

LEARNING TO BE PEACEFUL

Foundation for Consciousness Development

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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 power of inner peace

This topic is for all those who think that this world can become a better place; for those who are sure that human beings can bring about a change in themselves that will enable them to live together in peace and harmony; for those who hold the hope of a new life; and, in short, for all those who are ready to improve their lives and be successful in all their ventures.

All human beings are looking for the same thing: to be happy, find inner peace and learn to love. We may focus on what is material or on what is spiritual, but the quest is the same, regardless of the path that is chosen, for it is possible to reach the same place via different routes.

1.1 The difference between *being at peace* and *having peace*

Being at peace can be compared with the sea when it is calm; but when a storm comes, the sea gets rough and great waves are formed. However, on the seabed there is still calm. This would be having peace: not being disturbed by or reacting to an external event, but being able to remain calm and composed.

To be at peace it is sufficient to isolate oneself, practice meditation, visit a botanic garden, listen to relaxing music or any other situation that ensures that we will not be upset.

To be at peace is a temporary state, whereas *having peace* is a permanent state of invulnerable peace. Temporary peace is what we have when we isolate ourselves from situations that we cannot manage in order to prevent our vital energy dropping to the zones of darkness. Permanent peace is imperturbable: Masters do not need to isolate themselves, because they are trained and they do not allow any external situation to disturb their peace, which means that their vital energy always stays in the zone of light, where there is understanding and mental clarity.

Having peace equals zero conflicts.

To have peace it is necessary to train and to manage the tools of respect and accepting responsibility. This means not arguing with anything or anyone, and ceasing to react to external events.

We will have absolute peace if we respect everyone in their ideas, customs, beliefs and behaviors as well as their right to take their own decisions; that is, if we stop criticizing, judging or punishing others for any reason, because we understand that everyone is doing the best they can as best they know, and no one has the right to judge them.

We will also have invulnerable peace if we accept responsibility for the outcome of the decisions we take and our experience of life, and if we accept that we are responsible for generating our thoughts, feelings and emotions, and that what happens around us, and much less what others think, say, do or do not do, is not. This means letting go of blaming others for what happens to us.

We will not achieve much by fighting for peace, by suffering because peace is not achieved, or by trying to impose peace, because that is not the way. As with spiritual development, the only way to achieve peace is one individual at a time, not globally. If each person works on their own individual development, they can become a being of peace, enter a state of peace for themselves, and totally let go of violence in thought, word and deed. Thus, every individual that becomes a being of peace begins to form part of the fellowship of the Universe; whereas, until they do, they will not form part of the fellowship, and will remain on the side of aggression.

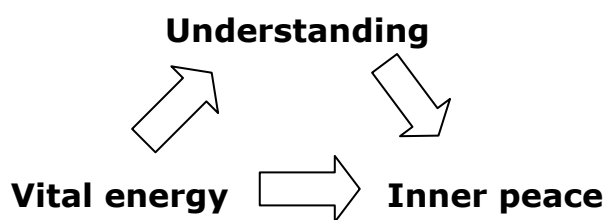
Until an internal change is achieved, all else is futile. This proposal is hundreds of thousands of years old, and it is the same as that expounded in meditation techniques: if we each enter "into peace" and the whole of mankind does too, then mankind will be at peace; but to achieve that, *individual work* is essential.

The Law of Correspondence creates an outside world that matches our thoughts. That is why if someone establishes a world of peace and harmony, of peaceful coexistence and love, within them, with their thoughts, the Law of Correspondence of the Universe will create external circumstances that fit perfectly with that reality.

To declare oneself in a state of peace means totally letting go of feeling bad about what happens around us.

Having inner peace is one of the three pillars of spiritual development. If our peace increases so does our vital energy, which in turn enables us to improve our understanding because we will have greater mental clarity. Conversely, if we are full of conflicts and we do not have peace, we waste our vital energy, we enter the zone of mental darkness and our understanding decreases. If any one of

these three elements is missing in this triad, the balance does not work; it is a process of continual movement.



Masters reach a level of imperturbable inner peace and such a rationalization in their expenditure of vital energy that they consume much less than they generate, so their lucidity increases and they achieve greater understanding. If we want our vital energy to rise we must learn to sustain peaceful states of mind.

A Master can be recognized by the invulnerable peace that abides within them. With their vital energy in the zone of light, they will always have any information they need at precisely the right moment. That is why a Master knows exactly what they have to do when the time comes to do it; in their spiritual development they have attained happiness through inner peace.

Every day we have the opportunity to practice and verify whether we really *have peace* or we are just *at peace*; and that is thanks to our dear "trainers", who are the people that life brings us precisely so that we can learn not to lose our peace.

Our best trainers tend to be our boss, our partner, our children, our friends who do not mince their words, the person who blows their horn at us when we are driving and, in short, everyone who makes us lose our temper. We should be grateful to all of them for the opportunity they give us to learn how to achieve invulnerable peace.

Every difficulty teaches us not to lose our happiness, our peace or our attitude of service and ability to enjoy life.

Peace begins within us.

Peace, like love, does not exist by nature, but is a conscious manifestation of the Self, an ideal state. Mankind throughout its history has known very few times of peace, because it was always believed to be a natural state, that peace can be made by others, or that it is possible to impose it either by force or by decree: we have not understood that peace, like love, comes only from the heart.

If right now we sow the seed of peace in the hearts of all children and young people and all other human beings, but principally we let it dwell in our own heart, tomorrow we will be able to live in a world of harmony.

The seed of peace is sown by example: by showing at all times with a smile our willingness to serve the cause of peace with love; by showing each day our ability to understand, to forgive, to help; by showing at each instant our spirit of integration, solidarity and cooperation. By always declaring our willingness, kindness, responsibility and simplicity with everyone. By doing so we will be helping to build a better world.

Anyone reading this message should observe their feelings and analyze whether there is any eruption of spitefulness, hatred, jealousy or resentment within them. For whoever does not have peace within them will not be able to find it in their home or country, or in the world in general either. We receive only the same as that which we give, have and feel.

We should therefore not seek to receive what we are not capable of giving. We should each analyze how we think, how we act and how we treat others, in order to conclude whether we have actually made ourselves correspondent with living in a world of peace.

Let us therefore forget everything that has hurt us, that has harmed or offended us, and let us allow the seed of peace to germinate within us so that the flame of love grows in our hearts.

Looking for external peace serves no purpose.

Until someone finds peace within them, they have no chance of external peace regardless of where they live, because they will be in constant conflict with others and with life's situations. Conversely, we could say that for someone who has inner peace it does not matter where they live, because they will find peace around them wherever they are; by projecting peace and love, that is exactly what they will find outside them.

Inner peace is, then, a very powerful tool for awakening the consciousness and transcendence of the spirit. The permanent peace of the spirit is found within us, within our own consciousness, and it is the result of spiritual development, i.e. the increase of understanding.

Inner peace is a thermometer of spiritual development, and is measured in the ability to handle situations without losing it.

Inner peace indicates the degree of a person's spiritual development. As we progress in understanding the principles that govern the order of the Universe, we begin to realize that we are suffering with less intensity, we have fewer automatic reactions and our inner peace is increasing.

Inside us there is an energy with special characteristics which we call *vital energy*. This is used in all human functions associated with thoughts, feelings and emotions. Just as the body produces glucose, it also produces life energy, especially during periods of mental rest, such as sleep or meditation. When life energy rises to the mental zone of light, it makes it possible to connect the higher faculties of the human being. However, very few people manage to achieve this state, because they have permanent states of inner mental, sentimental or emotional conflict, which consume alarming amounts of life energy; furthermore, through fear, attachments and the tendency to become involved in unnecessary experiences, needlessly relinquish their life energy. The great hidden power of having peace is precisely the ability not to pointlessly waste this precious energy which, when we conserve it, turns us into sages, masters, magicians or saints ... that is, into more complete, and spiritually more developed, human beings.

Spiritual development is letting go of being upset by events. Our vital energy may abide either in the upper zone of light —increasing understanding and mental clarity—; in the middle or twilight zone, where our belief system is to be found —which makes up our ignorance—; or in the lower depressive zone of darkness. Inner peace, as we have already said, enables us to raise our vital energy up to the zone of light.

One of the great secrets for starting to access the "*awakening of the consciousness*" is managing life energy. Masters are masters due to their ability to manage energy as well as the wisdom that they have accumulated. For however wise a person may be, if they do not manage their vital energy properly, it will serve them no purpose, because they may even lose their ability to act if their energy falls into the zone of darkness.

Understanding makes us free and leads us to peace, which in turn leads us to respect others. Conversely, the lack of respect that leads to conflicts and wars has its origin in the lack of understanding and inner peace.

1.2 The invulnerability of peace

Peace requires each individual to have a profound understanding, born of their own experience in the quest for truth. It is not something that can be imposed, it arises from within each person and is projected out to all that surrounds them. No one can be made to be at peace, much less to have peace.

*Peace is not achieved by fighting what is wrong,
or by trying to impose what is right.*

To say: "I'm fighting for peace" is really incoherent. How are we going to fight for peace if fighting itself is not peace? It would be better to say that we "work" for peace, which is an inner task, because peace can only be achieved by those who dedicate time to working on themselves and not on others. In order to achieve it, it is necessary to establish an education system for peace which begins at a very early age. This requires parents and everyone related with education to assume a truly calm manner, underpinned by a deep understanding of love and of the Laws that govern the Universe.

Recognizing the existence of the Laws of the Universe brings great inner peace and greater harmony, because it means letting go of fighting with the Universe and with life, and beginning to understand that everything that happens is perfect and necessary and that each individual is undergoing our own learning process. All we need to do is to learn what life wants to teach us, that is, to have peace, to serve and to be happy.

*Peace is the result of integrating extremes in conflict;
not of eliminating any of them.*

Many people, when they set out in search of peace, use different methods to isolate themselves from situations of conflict. To do this they build their houses as far as possible from areas of disharmony. Others, instead, go into states that are a consequence of different forms of relaxation, prayer and/or meditation, or they try to distract themselves with a variety of recreational activities. Any of these methods is beneficial for achieving a state of peace and, therefore, for the mental health of those practicing them. They do indeed help considerably to restore adequate levels of vital energy, and they contribute to physical, emotional, sentimental and mental equilibrium. However, all these states of peace are temporary, because as soon as people come back into contact with the situations that challenge them, they once again lose their inner peace, give away their vital energy and fall back into a state of depression.

If the peace we have is the result of not facing situations that challenge us, then we do not have peace.

If we share our lives with someone who has peace, we will be at peace if we also work with what is inside us. If we share our lives with someone who does not have peace, we will have the opportunity to learn to have peace, if we take advantage of it; otherwise, we will lose peace.

*To be at peace it is enough to isolate ourselves;
to have peace we must train ourselves.*

1.3 Exercises for *being at peace*

Everything that contributes to putting the mind at rest and removing any thoughts of conflict, frustration, anxiousness, fear, rejection, sadness and suffering, will help to raise the vital energy to the zone of inner light and, therefore, to achieve a state of equilibrium and peace of mind that is very comforting.

This is why it is very important for us to learn to:

- ✓ Have healthy pastimes, harmonious holidays, contact with nature and sufficient hours of sleep.
- ✓ Practice the techniques of managing pure thinking.
- ✓ Practice techniques of relaxation, meditation and prayer.
- ✓ Practice harmonious socializing, since sharing affection generates large amounts of vital energy within us.

1.4 Exercises for *having peace*

Developing the ability to constantly maintain inner peace and master it so that nothing and nobody can take it from us (remember that nobody takes our peace away, it is we who lose it), requires *conscious training* to take advantage of all the circumstances that life presents us with daily, but without looking for those that we do not need. Any circumstance that presents some level of difficulty — whether it be for the mind, the feelings, emotions, or for controlling instinctive reactions— is a marvelous opportunity to learn and train ourselves to cultivate inner peace. Only if we understand that, will we be ready to apply *acceptance* and letting go and free ourselves for good from mental conflict and inner suffering. As such, in the face of any situation involving mental confrontation, it is necessary to accept that it is only a process of the Laws of Correspondence and Evolution, and

give up trying to change it and involve our own concepts, beliefs, feelings and emotions.

The aim is to always do whatever we have to do calmly and composedly; never by *reacting*, but by *acting*. Whenever we react we are behaving from ignorance and we are not using our capacity for understanding.

We must think the best of all situations so that a file of peace is created in our minds that replaces the previous file of *automatic reactions*. For this purpose it is necessary to think lovingly. For example, if someone shouts at us, we will think: "I won't allow my instinct to react to other people's shouting; I'll be invulnerable and immune to any shouting; my peace will not be disturbed in the slightest." If we say this to ourselves many times each day, magically the day will come when someone shouts at us and we will find that we do not feel anything, that we do not react, and therefore we do not lose our peace.

Thought is very powerful; let us think this constantly: "My peace is invulnerable, I won't allow what's happening around me to disturb my peace." This thought will eventually re-code our mind. If we think that we have everything we need to be happy, we will be using our minds with wisdom and we will have peace.

1.5 Controlling our thoughts

The thoughts that pass through our mind can be of two types: pleasant or "pure", and these are recognized because they generate inner peace; or unpleasant or "impure" thoughts, which generate conflict or upset.

Thinking generates positive or negative emotions within us, and when we think automatically it enslaves us. That is why we should observe our thoughts and select them consciously in the same way as we select a radio station, dismissing those that are not pure.

Any form of thought that brings peace has a very positive value, because it does two marvelous things: it removes from the mind the negativity that blocks it; and enables vital energy to rise, leading to increased mental clarity for understanding and acting.

If our thoughts disturb our peace we must conclude that they originate from ignorance, not from understanding.

As already stated, peace is an inner state of mind that has nothing to do with what is going on outside, quite the contrary: what is happening outside is the

result of the inner correspondence. We must only work with it within us, for peace is an individual, and not a collective process. If all individuals have peace, so will the community.

*Circumstances do not cause us discomfort;
we each decide whether or not we will be discomfited by them.*

On occasions we hear: "How can we be calm with this government, with these crazy youngsters, with this violence, with this traffic, etc.?" We have a long list of people and things to blame for our mental disturbance. However, the fact is that each of us is responsible for our own upset, and we should not look for someone to blame outside us.

How can we know whether or not we have peace? The most obvious symptom that we do not is the tendency to be upset by anything, reacting negatively to any event. This lack of peace that in practice means a lack of control leads us to isolate ourselves to find calmness, but when we leave that isolation we will lose our "supposed" state of peace because it was outside us not inside us. Besides which, when we do not succeed in having peace, we tend to make two mistakes: to blame others and to try to change them, either by attacking them or imposing our views on them. That is the perfect expression of egoism and is the origin of all wars. Instead of imposing anything on others to make ourselves feel all right with them, we must accept them as they are. That is indeed an expression of love that leads to peace.

When we have peace, we have no need to isolate ourselves from any situation or person, nor to run away from anywhere in order to maintain it. Anyone can verify whether or not they have inner peace with a simple observation: if they become disturbed when they are with people who do not have peace, then it means that they do not have the peace that they thought they did. The day we do not lose our peace in a difficult situation we will know that we have peace and the problem will have magically disappeared from our lives. The most obvious symptom that we have peace is that we are not disturbed by anything that happens around us.

We can only be peaceful when we accept violent people and we stop arguing with them, because they give us the opportunity to work on our peace and we should be grateful to them and take advantage of the situation that they offer us. We should let go of any form of conflict or protest, as well as any thought that disturbs our inner peace.

Anything that leads us to rebel is untrue information that we hold in our minds, while what leads us to accept and to train to obtain peace, happiness and

service, is wisdom information. Fighting with what is outside is inefficient, and running away serves no purpose, it merely wastes the opportunity for us to train and learn.

We have two choices: to take advantage of the opportunity to learn or to complain about our misfortune. If we do the latter, we waste energy, and therefore it is more efficient to take advantage of the experience. If we are willing to enjoy everything that happens, this attitude will lead us to a state of inner peace.

At times we complain about what is going on around us and what we see on the news, and we cannot manage to separate what is going on around us from what is happening to us. If it is nothing serious, what are we complaining about? It seems that we cannot allow ourselves to have peace when there is violence in the country or in the world; however, this is a mistake, because peace begins with us, we do not wait until the whole world is at peace or until things are "going our way."

Having conscious inner peace means having patience (which is not tolerance of suffering, but -as already stated- "calm and science of peace"), and understanding that things are not instantaneous, but that everything in the Universe forms part of the process. Patience is a virtue that we need to cultivate, because it is what enables us to respect the rhythms of the Universe with serenity. We achieve nothing by becoming impatient.

When someone has inner peace they are trustworthy both for themselves and for others, because they have no inner or outer conflicts.

The greater the peace we attain, the lesser the weight of destiny in our lives. Our mission and our destiny form part of our existence, and as we follow our journey our mission gradually becomes more important and our destiny less important. This is achieved because we learn to understand and we are even able to enjoy *difficulties*, which for us become *working tools* and *learning opportunities*. To achieve a new life that is full of satisfaction we need to be willing to enjoy learning and to appreciate all experiences, particularly the most difficult ones, to stop rebelling against them and to accept them. In this way we will achieve invulnerable peace, total happiness and a constant expression of love.

Thus, if we value what we learn from difficulties and we see them merely as *tools* that life presents us with for our evolution, we will begin to look for

solutions instead of focusing on the problems, and we will achieve a state of inner peace, regardless of whether or not other people accept those solutions.

Everything that is understood produces peace.

Ignorance is matched by certain situations that are not pleasant, whereas understanding, wisdom and truth are correspondent with satisfactory results. Accordingly, we each obtain the benefits or problems that we ourselves have generated within us. Each individual has their own destiny, which is an exact match with their file of ignorance, that is, with what they still need to learn.

Chapter 2. Suitable communication

2.1 Loving communication versus aggressive communication

It is necessary always to use loving communication in order not to have conflicts. This is achieved by avoiding the use of aggressive or limiting speech, and this requires training in a new way of expressing ourselves: the use of a soft tone of voice, avoiding aggressive body positions and impositions, which puts the person we are talking to instinctively on the defensive.

Aggressive communication does not value the other person, nor does it give them freedom or offer them support. Accordingly, we should eliminate aggressive expressions from our vocabulary, if we wish to have no conflicts in our relationships.

If someone has an aggressive attitude but we speak to them very calmly, they will calm down; but if someone is violent and we also shout, then the tension is doubled. We can do a training beforehand, which is very useful for preparing ourselves to face this type of situation. It consists of visualizing ourselves in peace as we face the situation, and repeating to ourselves several times: "*I won't lose my peace or calmness for any reason, no matter what this person says or does.*" Before going to speak with someone with whom we have a disagreement, this visualization exercise will be very useful if we wish to reach a reconciliation.

In order to have excellent relationships with other people, we need to be willing always to offer support and to value the relationships over and above our personal likes.

To improve our current relationships we can establish satisfactory agreements. This requires communication, because we cannot guess how the other person feels. To suggest an agreement we will use *appropriate communication*, expressing ourselves in *neutral and loving terms*. We will avoid culturally-transmitted aggressive expressions, as well as impositions, prohibitions or conditions, because they generate blocks to agreements; and we will use loving communication that facilitates dialogue, not one that hinders it.

The table below gives some examples of loving communication versus aggressive communication.

Table 1. Aggressive communication and amorous communication

Aggressive communication	Amorous communication
You must ...	It is necessary ...
Why?	I'd like to know the reason ...
You have to ...	It's important that ... Would you like to study? I support you ...
You never ...	Sometimes I've noticed that ...
You always ...	Sometimes what happens is that ...
That's not so, you're wrong ...	I understand your point of view and realize that is your experience. Don't worry, sometimes we are lacking information. You're right from where you're looking at it, how about if we look at it this way?
Don't be an idiot/stupid ...	Sometimes we need more information. Don't worry, you did the best you could and I'm sure that next time you will try to act differently. Everything has a solution, tell me what you learned from this ...
I warned you ...	What would you do to get a different result?
It annoys me that ...	I know that's your way of doing it but it's not the result that we expected, how can you do it better? Let me suggest ...
I don't want you ...	How about if you look for another way of doing things so you achieve a better and more satisfactory result?
I don't like ...	I'd be happy if ... How could we improve this? I'd like such and such. I think it'd be more appropriate or better to do it this way ...
I can't stand it when ...	I'd really appreciate it if you could stop ...
Why are you doing this to me?	What's happened seems very important to me for learning how to improve our relationship. I'd like to know why you're doing this ...
Why are you pulling that face?	I understand how you feel, don't worry.
That's your problem ...	I'm sure you can find the solution ...
How could you be so ...	I know that's how you do things ...
Don't do that!	Would you like to try another way of doing things so as to be happy?

Aggressive communication	Amorous communication
That could only happen to you!	I know you did it as well as you could.
I told you not to do that!	It'd be wonderful if next time you came to me so I could give you the right information.
What's your head for?	Let me help you because there's a solution to everything.
But ...	I'd like to add that ...

It is best not to speak badly about anyone or anything, regardless of whether or not we agree with what someone does or what may happen in any given moment. The suggestion is to lay down the three weapons that we have:

1. *Physical* aggression, even if it is only with gestures or our hands.
2. *Verbal* aggression.
3. *Mental* aggression.

Until we do this it is impossible to think of living in a world of peace. Weapons will never bring a peaceful outcome, on the contrary, they bring war.

Peace is the result of learning not to fight.

A Master has no conflicts with anyone, regardless of the levels of evolution of other people, because the Master respects them and manages them with wisdom. Whereas a person with little wisdom has conflicts with practically everyone. The Wise are silent when they should be silent and speak when they should speak.

2.2 Thinking and acting with wisdom: the way to peace

Under the Law of Correspondence when someone declares themselves to be in an absolute state of peace they become correspondent with being respected by all the other beings in the Universe. We can verify this result as we journey through life. The state of inner peace makes us a match for a world of peace wherever we may be.

Correspondence is built by each individual, which is why we have to learn to think and to act with wisdom. Thus, if our thoughts are peaceful, if we do not

invalidate anyone, we will be correspondent with peaceful experiences that we ourselves generate. If, on the other hand, we live full of resentment, hatred and the wish for vengeance, then we will be correspondent with similar experiences.

The Law of Harmony also covers this aspect of peace, expressed philosophically as: "Don't do to someone else what you don't want for yourself." If we are aggressive something of the same nature comes back to us, whereas if we are peaceful we will receive peace, because everything that is sent out acts, reacts and comes back.

We must handle situations, and not let ourselves be controlled by them, in order to maintain our equilibrium and inner peace. The peace we long for requires us to perform constant and intense work on ourselves, instead of arguing with others, our surroundings or the circumstances around us. It needs a firm decision to do the inner work that will lead us to shatter our pride and our other mental limitations.

Ridding ourselves of inner conflict and finding peace, harmony and satisfaction in life therefore involves ridding ourselves of pride, because it makes us rigid and prevents us from recognizing our mistakes. When we are proud, we are not willing to compromise, we do not know how to apologize or how to ask for help, which means we will inevitably have conflicts with others.

*Inner peace does not grow spontaneously, like moss or grass,
it requires a deliberate effort.*

The Law of Generation can be compared with a seed that is sown on the inside for it to produce what is a match on the outside. If inside us we sow peace and the other internal virtues and certain values –like trust, loyalty, service, enthusiasm, joy, calmness, mental flexibility, adaptation or understanding–, we will begin to reap excellent results.

Thus, our thoughts, words and deeds today are the seeds of the fruit that we will harvest in the future.

Under the Law of Affinity, the best always associates with the best. Therefore, if we aspire to attaining peace let us think always of something that brings us peace, for everything that is nurtured within us generates situations, persons and places that are in tune with that energy.

Culture is a pattern that produces internal guidelines of behavior in the individual. So unless we are able to accept our own behavior, guidelines and

decisions, we will not be ourselves: rather we will be in a state of dependence upon something external.

Respecting the behavior of others is allowing everyone to get on with their lives and accepting their own experience; and respecting others' beliefs ensures a peaceful coexistence.

*When I decide to accept responsibility for my own experience,
I understand that there is no one to blame.*

The following table shows some examples of harmonious communication for accepting our own responsibility, versus a means of expression that blames others.

Table 2. The keys to harmonious communication

Usual (I blame others)	Harmonious
They make me do it wrong	I make mistakes with what others do
They make me furious	I get furious
They make me suffer	I suffer with what others do
They annoy me	I get annoyed with what they say
They infuriate me	I get infuriated
They make me angry	I get angry
They offend me	I take offence
It's very boring	It bores me
It's dangerous	It frightens me

What is really worth sharing is peace, harmony, happiness and inner love. If we share our fears, limitations or anxieties we are sharing our egoism, and that way the results will not be satisfactory for anybody.

The function of individuals with greater spiritual development, who are already beginning to act from love and wisdom, is generally associated with teaching; with examples of harmony; flexibility and adaptation to the surroundings; the transmission of information for human enhancement; and the construction of new forms of peaceful coexistence, based on the *development of inner peace*.

When someone is interested in seeking inner peace, it means that they are ready to stop suffering and to live a full life.

No one can offend us if we decide to maintain our peace.

As a training exercise we can engage in dialogues with our partner, parents, children or work colleagues, replacing the language we habitually use with the language of *accepting our own responsibility*.

Another marvelous exercise for training ourselves in peaceful coexistence is to inquire without expecting a specific answer. For example, if we have rebellious son who does not wish to study and "is threatening" to leave home, we can set our minds to work, as a training, by asking the following questions:

- ✓ Do you think you have more rights than other people?
- ✓ Do you think you're entitled to impose your tastes on others?
- ✓ What do you need to do to live in peace with others?
- ✓ How could you do everything you want to without reaching agreements with anyone?
- ✓ What would you have to do to be independent?
- ✓ What would you do to obtain the money that you need to be independent?
- ✓ What would you do to be happier in life?

These questions put the mind to work, the system of association of ideas begins to operate and we realize that it is not possible to do everything that we want to without establishing agreements. The questions listed above do not label or forbid, they do not impose or offer the conclusion to the person we are speaking with, who has to reach an answer for themselves in order for it to be a technique of mastery.

Chapter 3. What taking responsibility means

Taking responsibility means managing what is going on inside us and respecting what is happening around us. Taking responsibility for our inner state gives us total self-knowledge, and coming to terms with what is happening outside leads us to acceptance of everything that exists.

Until human beings are able to come to terms completely with the experience of our lives, it will be impossible for us to access high levels of satisfaction and inner peace.

When we reach a state of total acceptance we no longer need anyone to keep a watch on us or control us, and we therefore have complete inner freedom, and we are correspondent with a world in which unpleasant contrasts and external controls are no longer necessary, because everyone is completely respectful of the rights and functions of others and never fails to fulfill their own functions.

Learning how to come to terms with the different types of contrasts that life offers, and also learning the fundamental techniques of mastery, gives us the opportunity to learn to live in peace, even in the midst of a troubled world like ours; and it also enables us to relate with people who are still immersed in the limiting experience of not being able to come to terms with their own decisions and sentiments, or respect others.

*Using the tool of taking responsibility wisely
will bring us absolute peace.*

Taking responsibility profoundly means letting go of blaming anything or anyone for our personal experience. We need to put an end to the bad habit of blaming on all three of its deep levels. These ways of not taking responsibility are described in the following chart:

Table 3. Three ways of not taking responsibility

Ways of not taking responsibility	
Resentment	By blaming society, civilization or governments for our own problems
Bitterness	Blaming specific people for what has happened to you
Personal blame	Blaming yourself for what you have not done, or for the mistakes you have made

This involves resolving to take full responsibility for our lives and for the results of the decisions we take, and learn from them. Spiritual development is individual; no-one can develop spiritually on behalf of someone else, nor can they do so without others. It is a perfect interaction: We need the other beings in the Universe in order to evolve, but we cannot evolve for them, nor can they for us.

We need to take responsibility for both *taking decisions* —whether they are wrong or right— and *the results they bring*. Taking responsibility means recognizing our mistakes and learning from them without blaming anyone and therefore without punishing anyone, much less ourselves, for mistakes are necessary for learning and they are one of the fundamental rights of human beings.

Taking responsibility, therefore, means becoming conscious, acting on the inside and on the outside without blaming anyone.

Taking responsibility for what is happening inside us enables us *to be ourselves*, that is, it enables us to attain a level of invulnerable peace because we feel completely independent. Conversely, when we blame others for the decisions we take, we become manipulable, individuals who depend on other persons and blame them for our own mistakes. The fact is that nothing can harm us, only we ourselves.

To come to terms with what is happening outside it is necessary to work on *accepting* everything that exists around us and in the Universe, and on *respecting*. Accepting means letting go of rebelling and trying to change the perfect order of the Universe or others; it means letting go of interfering in the life experiences of others. Acceptance, like taking responsibility, requires a deep

understanding and a certain level of wisdom. Respect for the fundamental rights established under the Laws of the Universe is also necessary: this will give us total freedom, whereas failing to respect them will lead to a limitation of action, place, ability or resources. Accordingly, we must stop interfering with the decisions that others take, and not criticize, judge or condemn anyone for any reason. Respect has to do with the ability to love.

Understanding evaluates, whereas ego criticizes.

Taking responsibility is so powerful that it enables us to take the reins of our life and avoid any situation that manipulates or controls us externally. Even if we feel threatened, we are the ones who decide what to do in the face of the threat, not our attacker.

Taking responsibility for decisions is setting ourselves totally free from any dependence on what is external: we do not depend on the world, but instead relate to it. It also means that only each one of us can solve whatever happens to us. We are entitled to ask for information, call on other people for support, ask, investigate and, of course, make mistakes; but taking responsibility for our mistakes and their results is called *mental maturity*. Conversely, blaming others is a human flaw that involves evading our responsibility and passing it on to someone else, with the result that we do not solve the problem.

Taking responsibility means letting go of asking someone to do something that it is up to us to do.

Taking responsibility for inner change means being happy by ourselves, and not behaving in a certain way in order to avoid punishment or obtain a reward; in short, to be aware that each of us is solely responsible for the consequences of our actions.

The art of taking responsibility is the art of living.

The triad of magical success consists of:

- ✓ Wisdom in greater quantity.
- ✓ Relationships of greater quality.
- ✓ Service with greater efficiency.

To attain wisdom is to acquire a certain inner development that enables us not to suffer, not to have conflicts and to be full of love, i.e. of capacity for service.

The *magical state* is the inner state of one who is working on themselves. It is achieved by those who know, give, do and receive more; by those who think and act better, and give the best of themselves because they have a higher understanding.

We will not be able to have success or peace, or to stop suffering, be Masters or help anyone as long as we intervene in the decisions of others without letting them take them themselves, or as long as we are afraid of losing something.

Chapter 4. Accepting life with wisdom

4.1 The inner state of spiritual independence

Accepting life fully enables us to reach what the Masters call the *inner state of spiritual independence*. Achieving this extraordinary inner state leads directly to invulnerable peace.

It is the state of Masters, and means not depending on anything or anyone in order to be at peace, to be happy and take decisions. Those who achieve this state depend solely on their inner capacity and their understanding of the need to respect what is external, and they are no longer subject to manipulation by others or by their circumstances.

Doing the inner work to develop the capacity to take responsibility gives us the power to take the reins of our lives, from the past to the future, without depending in any way whatsoever on any person, situation or external circumstance in order to maintain our inner peace, harmony, happiness and attitude of success towards the material world.

*Taking the reins of life is
not depending on anything or anyone in order to live in peace and harmony.*

The innocent mind of a child is inevitably contaminated through their *belief system*, which contributes to the formation of their personality and becomes filled with information that leads to suffering.

Children and adolescents cannot easily free themselves from mental slavery and dependence on the external environment, since to achieve an inner state of spiritual independence it is necessary to have developed a certain level of understanding of life, which does not generally occur before the age of eighteen.

*An adult can free themselves from mental slavery
as soon they understand that they are the only ones in control of their decisions.*

When someone succeeds in understanding that they themselves are the sole master of their decisions and the events in their lives, then they are ready to take the way to liberation and begin to train in taking responsibility for all of their decisions in the various situations of life, and in accepting all that happens to them as the best opportunity for leaving completely behind them the suffering and fear that arise from their belief system.

Mental slavery consists of resentment, bitterness and blame. When someone blames someone else, they are actually attacking the object, person or situation that they suppose is to blame for their problem. So by being aggressive they become correspondent with living in a world of violence, and they cannot complain, because they get what they themselves have caused.

However, if we do precisely the opposite we become correspondent with living in a world of peace and harmony, built from inside. If we let go of blaming and therefore of attacking, we become beings of peace and we begin to be ourselves, that is, to be free.

4.2 Becoming conscious and accepting

Total acceptance of life means becoming conscious and accepting the result of the decisions taken, from birth until death and the dissolution of the personality. In order to free ourselves from mental slavery and attain the state of spiritual independence, we need to accept the various aspects that make up the experience of any human being. It is a matter of forgetting the concepts of blame and injustice, and focusing on a *perfect purpose of love*. The development of inner freedom can be summarized in seven forms of accepting:

- 1.** Accepting the decision of the design of destiny. I may face difficult situations, but I will never deny the opportunity that they present.

The design of destiny is a marvelous learning opportunity, but recognizing it requires training. Regardless of whatever difficulty we may face, what we can learn from it will always be not to let what happens around us affect us inside, or our peace, happiness and capacity for service.

- 2. Taking the decision on the choice of body.** The body is a perfect design of God that we borrow as an excellent vehicle for our evolutionary experience. We may complain about our body, but we cannot fail to recognize that it renders us an excellent service for our evolution.
- 3. Taking the decision on the choice of parents.** We may be at odds with our parents, but we can never stop appreciating what we receive from them. True parents are those who are committed to the children so that they can grow and take responsibility for their own life.

4. **Accepting the decision of the choice of place.** The place the spirit chooses for a person's life experience may be temporary or permanent, but it will always be the best choice for the development of that person's evolutionary experience. Those who learn to be happy will be happy anywhere, it does not matter where, whereas those who do not know how to be happy, will be embittered anywhere.
5. **Accepting the decision of choosing situations.** This means taking advantage of the learning that situations offer us to maintain our inner peace, regardless of any event. We must be grateful for what we learn from each difficulty. We can adapt, compromise or fight, but never lose our capacity for deciding freely.
6. **Accepting our capacity for decision in response to life's events.** It is not possible for someone else to decide for us, for we each of us individually decide whether or not to submit to other people's opinions. We can act and accept our results, but never let our peace depend on others.
7. **Accepting the decision to dissolve the ignorance of the personality** by transforming it into understanding and wisdom. To achieve this, it is essential to stop suffering over life's events and to let go of any sentimental attachment to things and people. This means that we set ourselves to appreciate and enjoy the things and people that at each moment form part of our lives, without placing any importance on the amount of time that they may be with us. Beliefs limit, understanding sets us free. From the ignorant we learn to recognize our limitations, while from Masters we learn what wisdom is.

In conclusion, taking the reins of our lives means taking full responsibility for the decisions made, in full awareness of our mental independence from the world and its inhabitants, and without blaming anything or anyone at all for the results obtained.

If we act automatically we cannot adjust the course of our lives. To do this we need to learn to decide, to be happy and to live in inner peace, regardless of what is going on around us.

The first exercise that adults engage in to set themselves free is to try and change their surroundings, because they assume that that is what enslaves them. But they finally realize that it is a pointless effort and that they are governed by the Law of Saturation: when someone becomes saturated with fighting and

attacking, they realize that that is not the way and they look for the true path. Then they discover that the problem is inside them and, therefore, so is the solution; and they begin to look for the kingdom of God/the Absolute, that is, to free themselves from mental slavery, to take the reins of their life and not to depend on anything or anyone in order to live in peace and harmony.

In order to shed ignorance we must stop complaining about the things that happen to us. Events are neither good nor bad, pleasant nor unpleasant, they are neutral. In every event there is a learning opportunity and there is no one to blame. The only things in our minds that lead us to make mistakes are innocence and ignorance, and we are not to blame for either of them, because they form part of the natural process of evolution. It serves no purpose to look for someone to blame; instead, let us look for solutions.

Chapter 5. Inner independence

5.1 Avoiding manipulation

To achieve inner independence we need to take the reins of our lives without depending internally on anything, and without feeling manipulated by our surroundings. We should not identify with anything that happens, regardless of whether it is extraordinary or it seems chaotic to us.

Manipulation is a mental condition that is present in the lives of all human beings, unless they have already achieved a state of spiritual independence. On many occasions, in the face of an external situation, we feel obliged or under pressure to do or say something that goes against our convictions, beliefs or wishes. Then we justify ourselves by saying: "I had to because of the circumstances", and we blame others for our own decisions.

Manipulation is a mental condition that consists of blaming others for decisions that we actually take ourselves.

Throughout life many situations may arise that have a powerful impact on a person's belief system, giving rise to states of fear, anxiety and suffering, and producing dependence on consumer goods, or leading the person to take decisions based on their feelings, even in opposition to their own convictions.

*Beliefs, feelings and fear
are the tools of manipulation.*

The principal agents of manipulation fall into the following five categories:

- 1. Threats from people.** The most vulnerable part of those who have not yet succeeded in taking full responsibility for their lives is their feelings. That is why many people allow their decisions to be controlled by the more or less threatening messages that come from their loved ones or their bosses, fellow workers, employees or neighbors. These are messages like: "You'll be the death of me if you carry on like that"; "It really makes me suffer when ..."; "It's your fault that ...", etc.

*Others threaten us,
but we are the ones who take the decisions.*

- 2. Attacks by people or animals.** In the face of an attack, most people react either with violence or by trying to run away; and they blame their

attacker, whether it be a person or a situation, for the results that they themselves obtain with their fight or flight reaction.

In the face of attack, our ignorance leads us to blame others for our own fear.

- 3. Advertising.** Advertising contains messages designed specifically to manipulate people's belief systems or fears, so that they consume certain products or services.
- 4. Cultural rules and laws.** Abiding by laws, moral principles, taboos, etc. is a form of fulfilling established agreements. Some of them ancient and others more recently coined, but all these codes are part of life in society and of civilization in a broad and positive sense. Some of these aspects define us as a species. However, some of them are limiting because most people feel obliged to obey the cultural traditions, moral principles and legal rules because they are *afraid of punishment, criticism or rejection*, and because their minds are limited by the concepts of *right* and *wrong*.

As long as we associate false concepts with right and wrong, we will also maintain a constant inner conflict between them that will not allow us to have peace. It is the struggle of the ego, in whose belief system right and wrong do exist.

Feeling obliged to obey is due to the inability to take responsibility for our own decisions.

- 5. News in the media.** Approximately 90% of the news reported in the media is full of violence, disasters and messages that create unpleasant expectations. They lead us to suppose that something similar may happen to any of us at any moment, this fills us with anxiety and fear and we feel obliged to take all sorts of costly "safety measures".

Ignorance leads us to believe that something that is meant for others may happen to us.

We are manipulable directly as a result of our sentimental weakness that stems from our own belief system and our deep fears of losing either what we are using or the people with whom we share our life experience.

Wisdom in the face of the external environment involves neutralizing its influence, i.e. not permitting that external messages of any kind control our decisions or inner states.

*We attack or we flee when we are afraid.
We neutralize or we set boundaries when we have peace.*

To free ourselves completely from the manipulation of our surroundings we need to understand that no one can make us decide, because all decisions are always taken freely, whether it be to take advantage of the design of our own destiny, to respect the experience of others, or to adapt ourselves to the environment in which we are meant to be living.

*We should never feel obliged by anything or anyone
because we are the masters of our own decisions.*

The affirmation "I decide" is a way of reprogramming the mind to be totally free, to achieve spiritual independence and to cease to be manipulable. By becoming aware of our freedom to take decisions we transcend a huge number of mental limitations, we set ourselves totally free and we begin to live a much more satisfying life. In short, we start living with wisdom. That is why the recommendation is to repeat this often: "I decide".

- ✓ I decide to **love and respect** all living beings,
recognizing the perfection that each of them expresses.
- ✓ I decide to **accept** all of life's events and
the function that each individual is meant to fulfill.
- ✓ I decide to **accept** the experiences and events of my life as
necessary for my understanding of love.
- ✓ I decide to **act** with composure in response to every situation that
life brings, understanding that peace is the tool of love.
- ✓ I decide to be **grateful** for everything that I learn
from the difficulties that life presents me with.

- ✓ I decide to **appreciate and enjoy** everything I have,
understanding that it is perfect for me.
- ✓ I decide to **adapt to** the surroundings that I myself chose,
to achieve a life full of satisfaction in them.
- ✓ I decide to fully **respect** the experience of others
and earn people's trust.
- ✓ I decide to wisely **take advantage** of the destiny that I myself
designed and every opportunity that life presents me with.
- ✓ I decide to **flexibilize** my mind to accelerate my spiritual growth.
- ✓ I decide to **give way** and allow myself to experience other points
of view, and thereby put an end to my ego and my limitations.
- ✓ I decide to **form a couple** with others in order to serve them
and to bring them a message of love with my support.

If we become familiar with these sentences we will feel completely free and happy, as we understand that we are the ones who decide whether or not to do something in a given situation, and because we understand that everything forms part of the destiny that each of us designed to support our own spiritual growth.

To attain the *state of spiritual independence* in which our peace, harmony and decisions depend on us alone, we need to recognize that no one can make us do anything, or decide for us, so we cannot blame others for decisions that are ours alone. Only when we stop laying blame will we begin to evolve spiritually.

We must understand that a threat or pressure that someone exerts on us, and our behavior, freely chosen, are two totally independent aspects. Blaming others for the result of one's own choices is the first symptom of not taking responsibility for one's life, i.e. that one is a slave of the environment. It implies the inability to be oneself and to find one's own value. As for the person who makes the threat, that is their problem; it is their experience. In response to a direct threat, such as an insult, or having to pay a tax, we can make an assessment of what we gain instead of just considering what we lose.

Impositions mean that people lose their capacity for decision, they become incapable. All rules are threats, which means it is necessary to reach agreements. These agreements are founded on commitments, and these in turn on benefits, which take the place of the threat. For example, a *threat* would be: "If you don't do such and such, then I'll take such and such away from you"; whereas the *benefit* is: "If you decide to do such and such, you get such and such, and if you decide not to do it, you don't get it". For it not to be an imposition it must be discussed with the other person, and agreements established.

The ideal is to reach an inner state of "I am", which entails totally and definitively letting go of blaming others for the decisions that are taken, and *accepting* the results that are obtained with them.

When someone blames someone else, they are not themselves, they are in a regrettable state, one of "I am not", and in those circumstances they are totally manipulable. As a result, they will feel threatened by everything, they will blame others for how they feel, and everything they do will produce negative reactions. That is the state of mental slavery. It is time to stop being slaves and set ourselves free.

When someone is "a slave", their peace depends totally on things and on other people; they are dependent and they suffer over protecting what they believe are their possessions, their loved ones, and what they consider to be their rights, and they spend their lives fighting to defend something which is not actually even theirs.

The exercise of taking responsibility and accepting consists of not suffering, not blaming, but acting. In response to a threat we have several options for decision: negotiating to reach an agreement, setting boundaries, or protecting ourselves by taking precautions.

In addition, with wisdom we can be grateful for what we learn from the threat: that it is an opportunity to maintain our peace, calmness and acceptance, regardless of what is happening around us.

5.2 External influences

Many people are afraid that their minds may be affected by external influences in the environment. In some regions of the world some of these fears may be of subliminal messages, satanism, spiritualism and black magic. Many people (particularly parents) fear that young people will fall prey to games of risk, the recklessness of drunk driving, the world of drugs, violence ... These fears can

produce very limiting mental dependencies as well as, on occasions, serious physical injuries.

The fear that something unknown can harm us is proportionate to our level of personal ignorance.

As we gain wisdom about the way the Universe, the mind, the body and the Laws operate, fear becomes unnecessary. Throughout the history of mankind, it has been useful as a form of defense; but who needs to defend themselves? Only someone who thinks they could be attacked; and who could be attacked? Only someone who is not capable of respecting. Therefore, if we turn it round, when someone fully respects all beings in the Universe, they do not need to defend themselves, because they will be respected.

One of the types of external influences mentioned, which many people fear, are *subliminal messages* and many types of advertising suggestion and persuasion: subtle messages designed in such a way that they seek to avoid the filter of the conscious mind and go directly to the unconscious mind. The way to escape their influence is to be aware of ourselves and of the reason for our decisions. Negative personalities are more susceptible (more auto-suggestible) to subliminal messages.

In addition, satanism is the name given to activities connected with mental states of profound ignorance. Therefore, "evil" will only be near those who are deeply ignorant.

Lastly, black magic is the inappropriate use of mental tools by people with high levels of ignorance for the purpose of negatively influencing the minds of other people. Black magic can only affect those who believe in it or become correspondent with it.

People with good spiritual development who are properly trained in taking responsibility for their thoughts, feelings, decisions and actions, are not subject to the influence of any type of subliminal, satanic, spiritualist, advertising or black magic message, nor to getting caught up in habits that are harmful to health.

Letting go of any level of defense or attack makes us invulnerable. It is precisely the building of those defenses that invites attack.

To manage external influences it is important to know that the only time that the human mind can be influenced or programmed externally is in the stages of innocence i.e. from the moment of conception until a child turns twelve,

approximately. The adult mind is not subject to any external influence, unless the individual themselves decides to accept it. This means that each individual needs to take their own decisions as to whether or not to accept messages coming from the external environment within which they are living their own evolutionary experience for the purpose of transmuting their destiny.

If we understand that nothing can affect us beyond our own decisions, we become **invulnerable**. The problem is not what is going on around us, but what is happening inside us, and what we do with our minds.

5.3 Towards wisdom

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 (even though teenagers may also accept other kinds of information more easily); otherwise, they will reject them and put up strong resistance to any change proposed to them.

The mind of an adult only accepts information that is consistent with their own beliefs.

To break down the resistance that the belief system puts up to evolutionary changes, divine wisdom uses the tool of sentiment, so that in the face of external events that false beliefs cannot accept, it generates very high levels of suffering. When a given moment is reached a mental phenomenon is triggered thanks to the Law of Saturation, with the result that when they can no longer bear any more suffering the person exclaims: "I don't want to suffer any longer!" That is when their mind is ready to accept new information that enables them to free themselves from the suffering and the limitations learned initially, because they have completed their destiny and they can embark on the path to love, happiness and personal success.

The saturation of suffering breaks down the belief system and makes way for the pursuit of inner peace and spiritual development.

This shows the importance of implementing a genuine education that will enable children to develop *flexible minds*, in order to subsequently avoid the mental rigidity that takes very high levels of suffering to break down. Someone who is rigid always takes the decision to fight or flee, whereas someone who has mental flexibility takes other wiser decisions. Proper education produces a flexible mind with low levels of suffering.

In general, decisions may originate in two different ways:

1. From **ignorance or fear**. In this case the decision is directly related to our destiny, and will bring a negative result.
2. From **wisdom or understanding**. In this case the decision is related to our mission, or to something that can bring us great satisfaction, and it will therefore have a positive result.

Each of us takes our own decisions, whether they are right or wrong, and needs to accept the results of them, which show us precisely what our level of ignorance or wisdom is. This is how we develop spiritually.

Mental flexibility is what enables us to take decisions to give way, adapt to circumstances, and respect others.

The Law of Cause and Effect makes it possible to understand the need for respect for inner peace. Whatever we do, think or decide has an effect outside us. Each one of us constantly, although generally unconsciously, receives the same as we send out. If someone is always thinking of defending themselves from external threats, that is what they are sending out. Achieving that state of inner peace and outer satisfaction and success depends on only three elements: thought, word and deed. The Law of Cause and Effect refers to our experience of life in the present moment.

It is necessary to eliminate negative thoughts from the mind, whatever is going on outside. We must manage our thoughts always from love; always thinking the best, saying what is appropriate and doing what is necessary. That is wisdom. To achieve this it may be helpful to reprogram our minds with the following wisdom phrases:

- ✓ "I won't let anything disturb my inner peace."
- ✓ "Everything I do with unconditional love will be successful."

As for how we express ourselves, we need to rid ourselves of the habit of speaking negatively about any thing, person or situation; and with regard to behavior, the best thing is to stop physically attacking others, doing what is not meant for us, and poisoning our body with substances that do not benefit our health.

Suffering makes us a match for negative situations, and therefore just by ceasing to suffer and *accepting our lives without blaming anyone* we are already beginning to keep ourselves apart from external influences.

Let us cleanse our minds, therefore, of the idea of danger, of someone to blame, of manipulation and external influences, because they do not exist: we alone, with our decisions, thoughts and attitudes, determine under the Law of Correspondence and the Law of Cause and Effect what happens in our lives.

5.4 Accepting the inner levels

Accepting the inner levels that are characteristic of human beings, recognizing them as the most extraordinary tools that life has given us, is to develop the ability to fully appreciate the perfection of divine creation in us. It is a matter of accepting all that we have as biological, spiritual and mental entities, and consciously taking control. That way we can be free and be ourselves. The following are our internal levels, and what we need to accept at each one:

- 1. Instinct.** One has to take on board the three fundamental characteristics of instinct, which are: creating life, maintaining it and defending it; this means learning to manage wisely the messages which come from each.
 - ✓ *Creating life.* This is manifested through attraction towards others, and produces states of infatuation, because instinctively genetic compatibility is recognized. This means that falling in love can arise spontaneously with different people and with relative frequency. Wisely managing the states of infatuation means recognizing the role of instinct, without letting this affect the commitments already made to our partner, or the respect which others deserve.
 - ✓ *Maintaining life.* This is directly related to the needs and deficiencies of the physical body, expressed through desire. Accepting all our desires and learning to satisfy them healthily ensures harmony and health for the physical body. When a desire cannot be satisfied without interfering with someone else or harming them, we must accept it.
 - ✓ *Defending life.* This impulse occurs when people feel threatened and are frightened. Instinct then makes people react aggressively or run away from the situation to save themselves. Accepting this characteristic means rejecting the option of attacking or fleeing, but instead opting for

dialogue, agreement and commitments, or demarcation when it is not possible to reach an agreement.

Instinct, managed wisely, enriches life.

Since the three functions of instinct are automatic, it is necessary to learn to manage them consciously; and to do that we are going to use discernment and understanding. We cannot avoid attraction occurring, because it is produced by the Law of Nature, but we can avoid it creating a conflict.

Instinct has functions that on many occasions are temporary, and only last while we are reaching another state of higher evolution. As our purpose is to take control of our lives, accepting them fully, we need to be clear on what to do when something happens. The wise thing is: *to enjoy and to respect.*

- 2. Emotions.** Accepting emotions means that when states of sadness, anger, anxiety or fear accumulate internally as a result of external stimuli, they must be got rid of, *without blaming or attacking anyone* for what happens within us.

Managing emotions is a sign of mental maturity.

Emotions are automatic, the same as instinct, and we also need to learn how to handle them, particularly negative emotions. One way of expressing them without creating conflicts is for example what is referred to here as the "*wailing wall*": somewhere indoors or somewhere outside in nature where we can shout, jump or strike blows without harming anyone.

- 3. Feelings.** We need to accept sentimental suffering as an internal experience resulting from our own mental limitations and false beliefs, let go, once and for all, of relating with others from our negative feelings, and much less making the mistake of blaming them or attacking them for how we feel.

It is ignorance to blame others or ourselves for how we feel.

In contrast to instinct and emotions, feelings are not automatic, but learned, and therefore they are directly related to our beliefs. If a belief generates a negative feeling it is because it is false and stems from the ignorance accumulated inside us.

Once again, we must work with *taking responsibility*. We are entitled to feel bad, like all human beings in the process of evolving; but if others do not realize that we are feeling bad at a given moment, we will have done the work of taking responsibility perfectly. From then on what is left is to work on not experiencing that negative feeling again; when we accomplish that we will have cleansed our mind. Mental cleansing involves reprogramming the mind to exchange false beliefs for truths that are understood.

The sadness we feel, for example, when a loved one dies, is not due to the external event in itself, but to the lack of internal acceptance and to our attachment. Acceptance requires understanding, and understanding requires information. When we have sufficient information and we understand a situation, it is possible to accept it and therefore not suffer.

While we continue to have attachments or we believe that something or someone belongs to us, we will always experience the fear of loss. Loss is a feeling associated with the belief of belonging, which is why when we understand that we do not own anything that feeling of loss disappears and therefore so does the feeling of sadness. This involves a profound understanding of the essence of life on which it is worthwhile to work to set ourselves free, to never suffer again and to be able to love completely and unconditionally.

- 4. Ignorance.** Inevitably, everyone initially accumulates certain levels of ignorance in their personality. Accepting personal ignorance means understanding the importance it has as an element of contrast in order to discover inner truth. On our path of evolution we must let go of blaming or attacking others, because we understand that our emotional and sentimental reactions arise from our own ignorance.

Ignorance is necessary in order to find truth.

- 5. Destiny.** Accepting our own destiny means that we decide to make the most of the difficulties that life presents as a wonderful opportunity to develop physical skills, mental maturity, inner peace and the ability to constantly express love. This enables us to free ourselves for good from suffering.

Wisdom is seeing destiny as an opportunity.

Destiny is installed in our mind as a learned system of beliefs; and this will make us place ourselves in the situations that match our need for learning.

If we had no need to face difficulties, if there were no challenges or situations that required us to make an effort to learn how to handle them, how would we strengthen ourselves? How could we acquire the skill of being invulnerable or imperturbable? How would we learn to be happy and to have peace, no matter what happens around us? The answer is simple: there is only one way, by facing our destiny as an opportunity to learn to love. Accordingly, let us take advantage of our destiny.

Absolutely no one is subjected to trials that they cannot overcome. When we learn completely what a situation wants to teach us, it is not repeated. Difficult experiences are an opportunity for developing love inside us, and we should therefore not consider them as something negative or as a punishment. It is we who deform reality, by labeling as a problem what is really an opportunity for learning and satisfaction.

- 6. Function.** Accepting the function that we are meant to fulfill in life means understanding that every job or activity through which we "support ourselves" is directly related to our destiny and, on some occasions, to our mission. For this reason, whether we like it or not, we must be willing to do our job with the greatest enthusiasm, joy and love. In this manner we will succeed in transmuting our destiny and fulfilling the mission that is meant for us.

Doing the job with love makes destiny into a mission.

- 7. Understanding.** Reaching understanding means to begin to *love* intentionally and universally, letting go of interfering with the destiny of others, and of course never failing to fulfill the functions that are meant for us.

Not interfering does not mean doing nothing.

The level of understanding that each individual has consists of their capacity to love, the importance of spirituality in their mental field and the truths that they have discovered and verified over time.

Understanding means deciding to respect totally the experience of other people, their behaviors, attitudes, emotions, feelings and decisions. Respecting is not interfering; not criticizing; not attacking others in thought, word or deed; not becoming involved in conflict even if we do not agree with them; and not allowing the experiences that others need to have to disturb our inner peace.

- 8. Mission.** To take responsibility for own mission, we need to verify if it forms part of our function. If not, then we need to accept the mission as something we occupy ourselves with only in our leisure time, as it will not be possible to make a living with it. When the mission itself is part of the role, then it is important to accept it as a commitment to life and prepare to enjoy it intensely, understanding the deeper meaning of service.

Serving with love is accepting our role as a mission.

- 9. Thoughts.** In order to take responsibility for our thoughts it is necessary to observe them carefully and discard those that bring suffering or may disturb the peace and perfect balance of the mind. We must be willing to deliberately select thoughts of love, peace, harmony, joy and, in general, always direct them towards what can contribute to our own development or that of our surroundings. Any idea that does not leave us with harmony inside will not be a thought of love. In order to direct our mind in this way we must choose our attitude to what is happening outside. When we are able to see perfection in all that happens and exists, and we are able to feel always at peace in any circumstance, we will know that we are thinking "of love". But to achieve success in this exercise requires constant training.

Selecting our thoughts is tuning in to love.

10. Perceptions. Accepting perceptions involves understanding, accepting and verifying that besides the five senses humans have other "senses" and powers which are not yet very clearly defined but are obviously real. What we call parapsychology, or "super senses" are normal faculties in humans, who are able to perceive information from other dimensions. These powers are still not very well developed in most people, so sometimes we have doubts about their existence. The manifestations of them arise spontaneously, without the individual in question knowing exactly how it happened, but they do exist, and it is therefore necessary to accept them as other forms of communication that, although at times they may not be very clear or easy to understand, should not be taken as a product of the imagination, but as other real forms of receiving information.¹

Supra senses enable connection with other realities.

¹ These perceptions are the subject of academic research, including by the Edinburgh University Koestler Parapsychology Unit.

Chapter 6. Steps for achieving inner peace by freeing ourselves of ignorance

6.1 Breaking the ignorance that keeps us in chains

Ignorance keeps us chained to the worlds of dense matter, where there is scant development of consciousness and where suffering, dissatisfaction, disease, pain and death are a constant feature. Breaking the chains of ignorance means putting an end to the limitations of the personality and definitively transcending suffering and the other "ills" mentioned.

In order to achieve a future of satisfaction that will enable us to ascend to higher levels of consciousness, we need to free ourselves from the chains that keep us bound to the past, chains that on many occasions are of a cultural nature and that are directly related to the destinies that we need to transcend. *"There is a future full of love, peace, happiness, abundance and prosperity waiting for you."*

6.2 Letting go of the limiting belief of ownership

One of the beliefs that populate our ignorance is the idea of ownership. In fact we are not the owners of anything or anyone, nor are we indispensable to others, nor do we need others in order to be happy and to have peace.

All defense of our beliefs keeps us fighting; any belief that does not give us peace and harmony depresses us; and any idea of ownership enslaves us.

People's vital energy and lifetimes are pointlessly wasted by maintaining states of worry and suffering associated with fighting and defending what we believe belongs to us or is indispensable for us to be able to live, have peace and be happy.

In fact we have very little when we own:

- ✓ **Our material possessions**, because we are slaves to them.
- ✓ **Our loved ones**, because we suffer trying to protect them and in the event we lose them.
- ✓ **Our way of life**, because we close ourselves off to better options.
- ✓ **Our activities**, because we refuse to serve in other areas.
- ✓ **Our profession**, because we try to avoid other experiences.
- ✓ **Our business**, because we have to defend it against competition.

- ✓ **Our jobs**, because we depend on it to survive.
- ✓ **Our ego**, because it makes us believe that we are unique in the Universe.

Therefore, clinging on to our "possessions" leads us to a gigantic limitation for accessing the universal sources of wisdom and the unlimited abundance of resources, and to the inability to serve, have peace, be happy and recover the energy that we scatter among all the things that we want.

We need to *sacrifice the sense of possession* and all the attachments and fears arising from it, definitively letting go of complaining about what we have and wanting what we do not have, as well as controlling others because we believe they belong to us. It is necessary to let go of all the beliefs that limit peace and happiness, and to do that we must completely burn up our attachments, fears and sentiments of ownership.

We do not need to own anything to have peace, because peace is a result of our own understanding. We only need to reach agreements with others, respect them and enjoy everything.

Letting go of beliefs and fears is surrendering to the perfect flow of the Universe and thereby accessing the information that we need to have peace, be happy, and have available the necessary resources for serving.

6.3 Steps for freeing ourselves from ignorance

Happiness is an internal spiritual condition. A Master has an inner state of peace and happiness that is maintained wherever they may be, for what is happening outside does not affect them. What Master Jesus had to say sums up all wisdom: *"But seek you first the Kingdom of God and His righteousness, and all these things shall be added unto you."* Seeking happiness, abundance or harmony outside of us is a pointless effort because *"what is added unto you"* is the result of an inner state. If we apply this information to our lives we will obtain an outcome of peace and happiness.

Abundance is the natural state of the Universe. There is no shortage, only people who find themselves in a state of shortage because they have limited their ability to access abundance. Analyzing these self-imposed restrictions and leaving them behind is breaking the chains of ignorance. But to do that we need to apply all of the techniques of *acceptance* and *taking responsibility*.

When someone is deeply interested in their own inner growth, their spiritual advancement and the *pursuit of inner peace*, it is because they have already developed sufficient consciousness so as not to need to maintain in their personality a belief system or ignorance file. From that moment they will be ready to take the final four steps that will free them for good from the file and the chains of ignorance. These steps are:

- 1. New information, changing our outlook on reality and life.** When we are ready to let go of false beliefs, ignorance and suffering we can access *the information of love and of the truth of the Universe*. This information enables us to understand that everything that happens in the Universe is perfect and has a profound purpose of love aimed at awakening consciousness.

The information of love frees us from suffering.

If we want to transform our lives to find the realm of love, the first thing we have to do is to be willing to receive *new information*. The realm of love entails accepting new information of wisdom, that will set us free; and for the realm of love to manifest in us we need to draw on our values and virtues.

That is when the old information will enter into conflict with the new, and we will resist receiving it because they bear no resemblance to each other. It is like comparing the information of darkness –the old– with the information of light –the new–. So we must choose which of the two types of information we want to abide within us. When we become saturated with suffering we seek and accept new information in order to obtain more satisfactory results.

The belief system, or ego, has nothing to do with the truth, and will never allow us to be happy. Being willing to receive new information involves inner work: deciding to leave the ego behind. But before that it is necessary to become flexible. A flexible and adaptable personality is easily transformed, and thanks to the understanding achieved is able to live in peace and harmony.

To let go of the ego we have to use a set of tools that have been known to us for many years, although we probably have not used them until now:

- ✓ I let go of **arguing**.
- ✓ I let go of **complaining**.
- ✓ I let go of **criticizing**.
- ✓ I let go of **judging**.
- ✓ I let go of **changing others**.
- ✓ I let go of **fighting**.
- ✓ I let go of **everything the ego does**.

The information that culture transmits to us with each generation is not new, it is around 12,000 years old, and it persists in each individual unless the chain of ignorance is broken in either of two possible ways, namely:

- ✓ An adult decides to cleanse their mind of untrue information and thereby allow new information of wisdom to enter.
- ✓ A child is born to parents who have new information and who instead of transmitting the culture, allow the child to directly access the knowledge of the wisdom of the Laws of the Universe.

2. Verifying the truth from acceptance and abandonment. So that the information of love can be effectively used by people, they need to have verified that it is *the truth*. This is achieved by carefully observing the results of applying the information of love to the day-to-day situations of life.

*Verifying the results of peace, satisfaction and harmony
is finding the way to the truth.*

It is only possible for us to fill ourselves with wisdom and liberating truth individually, one by one, for truth cannot be taught; we can be given information and specific tools about it, but each one of us finds it in our lives. The way to do this is to practice the teaching of the Master, but not to worship them or ask them to solve our problems.

We need to verify that the new information is true. How can we do that? With the internal and external results that we obtain with our present behavior. If our internal results are happiness, peace and love,

we will know that the information that we have in our minds and that we are applying is true. We must observe whether inside us there is calmness, harmony and joy or, instead, suffering, fear, anxiety and blocks. Information that generates suffering is necessarily untrue.

If we are applying true information, our *external results* concerning relationships, health, resources and adaptation to our surroundings will be satisfactory. However, if they are "problematic" it means we are using untrue information. We should not accept any information as true unless we have verified that it is. It does not matter where it has come from or who has transmitted it to us. Verification is the only tool for knowing the truth.

As stated earlier, any information that limits our happiness is untrue and can go by many names: ego, belief system, cultural principles, intellectual development or knowledge.

3. Alchemy of thought. To attain inner peace, it is useful to:

- ✓ Change our way of thinking. For example, thoughts that do not give peace are wrong even if they are well constructed logically.
- ✓ Dematerialize thought: reality is not here. Identify ourselves with what we really are - the immaterial soul - will bring us peace.
- ✓ Depolarize thought: what happens is not "good" or "bad", but "neutral" and it happens for the growth of our soul.
- ✓ Be a witness to our own thoughts. Learning to be witnesses of our mind and our emotional body prevents us from falling prey to what we think and feel. If we do, we will avoid being "kidnapped", as we sometimes are, by the emotional and mental bodies that take away our peace. We must learn to use our mind and emotions whenever appropriate, but not be used by them. By acting as witnesses, we can see clearly that we are not our body or our mind, but rather the witness to both, and that change of identity will bring us more peace of mind

4. By taking responsibility for our own inner change from responsibility, and no longer seeing ourselves as victims. The solution is not in anyone else, because I trigger whatever happens to me. In order to live in a world in which ignorance and suffering no

longer exist, in which we all respect the rights of others, sharing only peace, harmony and happiness, we need deliberately to take responsibility for our inner change. Once achieved, no pressure or external control of any kind is required for us to maintain behavior of love and respect for all persons and for the existing socio-economic structures. One way that can help us to develop an attitude of respect for others is to think that every soul is at its own particular stage of evolution that its behavior stems from this. We only have to focus on our own personal change. Someone who takes responsibility for their inner change achieves peaceful coexistence with their environment, and therefore no longer needs policing or sanctions of any kind; because they themselves have freely decided to be the master of their actions and behaviors.

*Those who take responsibility for their own inner change
no longer need controls or external concerns.*

Inner change is something that we need to take responsibility for individually as our spiritual development. No one can train for another, in the same way as they cannot eat, study or live for another. Therefore, asking God/the Absolute to bring us our spiritual development is one of mankind's flaws and is due to the fact that we do not take responsibility for our own lives. We can ask for information, but the work of spiritual development we must do ourselves.

- 5. Training for transcendence.** Once someone has verified the information of love they can begin the training that will lead them to lasting transcendence of learned mental limitations. In this way they will be able to break the chains of ignorance that bound them to suffering and to the worlds of mortification and trial –like, for example, planet Earth–, that are the gymnasiums for the spirit.

Mortification is an exercise to develop potentialities that already dwell within us, for everything that we find mortifying is an opportunity to learn to be "unmortifiable". Similarly, everything that offends us is an opportunity to learn not to take offence; also what is aggressive is useful for learning to be invulnerable, and so on. All situations with a certain level of difficulty are opportunities for us to develop, that is why they are called worlds of mortification and trial.

Mortification because they are trainings, and *trial* because they are measurements of how we utilize the different situations. For example, in order for experiences that we previously found very annoying to now annoy us less, or to not annoy us at all.

The result of taking responsibility for developing our own consciousness is living in a world of harmony and satisfaction.

Training for transcendence consists of letting go of suffering, annoyance or losing inner peace in any of the circumstances that we call "difficult".

Training is a continuous effort. The following wisdom phrases will help us to reprogram our minds if we repeat them hundreds of times, particularly in difficult situations:

- ✓ "My inner peace is invulnerable, no matter what others do or say, or what happens."
- ✓ "My happiness depends on me; If I am not able to be happy by myself, nothing and nobody will be able to make me happy."

In order to be invulnerable we must let go of the law of "an eye for an eye and a tooth for a tooth", and do exactly the opposite. The more negative or difficult people or situations we encounter, the stronger must be our use of our internal values. If we encounter people who are embittered, let us communicate with them with a big smile; when people talk to us of crisis, let us transmit to them the happiness that can be found in any circumstance and let us show them our smile and our joy; if someone attacks us, we must respond to them with total humility and peace within us. This is our daily training.

Ignorance binds us; wisdom frees us from suffering.

Someone who is ignorant lies because they are trying to evade responsibilities, without accepting in life what is meant for them, or because they are trying to impose their views without respecting the rights of others.

In contrast, a person who is wise does not try to evade their duties, they accept them. They do not say: "It wasn't me", they recognize their possible mistake and are willing to learn from it. And when they provide information they adapt it to the mind of the person to whom it is directed.

For all of us a marvelous, absolutely extraordinary future exists. That future can be here and now, or in 5 million years, depending on what we decide to do. If

we act from this moment, our life will undergo a change; but if we do not understand what we have to do, or we decide not to do it because it seems very difficult or because it goes against our beliefs, the Universe will continue to wait for us. The Universe has a series of levels through which we ascend, and it is not possible to go from one level to the next without having understood 100% of what can be learned there. The Universe is not in a hurry because it manages zero time, eternity; therefore, we can delay as long as we want.

*Breaking the chains of ignorance is
learning not to be annoyed by the behavior of others
or by things that happen around us.*

If we are only interested in improving what is outside us, it means we are not yet ready to accept life. When we begin to try to improve our inner condition, and we think about how to have more peace and mental flexibility and improve our relationships and our health, that is when we are ready to accept our lives.

In addition, as already stated, if we want to obtain truly satisfactory results in life we need to stop working on others and devote ourselves to working on ourselves.

We should always treat others with discernment, rather than judgment. "Understanding evaluates; the ego criticizes". Discernment has no emotional overtones, whereas judgment does.

If we judge we cannot serve other people, because judgment can imply dislike, for example, and nobody can remain "neutral" and be of service to someone who they dislike. Not judging others facilitates our spiritual development.

To avoid becoming stuck in our spiritual development, let us consider that every situation or condition, however good it may be, offers room for improvement. This will gradually increase our understanding and, therefore, our happiness.

6.4 Looking for references

Here we define our understanding of expert, master, magician and artist, starting from the basis that all of them have sought their advancement.

An **expert** is someone who does something better than anyone else in that field. It does not mean that they have been trained for it. There can be experts in cookery, farming, fixing engines, or any other activity.

A **master** is someone who has made many mistakes and has learned from them. They have taken advantage of the opportunities that life has presented them with to learn and they have developed the skill of not making mistakes. Therefore, they know more.

A **magician** is someone who is able to work miracles, who is able to achieve what others cannot do easily. They are, in short, something similar to an expert.

An **artist** is someone who enjoys doing what they do, and also does it better than the majority of people.

To sum up, the title of master is conferred on someone who basically possesses three conditions:

- ✓ *A greater quantity* of knowledge, information, training, experience, skill in doing things and coping with life and its circumstances.
- ✓ *A better quality* of relationships, service, physical conditions and training, approach to life, adaptation to the world or to anywhere they are to go. They have greater satisfaction in life and a better quality of results than others.
- ✓ *A higher capacity* for understanding all that happens. They can see love where others cannot. They are not aggressive, they express love; they have a greater capacity for respect towards everything that exists and happens; they accept their life without blaming or judging anyone; they are able to be happy by themselves; they do not need any type of external control, because they accept everything that happens and they do not try to change anything; they are equipped with a higher capacity for action; and will amply appreciate all that they have and all that exists.

In order to acquire the conditions of a master we need *to do*. Life does not respond to apathy, but to action, whether it is wise or mistaken, with the corresponding results in each case.

In order to improve we need to look for examples in others and conclude: "If they were able to achieve it, then so can I". In this way we can improve without conflicts, simply by comparing ourselves with someone who knows more so that we realize that they possess something higher, and think: "How wonderful, I too can attain those qualities". If we ask them, that person is sure to give us information.

But we must bear in mind that it is a question of seeking points of reference, not goals, because a *goal* can lead us to frustration if we do not reach it, whereas

a *point of reference* enables us to know what we can achieve at some time, without it mattering when.

With destiny, the only thing that is not programmed is time. If we need millions of years to learn how to add up, then they will be granted, but if we can learn in eight days, then that is the time required. In the Universe it is not time that matters, but quality, achieving 100% understanding; until we achieve it we will not be able to take the next step.

Chapter 7. Symptoms of inner peace

- ✓ The ability to enjoy each moment.
- ✓ Loss of interest in judging others and oneself.
- ✓ Loss of interest in conflicts. This should not be mistaken for not facing any conflicts that arise and resolving them with love and firmness.
- ✓ Loss of interest in being pre-occupied.
- ✓ Quietening of the emotional body.
- ✓ Overwhelming moments of appreciating everything around us.
- ✓ A closer connection with others and with Nature.
- ✓ Far more moments of feeling in a good mood.
- ✓ A tendency to let things flow.
- ✓ A tendency to act more and more spontaneously (releasing control of the results).
- ✓ Becoming more reliable for others.
- ✓ Awakening of the intention of conscious growth and being of service to others.
- ✓ Further contextual clarity of the higher faculties.
- ✓ Increased interest in working "within oneself."
- ✓ Feeling more energetic and higher levels of creativity.
- ✓ More experiences of "the miraculous", and greater awareness of synchronicities

Conclusions

- ✓ What is *inner peace*? Inner peace is the result of inner work and is attained when any inner conflict disappears.
- ✓ What purpose does *inner peace* serve? Attaining *inner peace and totally accepting life* enables us to be independent and spiritually invulnerable.
- ✓ How is *inner peace* attained? *Inner peace* is not attained by fighting against "the negative" and trying to impose "the positive", but doing away with "the clouds" and trying to serve, facilitating the evolutionary process. Loving the difficulties that enable us to grow spiritually.
- ✓ *Inner peace* raises vital energy to the area of Light that connects with the higher powers.
- ✓ While our lives are ruled by *beliefs* we will be very vulnerable.
- ✓ *Taking responsibility for our decisions* means letting go of blaming anything or anyone for what happens to us. We must take a decision and accept the result.
- ✓ Learning to *decide with wisdom*, from understanding, will result in inner peace, freedom and total success in life.
- ✓ We can be *manipulated* when we blame others for the result of our decisions; we cease to be manipulable when we take responsibility for our decisions and the results of them.
- ✓ Accepting is *letting go of asking* someone to do what it is up to us to do.
- ✓ *Accepting life* with wisdom is the best antidote against external influences.
- ✓ Steps for attaining *inner peace*:
 1. *By being willing to receive new information of wisdom, changing our outlook on reality and life.*
 2. *By verifying this truth information in our internal and external results from acceptance and abandonment.*
 3. *Alchemy of change.*

4. *By taking responsibility for our own inner change from responsibility, and no longer seeing ourselves as victims.*

5. *By constant training in our daily lives.*

- ✓ Let us make the most of what life gives us. There are no problems or difficulties, only opportunities to learn to be happy.
- ✓ We must learn not to judge and instead to discern. Understanding evaluates and the ego criticizes.
- ✓ We must learn to respect all human beings, because everyone is at their own stage of evolution.
- ✓ Taking responsibility for our own decisions means taking the reins of our lives, being grateful for and valuing what it holds from time to time.

We do not need to believe anything of the above but rather practice and verify whether this information works and brings satisfactory results in life.

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

Exercise for mental reprogramming to attain inner freedom

- ✓ With this wisdom phrase: "I never feel obliged to anyone or anything, because I am the master of my own decisions."
- ✓ With the sentence "I decide."

Exercise for mental reprogramming to attain inner peace and transcendence

The intention with which I will get up every day is this:

- ✓ "My inner peace is invulnerable. No matter what others do, say or what's happening around me; I won't let anything affect my peace."
- ✓ "My happiness depends on me. If I am not able to be happy by myself, nothing and nobody will be able to make me happy."
- ✓ "I will accept today as an opportunity to be happy by myself."
- ✓ In this way each day you will spend more time in happiness, peace and love, until the situation becomes permanent. We aspire to our peace becoming continuous, not sporadic.
- ✓ If you want truly satisfactory results in your life, let go of working on others and spend your time working on yourself.

3. Exercises for having peace

- ✓ In situations that you cannot handle, that upset you, try not to react aggressively. Be aware of the situation, breathe deeply and keep calm in order to be able to act efficiently and with composure.
- ✓ Do not judge people who upset you; apply discernment.
- ✓ Treat everyone with respect, understanding their point of evolution. Otherwise, you cannot serve anyone.
- ✓ Speak calmly not aggressively.

- ✓ Practice mental fasting: let go of any thought that disturbs your inner peace.
- ✓ Those who live, breathe. Those who read, learn. Those who act, understand. Those who practice, know.

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.