information that can help them in the future. If the mistakes are repeated, you can decide, calmly, to order your shopping from another supermarket that manages orders more efficiently, but without reproach. Since you have accepted and not lost your sense of peace, you will not suffer such mistakes in the future, since you do not need to learn the lesson.

The second option would be different: you get very angry due to the supermarket's incompetence, lose your sense of peace and immediately pick up the phone and displaying bad manners you have a go at the person who takes your call, who probably has nothing to do with the situation. You contribute to this person losing their sense of peace, by venting your own negativity at them in order to make yourself feel better. There is no intention to help, just to release your internal limitation, so that they "know what's what". Not having taken the opportunity to practice acceptance, the Universe will make sure that this type of mistake is repeated in your life until you learn.

3.4 Consequences of non-acceptance

Life gives everyone precisely the experience that they need; no more, no less. We have to make the most of this circumstance instead of looking for experiences that are not offered by life because these are not necessary.

What do we need to learn from difficult situations? The seven tools of love, but mainly acceptance, that is, not trying to change others or blaming them, and the ability to take responsibility for our own lives. We need to learn to develop inner peace, together with the inner virtues of happiness and the capacity for service.

How to avoid difficult situations? Also through acceptance. As soon as something has been accepted, there will no longer be a problem, because there is no need to learn anything from it.

Acceptance is a very profound tool and it is based on a principle of elementary Law: nobody needs to sit an exam that they have already passed or do a test that they already know; nobody has to repeat an exercise that they know how to do, because this is a waste of time and the Universe is efficient. Only things that we have not been able to accept completely, or that we have not previously understood, are repeated. That is why the saying goes: "Never say never." Precisely when we say: "The only thing that I don't accept is this", that will be exactly what happens. That is precisely what this refers to: "That which you most fear shall befall you".

It seems unfair, but this is precisely the Law, because everyone fears what they have not accepted or understood. And there is only one way to learn to understand it and manage it. However, non-acceptance makes us correspondent with very difficult situations.

In a relationship between a couple, for example, if a person says: "I'd accept anything from my partner but infidelity", that is exactly what will happen to them, because what they most reject and fear is what they need to learn.

3.5 What has already been learnt will not be repeated

Under the Law of Correspondence, to the extent that we fully accept and understand a given situation, it will no longer be necessary for us to repeat the

type of experience that causes us suffering. For example: a person's destiny includes the need to break a leg for them to learn to have patience and also so that a circumstance like this does not prevent them from being happy. Yet it turns out that before that happens, this person understands that they can be patient with many things, and that situations that are sometimes very close to them, although difficult, need not prevent them from feeling happy and at peace; and so they no longer need to break a leg. The need for an experience changes when understanding is reached.

Where we are is where we need to be, and where we need to be there are only two things to be done: accept that reality and adapt to it. These two tools can be the basis for all personal decisions, and then we will become correspondent with a more satisfactory environment.

When we "let go", we accept, we apologize (without apparently being in any way responsible), and we manage to shatter the blocks. These blocks are solely mental, and in order to shatter them it is necessary to carry out unblocking exercises. When the Master tells us to "turn the other cheek", He is speaking to us of the unblocking exercises.

A difficult situation for any human being is in itself a learning experience, a test or examination that life sets on spiritual development. We need to respect people's destinies, and if someone, through their destiny, insists on an aggressive situation that causes suffering, we cannot avoid it, but we can remove ourselves from it.

In repetitive situations it is very important to recognize this: once we have passed an exam with top marks, that situation will never be repeated again. But if we do not manage to pass an exam that way, it is obvious that life will repeat it later on. When we understand that every experience is perfect for what we need to learn from it, we can make much more efficient use of what experiences teach us; then they can be accepted completely and with that, they will not happen again.

Some people do not pass the exam, they run away from the situation because they cannot handle it. What happens then? The next relationship in which they find themselves, the next job, the next situation, will be very similar to the one before, because the test returns. But if the person passes the test two things happen: life either shows them the way to remove themselves from the situation, or it generates the way, and their next experiences will be different.

Acceptance is "magic", because when we stop arguing, the way is cleared and everything flows. When we are afraid of something but we accept it one hundred per cent, that something will no longer happen.

3.6 Learning to let go

Acceptance is learning to let go.

We ought to let go of people, let go of life, let go of things; we should flow, and not worry ... because what is not meant to happen will not happen, and what is meant to happen will happen, regardless of what we do. Forecasting and planning are good, so long as we accept that these methods may fail or the results may vary.

Decisions are essential; we need to learn to decide and to accept responsibility for our decisions. Yet we must avoid deciding things that bring distress, that also depends on us. We should let Divinity take charge and take responsibility for what we are able to do. Our decision should only be to do the best we possibly can.

On letting go of the fear of dying or losing what we have, the remaining symptoms of non-acceptance will fade away.

The fear of loss is the foundation of all our anxieties, bad temper and conflicts. Human beings are less afraid of losing their lives than of losing material things. But once we succeed in understanding that all that we need is with us, we free ourselves from the fear of loss.

It is important not to confuse *letting go* with giving up. When we say to someone: "relax and don't worry", we are not telling them to do nothing, but to focus on being efficient or excellent, without worrying or being anxious, because that makes them less efficient. People who are filled with anxiety totally block the access to opportunities, whereas those who are calm and get on with doing "open the doors".

An excellent human being is one who is efficient; and efficient is someone who does all that they are supposed to with enjoyment, without worrying or suffering over anything, because they know of the existence of Laws called Correspondence, Cause and Effect and Affinity, and that to the extent that they generate peace within them, they will also generate affinity with states of peace,

harmony and tranquility; to the extent that they produce the capacity for service within them, this will give rise, through the Law of Correspondence, to abundance in their life; and to the extent that they possess happiness within them, they will be trustworthy for others.

A salesman who goes out to work stressed because they are overwhelmed by the same old story of: "I have to sell"; "I have to make an effort"; "I have to ...", sets out already too anxious to be able to reach their goal. They will not obtain very good results, but they do have a lot to learn. In contrast, a salesman who goes out to work with the aim of being excellent, who says: "I'm going to offer customers my best image, not just a product, but an option for life; I'm going to give them peace, confidence...", is going out to sell, not to worry; to provide a service, not to reach a goal. People like that obtain 100-150% more results, because they are excellent at utilizing their energy.

It is worth repeating that we are not suggesting giving up, but letting go to the flow of existence with absolute confidence. If we give life and other people the best that we have in ourselves, life will return the best that there is in each person.

Acceptance is "magic", because when we stop arguing the way is cleared and everything flows. When we are afraid of something but we accept it, that something will no longer happen.

3.7 The wisdom of accepting what is unpleasant

As one of the postulates of the Law of Harmony says: "Everything that pleases is accepted". That is, it takes no effort to accept what is pleasant; the challenge lies in accepting what we do not like, and that is what wisdom is. But to achieve it we need to have an understanding of love. Love needs to be expressed to accept what is difficult, to cope with situations that are not easy to understand, to accept the mistakes that others, or we ourselves, make.

We must come to terms with our own feelings, emotions and thoughts of ignorance, and there is no reason for blaming anybody for that. If we feel bad, it is not appropriate to express it to others. When we are not able to say anything pleasant it is much better to remain silent, because that will not harm the other person in the way that words can. We need to accept that everyone is doing the

best they know how to do, even when they make a mistake, because in that way we are working on a principle of purity of love.

In advertising, presenting things that are not healthy or environmentally friendly in a pleasant way makes them seem attractive to us so that we accept them. Conversely, important values are often presented in an aggressive and imposing manner, and consequently a defense mechanism is triggered and they are rejected. Our suggestion is to reverse this strategy: it would be much more appropriate to present what is harmful in an aggressive manner, and what is positive in a totally pleasant manner.

Another example of this can be found in the education that is given in the family environment: we habitually try to impose principles that we consider valuable for our children in an aggressive way or through punishment. And the media do not help in this sense, because as we have said, they present what is negative in a pleasant way.

3.8 Acceptance as a neutral point of love

Our mental structure has a tendency to enter into conflict with the Laws of the Universe, the mind does not easily accept that things happen the way they do. Sometimes we try to change what is outside to make it fit an inner belief but, fortunately, that cannot be done. What we have to learn is to replace the inner belief with a truth to understand what is going on around us, that is what the exercise of spiritual development consists of. Every time a concept is discarded because it is untrue or accepted as truth, it disappears as a concept and becomes truth; that is when understanding grows in someone, their ignorance decreases and, through the evolution of love, their consciousness grows.

In summary, we suffer because we do not accept reality, and we do not accept it because we are all full of false beliefs. The solution is to exchange them for verified truths.

When we manage to leave behind opposites and beliefs we reach the point of verification of truth and we make the change in polarity; that is what the Law of Evolution consists of. The change in polarity occurs when someone reverses the process of relationship with reality. This means that:

- ✓ They totally, once and for all, stop trying to change any external thing, because they have verified that that is not their problem.

- ✓ By doing this, they fully accept the possibility of making an inner change to adapt to the reality in which they find themselves, regardless of whether or not they agree with it.

The *state of acceptance* recognizes that what is outside is neutral, not "good" or "bad". Neutrality, and not duality, characterizes understanding and love. We fervently need to possess a healthy mental structure. For this it is essential to begin to think about love, positive tools, not forming part of the crisis, and not becoming involved in what is not meant for us; all this without denying that that may be a reality, but there is no reason why it should be our reality.

If we accept ourselves totally as perfect beings, we will indeed begin to manifest perfection.

*If we truly accept others as they are,
we will be happy with their happiness.*

Instead of attacking, we need to support others in their happiness. For example, if our 17-year-old son says he is happy going to a rock concert, although we may detest rock, let us enjoy seeing our son happy, because that is supporting him and accepting him.

Chapter 4. Ways of arguing with life

4.1 The function of each person

The principal cause of the failures that many people obtain in their life experiences is that they are constantly arguing with what life has given them.

If someone's function were to do what they like, then they would always have the necessary power to achieve it. Each of us possesses one or more specific functions in life; trying to put into practice one that is meant for someone else is to go against the Law, as is failing to fulfill the function that is meant for us.

*Let us stop trying to do what we are not meant to do and
what we cannot do.*

What we are doing is our function; it may be that afterwards life will lead us to do something else. The fact is, we argue with what we do not accept. If we do not like our function, the day that we enjoy it —that is, when we accept it and leave ignorance behind— it can change.

If we do not accept something it is because we do not understand how life is arranged. There is nothing in the Universe that is not perfect; therefore, to argue with anything is to argue with *perfection* in order to try and rearrange it and turn it into something as flawed as our own ego and ignorance, and that the Laws do not allow.

4.2 Why do we fail in the four specific areas of life?

It is worth asking ourselves what are the reasons for human failure in the most important areas of existence, namely:

8. **Health.** All disease starts in thought. Lack of appreciation, low self-esteem and frustration over not managing to satisfy what people think are their needs make many reject life and have thoughts stemming from their resentment, grudges and blaming. These may then be somatized in the form of different diseases, since all thoughts of rejection tend to weaken

the immune system, and also lead people to fall into different types of vices, to neglect their health and to think that life is very hard and that it would be better for it to end soon. When these people are asked why they do not follow certain recommendations about health care, they give answers like: "You have to die of something". Thus their constant battle with life becomes part of their habitual behavior, with the result of course that their failure in the area of health is not long in coming: at any moment these people will suffer some or many ailments.

9. **Relationships.** The constant conflict that some people maintain with the way in which others behave, as well as their constant criticism, attack, bad temper and attempts to impose or forbid in order to try to get other people to adapt to what they consider is the right way to live, are what cause the most profound failures of human relationships.
10. **Resources.** The financial failure of many people is the result of arguing with the opportunities that life offers, and with the life experiences of other people. We often hear someone say: "This isn't for me"; "I don't like it"; "It's not up to me to do that". It is also usual to protest against injustice and corruption, or to try and come to terms with the experience of the poor or of those immersed in different types of learning that we call "problems".
11. **Adaptation (inner peace).** The inner conflicts that most people have regarding life's different events make them consume a great deal of their vital energy. It is therefore easy for them to fall into states of mental confusion and episodes of depression, as a result of which they fail abysmally in their vain attempts to achieve inner peace. While we continue to argue with life it is not possible to overcome the conflicts of the mind.

*A loser is someone who spends their life
arguing with everything that life gives them.*

In the following table we can see some of the most usual ways of engaging in conflict with the experience that life offers us.

Table 2. Arguing with the experiences of life

1. With what others say, do or fail to do
2. With certain characteristics of our bodies
3. With the socio-economic structures
4. With our own life experiences and/or those of others
5. With not being able to practice our profession
6. With the job or profession that is meant for us
7. With things that annoy us
8. With the place where we live
9. With the profession that we practice
10. With pollution
11. With insecurity
12. With corruption
13. With religion
14. With begging
15. With governments
16. With fanaticism
17. With injustice
18. With politics
19. With evil
20. With the poor
21. With money
22. With the rich

The different ways of arguing with life generate two extremes that are very easy to recognize, on the one hand what we call the experience of being someone who is "good" (not having what one wants, and fearing that others will lose what they need); on the other, the experience of someone who is "bad" (not being able to be at peace, and fearing that one will lose what one needs); and then the experience of someone who is "wise" (one who fears nothing, who has peace, because they know that everyone has what they need for their experience of life).

The **functions of the wise character**, to which we all aspire, are:

- ✓ *To be an example of inner peace*, of absolute respect for others, of living without experiencing unpleasant events, because they are no longer correspondent with them.
- ✓ *To give information when they are asked for it*. Someone who is wise will not provide information to those who do not ask for it, because in that case it means that they do not need it. But they will help people to interpret the information and assimilate it so that they can verify it.
- ✓ *Teach*. Giving information is something that occurs from time to time, whereas teaching involves an ongoing process. The capacity for teaching corresponds with our own capacity for understanding.
- ✓ *To carry out the relevant function*. Someone who is wise puts all their love, strength, enthusiasm and abilities into carrying out their function. That is to say, they always work at what is meant for them.

Unconsciously, human beings argue with life instead of taking advantage of it as a learning opportunity, and fighting with it prevents understanding. The ego resists accepting, and in the face of certain external situations, the mind says one thing and feelings say another.

The mind is an archive with a greater capacity than that of feelings, although they also originate in the mind. Human capacity for understanding is greater than the capacity for feeling, and is also at a higher level of evolution, of understanding. Feelings are not reliable for guiding us towards the Law; sentimentalism is a limitation, it is part of the ego and leads us to suffering. It is a question of learning to direct our thoughts, feelings and emotions intentionally rather than automatically.

Love is the absence of sentiment for a profound expression of acceptance. Feelings cannot carry out something that clashes with them; however, love can. Feelings do not serve for establishing relationships or for being successful in life or happy, because of their duality; they are for knowing oneself. However, love signifies the ability to accept everything that is not pleasing to the feelings.

Loving does not mean either that we like a person, or that there is harmony or integration between us; it means that we accept them just as they are, and respect their experience. If their experience is one of suffering and it cannot be avoided, it must be respected, because it is not possible to evade the destiny of another person or to sacrifice our own life to please someone who is acting from ego, because that would not be love. Someone who does not change anything will continue to suffer, and the rest of us will not be able to avoid it; and suffering with that person will not help either.

To succeed in letting go of the battle and looking for another option in life, something has to happen that takes time: *conflict saturation*. When someone verifies that arguing is useless for achieving a satisfactory result, they effect a marvelous change by letting it go and working to modify within them what it is that they do not accept about their external reality. As long as someone thinks that they can gain something by arguing they will not let it go. The alternative is to direct our energy to changing what is on the inside; this is how we move to a state of acceptance, we stop arguing and we do inner work to overcome limitations and develop virtues.

4.3 Selfishness

Selfishness is the things that we do every day believing they are virtues; it involves trying to change others, mainly for two reasons:

1. Because we do not accept them as they are.
2. Because we want to stop feeling bad about them.

A selfish person then is one who wants to change others or sacrifice them so that they themselves can feel good, because they do not want to do the inner work. This is what we do on a daily basis, and we wear the mask of love to do it. For example, we say to our son: "Don't go out, because I feel bad when you go out. And that's that." Or: "Take care of your health, because if you get sick I will

feel dreadful." This is the false mask of love: "Because I love you so much I don't want anything bad to happen to you"; in fact this is the untruest thing there is, because what we don't want is to suffer if something happens to others, and we would rather sacrifice them.

"I can't live without you" is a perfect expression of selfishness, and we use it in a very romantic and loving way. But in fact it means "I'm going to tie you down, I'm going to limit you, I'm going to stop you doing this thing or that; and if you're not here I'm going to suffer greatly." All of this is a huge display of egoism and ignorance. "It's because I love you that I don't want you to suffer ...". Not true!; what we don't want is to suffer ourselves if something happens to the other person, what we don't want is to lose the other person because we are attached to them and dependent, because we are not free. And there is the mask still, saying: "What a good person I am!" But there is nothing good about it, it is all ignorance. It would be different to say to the other person: "I love living with you"; this indeed is an expression of love.

Selfishness means not being able to accept others or respect their experiences, but wanting to make them change so that we can feel at peace and not have to do any inner work. This leads to disastrous results in human relationships.

4.4 Acceptance as the way to happiness

Everything that leads us to conflict is untrue information. On the other hand, what leads us to accept and to train ourselves to obtain peace, happiness and service, is wisdom-related information. Our minds are full of untrue information. Inefficient conflict is the battle against what is outside us, and the *cycle of action-recovery* is what governs all of the efficient processes of the Universe. It is essential to manage our own cycle of action and recovery well and not waste it, and the same is true of the *cycles of training and opportunity*. Running away is no good, running away is a waste of training and the opportunity to learn. With regard to training, we have two options:

1. To take advantage of the opportunity to learn.
2. To complain about our misfortune.

If we choose the second option we will be wasting our vital energy.

Thus, our inner attitude towards life can be:

- ✓ *One of complaint or rejection.* This means our mental conception is negative, wrong, mistaken, untrue. We do not yet know it, but this attitude will be shown to us clearly.
- ✓ *One of acceptance and appreciation of life,* seeing it as an opportunity. In this way the conception we have is true and it is possible to use it.

A person's inner attitude generates external behavior, which is what we each use to interact with life. Thus, if the behavior has its origin in a negative attitude, then that person will be aggressive, unhelpful, resentful, proud, they will expect things always to be done the way they say, they will not take orders or accept figures of authority; it is, in short, the external behavior of failure. And this harms the relationships of that person, their work, their life in general, it complicates everything.

As we already know, everything that happens is perfect and has been designed for a specific purpose. Each of us is exactly what we are, and that is perfect; therefore, there is no need for comparison with anyone better or worse, we should just enjoy what we are and improve it.

We have everything necessary to be happy, because we are happy with what we have. We want nothing other than what life gives us. We understand and accept that life always gives us what is necessary according to the function that we each fulfill, and that the only thing that depends on us is to give of our best in the function that we are meant to carry out, and to be aware and ready to accept other functions when life requires this; because this is how we learn to be happy. And once we are happy it is possible to support the happiness of other people.

This, then, is the secret of happiness: to do the best we can every day and accept with love the result that life offers. Because there is nothing outside us that can be changed; the result of always doing the best we possibly can will always return the best.

Mental freedom is measured in terms of the calmness, peace and capacity for conscious action that a person has when faced with any situation; also by their skill at intentionally changing their thoughts, behavior, ideas and feelings, that is to say, their skill at changing their personality at will and easily accepting

new ideas that can improve life, understanding and relationships with all living beings.

All unverified information that a person takes as true dangerously becomes a mental limitation or block that prevents the acceptance of new information or behavior, and is also a hindrance to attaining inner peace, success in life and satisfaction in relationships.

Beliefs block the mind from accepting new information.

A mind that possesses wisdom only accepts and handles information that is true. Nevertheless, limitations are necessary in order to discover the truth and develop wisdom. But subsequently it becomes necessary to clear our beliefs, or otherwise we will not be able to accept the order of the Universe. Our own mental limitations are what do not allow us to accept behaviors and ideas that are different.

Chapter 5. The magical power of letting go

5.1 Letting go

Nowadays, *letting go* is a technique that is applied in psychology to help people to overcome various mental conflicts, such as anguish, stress and a state of panic, or emotional and sentimental crises. But in order to achieve this, it is no longer necessary to take refuge in a monastery or escape from the world; this mental training technique, rooted in philosophical knowledge and in an understanding of real life, can be practiced as part of everyday life.

*The result of integrating letting go and acceptance
is absolute peace of spirit*

Letting go unblocks the mind and life flows; and if this is not the case it is because the individual has not let go and has not accepted what life is and what it offers. When you feel blocked, you have to ask yourself: "What is it that I'm not accepting?; what am I facing?".

Ceasing to insist and renouncing makes it possible to see other options. What happens is similar to the moth that continues trying to fly through the window pane: it does not see that it has another way to reach the garden.

Acceptance means letting go of changing anything that is happening outside. If we accept that everything that happens in the Universe is perfect and, as a complement, we let go of trying to change it, then liberation occurs and peace is attained.

*Stopping changing other people's reality.
Change your own reality by means of acceptance.*

The sequence of the "miracle" of letting go involves two simple steps:

- ✓ **Step one:** We stop insisting on what is not working for us, by understanding that it is of no use to us, we do not need it or it is not meant for us, whether it be a business, a medication, a relationship or merely the

act of criticizing. It is important to let it go so that new options of love can appear in the mind.

- ✓ **Step two:** We accept that whatever it is cannot be done, either because the Law does not allow it, or because we do not have the ability to do it — because if we did we would already have succeeded—. This is the way to put an end to pride. If it is a matter of not having the ability, then the appropriate thing to do is to let somebody who does have the ability do it. If we have the ability but the action is not correspondent, then in the same way we must let somebody else with whom it is correspondent do it.

Show others how to change their reality

after verifying this they are accordant with this information.

Of the tools available for clearing the mind, acceptance is the most profound and letting go is its perfect complement.

If we want to stop suffering then we must practice letting go.

These are just some of the habits we should let go of:

- ✓ Watching people with mistrust.
- ✓ Judging their decisions.
- ✓ Forbidding others to do what they need to do in order to learn.
- ✓ Imposing one's own beliefs, reasons or truths.
- ✓ Condemning the attitudes or behaviors of others.
- ✓ Protesting when things do not turn out as we want.
- ✓ Answering back when presented with something we do not agree with.
- ✓ Protesting at what confronts our own ideas.
- ✓ Assuming that unpleasant things may happen.
- ✓ Performing duties which are no longer our responsibility.
- ✓ Doing justice for what happens us or to others.
- ✓ Getting in the way of other people's evolution or activities.

- ✓ Being offended by what others say or do.
- ✓ Everything that could disrupt inner peace.
- ✓ Forcing people to be with someone.
- ✓ Looking for guilty parties for things that happen.
- ✓ Opposing the reality of life.
- ✓ Preventing other people's experiences.
- ✓ Contradicting anyone's opinion.
- ✓ Suffering about things that cannot be changed.
- ✓ Being a slave to the opinions of others.
- ✓ Interfering with others' decisions
- ✓ Becoming anxious about things we cannot control.
- ✓ Fighting to achieve things we do not need.
- ✓ Suffering about whatever we cannot do.
- ✓ Holding our own ideological positions.
- ✓ Hurting anyone for any reason.
- ✓ Defending being right.
- ✓ Worrying about what you do not know.
- ✓ Suffering about what might happen.
- ✓ Investigating who hurt someone.
- ✓ Allowing others to decide for you.
- ✓ Worrying about loved ones.
- ✓ Arguing about anything.
- ✓ Demonstrating that you're right.
- ✓ Holding onto what you don't need.
- ✓ Criticizing anyone or anything.
- ✓ Being selfish and proud.

If someone lets go of all these habits, they will attain an invulnerable sense of peace and become a Master of Wisdom, and it will be easier for others to behave appropriately, because how can you offend someone who is no longer offended?

5.1.1 The distinction between indifference and letting go

However, letting go must not be misinterpreted; there is no need to let go of whatever falls to you in life: one's duties and activities.

When someone acts as the *wise* character, their mind will tell them: "You've turned into a bad person", because it is reacting from ignorance. In the same way, indifference is ignorance without feelings. On the other hand, letting go from wisdom is on a level of Mastery in Love where it is possible to recognize that each individual has the experience that is meant for them, not one that is meant for someone else, and that that is a perfect process for developing love in each individual.

The *indifferent* person does not care about the experience of others, whilst the *just* person cares, but does not interfere, and instead supports it. How? By giving the information that people need in order to overcome their own difficulties. But they will not give information to those who do not ask for it.

5.1.2 Why do we experience suffering?

The answer is simple: because we do not accept, and we do not accept because we do not understand.

If, having understood, we carry on without letting go of what is not meant for us, then we will continue to suffer.

The possible sequences are as follows:

We do not understand \Rightarrow we do not accept \Rightarrow we do not let go \Rightarrow we suffer (feelings) \Rightarrow our vital energy drops \Rightarrow mental conflict \Rightarrow we see life as "black"

We understand \Rightarrow we do not give up \Rightarrow we suffer (feelings)

We understand \Rightarrow we accept \Rightarrow we let go \Rightarrow we do not suffer (love)

5.2 Pride and ego, two sides to the same coin

Pride *can also be called* ego, mind or belief system. People need to accept and let go. For the ego, accepting that "something cannot be done" is very easy. For example, that human beings cannot fly; but accepting that "I cannot do something" is more difficult. For example, reassembling the Rubik's Cube; and this is because we were taught: "I must be able to do it".

When someone recognizes that "they cannot do it", pride is shattered. Consequently, as the mind is unblocked, the miracle manifests. We accept that we cannot do something, we stop insisting, we let go of the ego, and immediately we begin to use understanding and love. If we are able to let go of our human limitations we will be able to work any miracle. Obviously, miracles are governed by the Laws of the Universe, we do not control them. However, to produce any act of magic, however small, in our lives, we need to use the same tools that give rise to the miracle: fundamentally *letting go* and *acceptance*.

Only the mind has limits, and the results of those mental limits are suffering, anxiety, illness, conflictive relationships, scarcity of resources, etc. As soon as someone shatters their mental limits, there will no longer be anything they cannot do. Little by little, and within the ranges of their correspondence, they will be able to work miracles: establish excellent relationships with everyone or be certain that nothing unsatisfactory can happen to them, even in the middle of chaos, because they are working with their own values.

Once we let go of the mental expectation that the world, people and life must behave the way we want, expect or desire them to, life can become fun, something to enjoy. But until we use the two tools mentioned above, acceptance and letting go, life will remain full of stress, suffering, anxiety and constant fear.

*Acceptance and letting go are the two tools
that transmute ignorance into wisdom.*

To dissolve the ego it is necessary to let go of everything that we want, even if this sounds tough for the ego. Besides which, you may well wonder: "If I let go of everything I want, what do I have left?" What is most marvelous: what you already have, which is not the same as what you want. And what should you do with what you have? Appreciate it. In this connection the Masters offer a very

simple teaching: "Instead of spending your life suffering about what you want, spend it appreciating what you have and everything you need will come to you." At heart, this is a very simple tool; it is true that applying it requires training, for the ego will "kick up a fuss", squirm, fight and defend itself, because it is clever, subtle and treacherous.

When we let go of ignorance, it dissolves, it does not reassemble itself. The same thing happens with the Rubik's cube exercise: it is much simpler to take it apart than it is to put it back together again.

Our aim must be to gradually use reasoning less and understanding and intuition more, in order to raise ourselves up spiritually.

We all have the tool of *letting go* available to us, and the use of it depends on each individual. No one can use it for someone else nor can they evolve for others; they cannot develop someone else's consciousness, this work is wholly individual. Therefore, and in summary, it is important to know that we must let go of everything that we want, also that with which we are uncomfortable; then we will begin to have absolute peace.

Also, along the same line, we must enjoy everything that happens. Not suffering over anything means that we are looking at life from understanding, and the ego begins to say: "You're becoming a bad, insensitive person. Where is your solidarity? What's up with you? You've been brainwashed." If we believe the ego in this situation, we will fall back into its trap and continue suffering.

The *ego* has a nutrient that keeps it alive inside us, suffering; the ego is in fact the *archive of suffering and ignorance*. To stay alive it has to feed on the energy that comes from suffering. The more someone suffers, the more anxious they are, the more stress they are coping with, the less they accept life, the stronger, more robust and more developed their ego will be.

As a formula for letting go of suffering, anxiety, worry and expectations, it is a good idea to repeat the following calming phrases:

"I give my best; what is meant for me will always come at the right time; if it isn't for me, I don't need it, therefore I'm never going to worry about the future, because what exists is the present, and in the present moment I intend to be excellent, and everything else will come on its own. What is meant for me will always come, and I don't need anything that is not meant for me."

The best attitude, then, is letting go. Once the presence of a Law has been verified, if someone stops going against it they will place themselves back within the order of the Universe. However, remember that if we make less than three and/or more than seven attempts at something that is not meant for us, whether it be a job, a relationship or anything else, we will be going against the Law of Correspondence. Insisting on something is not only futile, it also generates every type of block imaginable. In other words, if one knows, things go well; if one does not know, they are blocked.

To summarize, *acceptance* means completely letting go of interfering with any process outside oneself, by having total and absolute respect for everything that exists. It means admitting that everything that exists and that happens has a perfect purpose of love, even though we may not know what it is. It also involves letting go of getting involved in conflict and trying to change the perfect order of Universe.

Chapter 6. Why do we resist acceptance?

The conceptual, cultural and traumatic recordings that dwell in the human mind have a system of self-protection to prevent their owner from accidentally deleting them while they are still necessary for their experiences of evolution and recognition of the Law. For this reason, the *system of ignorance or of beliefs* cleverly makes up all kinds of excuses for maintaining suffering and thus stubbornly rejecting any information that may bring light to the mind. Therefore, the possibility of transcending suffering is present only in individuals who are intelligent and able enough to understand the information of love and make appropriate use of the tools that make it possible to dismantle ignorance's self-protection mechanism. As we have already said, these tools are *acceptance* and *letting go*; using them brings peace of mind and total liberation from suffering.

*We must not believe the ignorant
who offer Heaven through suffering.*

We should stop increasing our inner limitations still further with lamentation, suffering and justification. The ignorant mind resists accepting that everything that happens in the Universe is perfect and necessary, because admitting it would immediately put an end to the ego and darkness. And the ego defends itself with specific weapons that we need to recognize in order to stop using them: mental justifications to continue suffering.

Acceptance is a **profound science of spiritual development**. Accepting means that we are ready to totally give up:

- ✓ Suffering, because we are beginning to express the love there is inside us.
- ✓ Changing others or interfering with any circumstance, situation, person or event that happens in the outside world.

We ought to accept people as they are.

Trying to change people is a pointless waste of time and inner energy, for the mission of love involves only teaching, giving information of wisdom and

being a point of reference and guidance for others, and then each individual changes themselves. As long as we want to change someone, we are not accepting them; we know this because we are criticizing that person, judging, condemning and attacking them.

Inner change, therefore, involves deciding not to change others, but to accept them as they are. When we do so, we stop arguing with them, and as a result conflicts disappear. However, we will not make that inner change until we have become saturated with conflicts, because we will insist on changing others. When we start working on ourselves we can see the results and we can open to further information, because those results are pointing the way to the development of consciousness.

All human beings are perfect, but never the same; we have different personalities, beliefs and likings, and this is what is enriching and what makes it possible to develop acceptance towards others. The greatest challenge of love is that of total acceptance, of loving one's "enemies"; although we do not really have "enemies", just people with whom we have disagreements, and who have opinions and behaviors that are different from our own.

Relationships of love are characterized by the recognition of the essential values of life, the value of the other person and of the relationship. This manifests with the acceptance of conceptual differences as opportunities for mutual learning, excellent communication, self-assumed agreements, unconditional support and constant satisfaction

Only someone who is in a state of ignorance attempts to work on the outside world. However, a person with wisdom or a disciple of love devotes themselves exclusively to working on their inner world to transform it into an experience of peace and love. This means that they have let go totally and for good of any attempt to change anything that is happening outside, because they accept that it is perfect.

If someone has not suffered enough, they need to continue suffering; but if they have, they will have access to the tools that make it possible to dismantle the system of suffering.

Ignorance protects itself against accidental deletion, as we said earlier. That is, while we have need of ignorance we cannot erase it. On the other hand, when

our level of inner peace and spiritual development has reached at least 50%, it becomes possible to erase ignorance, because we no longer need it.

6.1 What makes us suffer?

The mental justifications for suffering are infinite. The mind, the ego, will always be telling us things such as: "Be careful, you're turning into a bad person"; "Where's the love that you pride yourself on?"; "How do you express solidarity?"; "How's the world going to change with people like you, who do nothing and serve no one!"; "You're selfish, you only think of yourself, not about others". All of these will be the weapons, in the form of excuses, that the ego uses to maintain the system of suffering. If we let ourselves be misled by them, we will not be able to stop suffering.

Mental justifications are subtle; we need to work with them, observe them, identify them and not let them deceive us. Ignorance will always disguise itself as kindness, saying things such as: "I'm a very good person and that's why I suffer for others". But this is a false belief.

Letting go succeeds in eliminating the justification.

Let us therefore let go of suffering and interfering.

The day that we understand that *suffering does not mean we are good, it means we are ignorant*, and that being full of love is the same as being full of peace, we will have available a good tool for not suffering.

In actual fact, nobody "has" to suffer, if someone suffers it is because they do not understand or accept, because they aim to get their way. But when someone accepts the will of the order of the Universe, they stop suffering and true peace begins. However, if they resign themselves they will continue to suffer quietly and will maintain the same level of ignorance within them.

How can the *"thieves" of the mind* be recognized? Very easily: because they generate dissatisfaction. These "thieves", also called "traitors" or "merchants", are criticism, fear, anger, worry, pride, control, suffering and other characteristics of ignorance. To remove all of the "thieves" from the mind, it is necessary that it is not the mind who controls the person but, the other way round, the person who directs their mind.

Any thought that disturbs the peace, that involves the slightest suffering and brings inner disharmony, will be an inner merchant that must be "whipped out" if necessary.

6.2 How do we stop suffering?

The key is in not accepting anything in our minds that produces suffering; we have to "change our mindset" immediately, and in this way we will begin to stop suffering.

The most important thing to succeed in erasing the "cultural program" of suffering is to stop feeding the ego with suffering or with the need to defend itself from what is happening outside in order to attain inner peace. While we continue to be dependent on praise or to suffer as a result of criticism, the ego cannot disappear. Only someone who is spiritually independent can completely eliminate their ego. When nothing of what others think or say about us means anything to us, when our actions in the world around us operate only through the respect that everyone deserves, then it is possible to eliminate the ego and stop suffering.

To stop having problems and conflicts, we have to understand that the problem of human beings is not outside us, but inside; according to how we handle our thoughts, attitudes and behaviors, is how we generate our external circumstances. Therefore, if we change the way we think, act and behave we will generate other totally different circumstances.

Only someone who is able to deeply respect others as themselves in their concepts, ideas, beliefs, customs, attitudes, ignorance, limitations or wisdom, has the ability to express love. And only someone who is able to fill themselves with inner peace that is invulnerable, regardless of what is happening around them, will know that they no longer need to suffer.

There is a mental duality that we need to dismantle; we were sold the idea that to be good we have to suffer, and that not suffering (or being at peace) means we are bad. We therefore need to clarify these concepts and change these equivalences, by saying instead that not suffering is good and that suffering is very bad.

6.3 "Good" and "bad"

Goodness and badness are characteristics of the mind, which interprets what is happening around us, but they are not the reality of life. There is nothing good or bad, rather everything is necessary, which is an absolutely neutral term. What is necessary does not necessarily have to be pleasant, but nor unpleasant. There is no place for the concepts of good and bad in our mind, because what is necessary will always be important and will always have a purpose of Love. Bad only exists in the mind of the human being.

So we shouldn't confuse pleasant and unpleasant sensations with good and bad; if we do, it will be impossible to deconstruct the mental program of suffering.

In our evolution, firstly we use tools of instinct (we are "the insensitive") and then those of feeling (we are "the sensitive") and, last but not least, tools of love (we will be "the desensitized"). Harmony and inner peace are tools of Love and enter the territory of neutrality, not duality. Everything that happens outside is neutral, since life events are neither good nor bad, they do not even have a positive or negative charge; they are simply necessary events. What has a positive or negative charge is the mind of the people observing the event, who, of course, will classify it as good or bad, and that is where the mistake lies. They do not classify things in any way, they simply observe them, understand the reason why they happen, know that they are necessary and respect them; that way they enter a state of peace. To be able to do so, they need to reach the third level of development of feelings, that is to say, to be desensitized beings. If we want to work this way, we need to stop paying attention to the messages conveyed by the part of our mind where ignorance reigns.

6.4 Towards invulnerable peace

We must do whatever we decide to do, but always in peace. Love and peace are conscious action, not inaction.

We must never think about problems, only about solutions, which are what will bring peace to the mind, whereas problems generate anxiety. If we give strength to the problem, we are empowering it, turning it into a drama and making it something unmanageable.

There are no problems, only learning opportunities.

Gratitude and appreciation are magnificent tools for releasing suffering, but we must express our gratitude properly: to the people who bring difficulty to our lives, because they have given us the opportunity to strengthen our inner peace and our ability to understand, accept and love. If it were not for them, we would not have been able to learn that. Instead of complaining about them, let us appreciate them and be grateful for them.

If we learn how to handle life well, nothing will be a problem, everything will be satisfactory. Difficulties are learning opportunities, if we consider them as such there will be no more problems. As soon as we feel a negative thought coming to mind, we must immediately exchange it for a different one.

Happiness does not depend on the characteristics of the body, but on the development of understanding. Someone who has been blessed by nature has few opportunities to learn to accept themselves. It is precisely those who have not who have better chances of learning to accept themselves. Sometimes we say "poor so-and-so ...", and the fact is that we should not feel sorry for them, because they are experiencing situations that are correspondent and necessary for their evolutionary development. Rather than tragedies they are opportunities that they can use to learn to be happy. Let us not forget that something that seems to be very difficult, sometimes is a great opportunity.

Our goal is to reach a mental state that is known as *I am*. *I am* the owner of my thoughts, *I am* the owner of my decisions, *I am* the owner of my peace, *I am* the owner of everything I do, and *I am* the owner of loving and respecting everyone else. In that state, we are spiritually independent, our inner peace does not depend on the praise or criticism of others, or on their decisions, or on what is or is not happening. To achieve this purpose, we need to understand and then to train.

On the outside whatever one wants can happen, because outside events are always happening, continuously, and the outside is an inexhaustible source of events from which we cannot defend ourselves to attain inner peace. Every external event must be seen as neutral; if it is not, they will identify it as good or bad; but if they identify it as necessary and recognize it as such, they will not lose their peace.

It does not matter what happens or what others do, that is what the process of spiritual work consists of. Obviously, this is a training that must first be built on an understanding of the Law of Love of the Universe, because nothing happens that is not of Love.

It is a very good idea to repeat the following sentences as a process of autosuggestion, until the mind itself accepts the message:

"My peace is invulnerable. I will not allow any external situation to affect my happiness, my peace and my love. Everything that happens in the Universe is perfect and necessary. "

When someone loses their peace, when their harmony does not exist and they are not happy, when they limit their capacity for service and for coping with life, they become a mental slave, because they allow outside situations to determine their inner states. This is called the *state of slavery*. Very high levels of suffering are generated in this state that ultimately lead to *saturation point* when the person reaching it says: "I don't want to suffer any more, I don't want any more conflicts or fights." This saturation point marks the start of the process of liberation.

On reaching it, the person starts looking for new information and the state becomes *one of ripeness*. For this reason when someone is not looking for new information themselves, it is counter-productive to try and make them, because it is not the right moment for it. The search for new information leads us to a process of openness of mind in which we replace the inner information with other new information of greater wisdom. Then, when what we call *understanding* has been reached, the real conflict with the ego begins. That is to say, someone may have reached the point where they understand that more efficient behaviors and information exist, that there is a better way of seeing life and of relating, that there is a better version for everything ... But when they set about actually working on this, their ego "lets fly". That is when they understand that no one does them harm except themselves, no one is to blame for the experience they are having because it is their own result ... But if they suddenly bump into someone on a corner who says to them: "You're a brute, an animal!", their "beast" will of course lose its temper. That is what evolution is, finding the way to control the inner beast, to handle the ego, the reactive mind, the traumatic process, so that they do not get in the way. If on hearing these words someone

answers: "I'm sorry, I didn't mean to offend you", it will mean that they have started to work with understanding, that they have turned the other cheek that is going to put an end to their ego, even if inside they are still in turmoil.

The first process is based on intentionally controlling the expression of one's inner upset; we all have it, but it should not be noticeable. Even if we feel really bad, and want to give the other person a piece of our mind, we should not say anything offensive. On the contrary, on every occasion we should give a loving response to the person who has just attacked us verbally. This would be: "Forgive me if I did something that upset you; I'm sorry, I didn't mean to. You're quite right, next time I'll be more careful." This loving expression is perfect for putting an end to the ego. But the attacks continue on the inside, the turmoil will not disappear immediately, but gradually, to the extent that we reprogram the mind with this exercise of repetition:

"My peace is invulnerable, my harmony depends only on me, my happiness is a virtue that I develop and does not depend on anything outside me."

As we work on this, the time will come when we no longer feel anything and do not have the need to control anything, or to make an effort, or to fight. When faced with some offensive behavior from someone else we are no longer able to feel anything, nor do we have any need to control it. In the mind there just appears an expression of love: "This person has every right to feel bad even though I've done nothing to them. They're doing the best they can and the best they feel, and I'm going to give them the opportunity to serve them without effort, but there'll be no need to control anything." This comes after conflict, and is the conquest, what happens when there is no longer any reaction and nothing is felt because we have moved on to the state of love, which is neutral.

Dispute ends, therefore, when we accept reality, and this happens when the "inner warrior" has done its work of dismantling the ego.

We accept reality ⇒ we let go of suffering ⇒ we obey the laws ⇒ the ego dies ⇒ we enter the land of invulnerable peace ⇒ we become correspondent with a new civilization.

Once we have recognized the existence of the Law and have taken the decision to obey it, the ego is no longer necessary.

If we accepted everything that happens, if we respected every experience occurring around us, if we did everything that we are meant to do with our very best and let go of everything that is not meant for us, what would our life be like? Extraordinary, with an extremely high level of satisfaction and quality, it would be the life of a human Master of wisdom. And if achieving this seems tremendous: what will we have to do to get there? Let's imagine what it might be like to live without fear! What a marvelous liberation! We live full of fear, attachments, dependencies, blame: of not achieving, of losing what we have, of losing our loved ones ... We have difficulty accepting what happens and as a result we are filled with suffering. We do not respect other people's experiences either, but have an urgent need to change them, to interfere in their lives, to try and make them behave as we think they should; and this is another cause of energy depletion and conflict.

6.5 The learning process

Often, by trying to do what we are not meant to, we leave undone what we are meant to. We put our mind on what we want instead of working with what we have. What we should in fact do is let go of what is not meant for us, let everybody do what they are meant to, and do the same ourselves, without wanting to do everything and without suffering, because it is inefficient.

We should do what it is up to us to do and give others the tools to do what they are meant to do, but without suffering over what they do, because that does not depend on us. Those are the tools of liberation, and to be able to apply them we need to practice *mental reprogramming exercises* —repeating in our minds or out loud expressions of wisdom—, and *mental fasting* —always thinking the best—.

In general, the mistakes human beings make have three origins:

1. **Lack of the right information.** The adult mind accepts new information, suggestions, ideas or any type of external influence, provided always that these agree with the belief system that was initially acquired; otherwise, it will reject them and put up great resistance to any change. Information can only be accepted by a voluntary decision.
2. **Lack of training.** Once someone has accepted new information, they can begin their training by practicing the exercise of being imperturbable in the

face of daily external circumstances; this is achieved by the continuous repetition of a simple mental formula, such as: "I won't let anything affect my inner peace."

3. **Lack of energy** through failure to empower our skills.

If the origin of the problem is information, the solution will also be.

If the information is not true, there is only one thing to do: discard it and replace it with other true information, because what is untrue does not make us happy, it cannot be used to build anything, to be happy or successful, we will never find satisfaction in life with what is untrue.

On the other hand, any thought that brings with it satisfaction, peace and harmony helps to build a new world for us; no matter where the information comes from: from our own mental files, from a Master, or from an archive of the Universe. The same thing happens with information that has to do with grudges, hate, vengeance or the lack of acceptance; it does not matter which archive the information is taken from, whether our own, from the immediate or distant past, or from other people, the result will be undesirable.

The first thing we need, therefore, is for the mind to accept new information of love. This will enable each individual to exchange their current conception of life for one of love. In turn, this will bring about a change in the inner attitude, which will become a positive attitude of love. This attitude will gradually lead the person to practice an external behavior of service, appreciation, acceptance and understanding, that will generate positive thoughts. This makes it possible through observation to detect thoughts that are not positive and thus reject them.

Positive thinking generates positive feelings, which help to increase energy, self-worth, self-esteem and joy, and enhance relationships. For life, the outcome of this attitude is prosperity, satisfaction and success in all spheres. And the reaffirmation that this is the truth of life, which leads us to grow ever increasingly in inner peace and satisfaction.

In addition, in relationships with others we can learn:

- ✓ By reverse contrast. Through suffering, because we want to change the other person, so that they will behave the way we want them to.

- ✓ By harmonious contrast. Through understanding and acceptance of the experiences that each individual requires to achieve their own understanding. Harmonious contrast involves adapting to the other person. Instead of trying to change them, we ourselves make an inner change that enables us to accept the other person as they are. This generates harmony, because there is no longer any clash.

An ignorant human being is a slave to fear, resentment, blame and attachment. By modifying their attitude to life, they become a conscious human being, and they live free because they have succeeded in abolishing fear by understanding life —what they are, what they have and what they need—; abolishing resentment and blame with acceptance of the experiences of others and their own, and also of life, which gives them what they need; and abolishing attachment through love, by sharing life with other people harmoniously and appreciating things for the service that they provide.

If we accept others as they are, realizing that they are full of values and virtues, we will build excellent relationships. And the "negative" parts we will handle using the principles of *the mirror* and *the fruit*, as described below:

The principle of the mirror is very simple. You get up in the morning and stand in front of the mirror; you see someone with rings under their eyes, unkempt, who does not look good. Then you say to yourself: How can I go to work looking like that? I need to look impeccable; I'm going to solve this problem. Then you get out the razor, shave the mirror, shampoo it, bath it, comb it and dress it. Is that what we do? No, of course not, that sounds completely illogical, what you have to do is tidy yourself up, because the mirror is only a reflection.

This may seem quite absurd, yet it is what we do every day in our relationships. We look at someone and we feel bad about them; then we assume that it is that person who has the problem and we tell them: "You have to change, stop behaving like that, act differently". We seek to change the other person so that we can feel good, that is the principle of the mirror. But it is not others who have to change, it is ourselves. If we feel bad with someone, it is because we have a limitation about accepting them and understanding them.

The fruit principle is also simple. You're going to have an apple for breakfast, but a small piece of it is rotten. So you cut out that rotten bit,

throw the rest in the bin and eat the damaged part. Is this logical? No, it isn't. Well that is exactly what we do every day in our relationships: you see someone with values, virtues and qualities, but like every human being they also have some faults. Nobody is faultless. Then you focus on those faults, on criticizing their mistakes, and you disregard all their values. What did you keep? The damaged part.

6.6 Which method to use in relationships: resistance or acceptance?

The *method of resistance* is based on non-acceptance.

Since we do not accept, we scold, we shout or we keep silent, we contradict everything someone says because we are resisting what they want to impose on us or what we want to impose on others; we criticize everything and justify ourselves by calling it "constructive criticism". But there is no constructive criticism, what there is healthy and harmonious communication that enables us to find solutions. Criticism never leads to solutions but to rejection. Human beings are experts at making threats —for example, "one day I'm going to leave"— as an attempt at manipulation. We argue with life, we spend all day complaining about everything and trying to change what is going on around us, because we are not able to adapt to it, and the result will always be suffering and dissatisfaction.

The four basic problems of human beings have their origin in resistance. A person has problems in their relationships when they put up resistance to others; they have health problems when they put up resistance to life; they have financial problems when they resist destiny; and, lastly, they have problems adapting to the environment if they put up resistance to their function and the place where they are meant to live.

As the Masters say: "Those who sail with the wind, are carried by the wind". This means we should not enter into conflict with life, we should not resist it. If something works in a certain way, even if we do not agree, we should let it flow.

If someone becomes involved in conflict with someone who does not behave how they want them to, they should say to them: "You have every right in the Universe to behave as you like. Therefore, from now on I'll never again tell you to change your behavior; do what you want and what makes you happy." This is how to stop resisting; it is up to the other person to see whether they change or not, it is no longer our problem.

The method of resistance damages relationships and complicates our destiny.

It is therefore the *method of acceptance* that we suggest for relationships of love rather than destiny. If we use this method, our communication will be healthy. To do this we need to place ourselves in the present, not in the past, because the past cannot be changed and the only thing for which it is useful is to appreciate what has been learnt. We also need our language to be loving, using non-aggressive words and a tone that does not exceed the automatic thresholds. We need to look for solutions, not for someone to blame. Lastly, we need always to express the values that people have, their qualities.

The greater our acceptance, the better the results; what is more, difficulties and complicated situations become unblocked. This is what is known as *flowing*. For example, whenever someone wants to start a business, or to make a trip, and they run into one problem after another, then the day they say: "If this isn't meant for me then I won't do it and that's that", then the trip will work out, or the job will appear, or the business will be a success.

The method of acceptance uses the seven tools of love. These are to let go of criticism and attack, devote oneself to serving with love and committing oneself, and letting go of interfering in the processes of other people, with respect and adaptation, and then things become unblocked.

The method of acceptance enhances relationships and frees us from destiny.

You can totally disagree with another person's behavior, and yet accept it, not put up resistance or criticize them or judge them. Accepting does not mean being in agreement, it means understanding that everyone does the best they know how to, the best they are able to, even though they may be wrong.

We can also accept that there are people who do not respect other people's rights, and that this is due to the fact that they are fulfilling a function that is necessary both for their own experience and that those who they disrespect, under the Law of Correspondence. It is accepted that this situation is necessary within the order of the Universe and that it teaches something of significant value. But that does not mean we agree with the lack of respect, because it is not right; but, in any case, we cannot impose our thoughts on someone else; if we do so, it is because we are not accepting.

On the other hand, if we accept that other people behave as best they can, we will never be disappointed, since even before anything happened it was an accepted fact. This is what is involved in working with the *purpose of wisdom*: wisdom enables people to come to accept that human errors are involuntary and that they are opportunities for enrichment.

Reality is what happens, and inner reality is what we feel about it. That is, in the face of the same event the inner reality may be different for each individual: while some feel happy, others are depressed.

So there are two ways of relating to reality:

- ✓ **From ignorance.** By rejecting reality, trying to flee from it and filling ourselves with suffering. But since the Laws of the Universe do not permit flight, we enter a deep process of dispute and frustration. We do not accept, we reject, we feel fear and anxiety about what we believe may happen, or we do not accept what happens to other people.
- ✓ **From wisdom.** By accepting reality as a perfect and necessary purpose. In this way we will have inner peace and harmony, and we will take advantage of reality as an extraordinary learning process. The exercise for abolishing suffering is based precisely on the acceptance of reality.

Conclusions

- ✓ *If we complain, we are arguing with reality* (with or without success). This means that we do not accept it and that therefore, we will suffer, our vital energy will be consumed and we will descend into states of depression, confusion and crisis.
- ✓ Only those who *accept the present reality as an opportunity for inner change* —that is, to learn new things— will be able to live a new reality of peace and harmony. It is not possible to look for peace by fighting, that is a contradiction.
- ✓ *We learn from what we do not accept*, and we can teach what we have succeeded in understanding.
- ✓ *Acceptance and understanding* bring liberation from ignorance and suffering.
- ✓ We must *rid our minds of any thought that disturbs our peace*. They can exist, it is possible to accept them, but not in our own home, which is the mind.
- ✓ *There is no evil, only ignorance*.
- ✓ *There is no one to blame*, we just make mistakes and need to learn from them.
- ✓ *Our thoughts, words and deeds today are the seeds of the fruit that we will harvest in the future*: let us sow acceptance in ourselves, and we will harvest excellent results from now on.
- ✓ It is possible to act and accept our own results, but *never to let our peace depend on others*.
- ✓ We will not allow negative thoughts to enter our minds.

Nothing should be believed, nothing should be taken as true or fact; we must practice and verify whether in our own lives this information works and produces satisfactory results.

With this information we have *three alternatives for action*:

1. We can keep it in our library.
2. We can carry it with us and show it to everyone.
3. We can integrate the information within us, so that it becomes how we act. Only in this last case will we obtain satisfactory results.

Training exercises

Observation and verification exercises

- ✓ Observe the events in your life that you cannot accept and verify what you feel inside you. You will find that there is suffering.
- ✓ When you are suffering, ask yourself a question: what is it that I'm not accepting? It may be someone's behavior, a financial loss, that your son or daughter refuses to do what you would like them to do, the death of a loved one, etc.

Exercise for transmuting suffering into satisfaction

- ✓ Make a full list of everything that you are not accepting each time you lose your peace. The merit of inner work and the true expression of love lie exactly in accepting what we do not like.
- ✓ Make another list of what you have already accepted. To compose it you can look for situations that previously caused you conflict or you found difficult to accept, but that now do not cause you any type of problem. Accepting what is pleasant has no merit.

The exercise consists of shortening the list of what we do not accept and lengthening the list of what we do accept. Be truthful, because you do not have to show your lists to anyone; write them with all the inner honesty that you can manage.

Exercise to stop suffering: changing your mindset

When thoughts you do not like come to your mind —of criticism, suffering, anger, fear, etc.— change them for others that bring you peace. For example, you can repeat this sentence: "Everything that happens is perfect and necessary and has a purpose of love". We can call them *replacement thoughts*; they are memorized and always kept ready for use when ideas of suffering come to mind.

Replacement thoughts can also be pleasant memories, a landscape, the time when we met a certain person ...

Our suggestion is that each theme should be read 30 times, because the adult mind requires at least 30 repetitions to codify something. However, between seven and ten times are sufficient for a child's mind, because it holds less ignorance and fewer learned concepts than an adult.

If you always do the same thing with the same attitude, you will always obtain the same results. Change the information, change the attitude and you will change the results.