

ABUNDANCE AND UNCONDITIONALITY

Foundation for Consciousness Development

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Context. What is the purpose of the human experience?

Before embarking on the next topic, 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	<ul style="list-style-type: none"> ✓ All things that are complementary attract each other. ✓ Every living being requires the specific food for its species. ✓ Every manifestation of nature requires favorable conditions. ✓ Every living being has an instinctive sense of the Law. ✓ All cycles of nature have specific functions. ✓ Every violation of the Law produces serious consequences. ✓ 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	<ul style="list-style-type: none"> ✓ Everything that is sent out acts, reacts and returns. ✓ Everything that is attacked defends itself. ✓ Everything that pleases is accepted. ✓ Only love can transform beasts into persons. ✓ Only understanding avoids destruction. ✓ We must control situations, not be controlled by them. ✓ 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	<ul style="list-style-type: none"> ✓ Every situation is a learning experience. ✓ Every circumstance is generated by oneself. ✓ All events happen to whom they are meant to happen. ✓ We are always exactly where we are meant to be. ✓ We come to life with what we need to live it. ✓ Only what needs to happen, happens. ✓ 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	<ul style="list-style-type: none"> ✓ Experience alone opens the way for understanding the truth. ✓ Only opposites lead to the development of consciousness. ✓ We only move up a level through the appropriate transformation. ✓ We are only the result of ourselves. ✓ We only argue with situations that we have not understood. ✓ The need for understanding alone is the reason for physical existence. ✓ 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. What are abundance and unconditionality?

1.1 Abundance

By nature, all of us have access to *abundance*, but the ego's limitations tend to prevent it from becoming a reality. Such limitations imply a lack of commitment, underpinned by the misconception that it curtails our independence and freedom; this, in turn, leads us to isolate ourselves and stop sharing, and in doing so we destroy any possibility of making universal wealth move with our actions.

Abundance is the natural state of the Universe. It is as natural as the sun always being "up there"; sometimes we cannot see it behind the clouds, but when they move away, it appears again, and was always there.

In one sentence of his book *The Power of Now*, Eckhart Tolle explains the big mistake we make by confusing wealth with having and owning material goods: "But even when they attain all these things, they soon find that the hole is still there, that it is bottomless."

In her book *The easiest way*, Mabel Katz tells this enlightening story:

"A woman went out of her home and saw three old men with long beards sitting in front of her garden. Since she didn't know them, she said: 'I don't think I know you, but perhaps you're hungry. Please come into my home and eat something.' They asked her: 'Is the man of the house home?'. 'No', she answered, 'he isn't here'. Then we cannot go inside', they told her. In the evening, when her husband returned home, the woman told him what had happened. He said, 'Tell them that I have arrived and invite them to come in!' The woman went outside to invite the men in. 'All three of us cannot go in at once', explained the old men. 'Why?', she wanted to know. Right then, one of the men pointed towards the two other and said, 'His name is Wealth and his name is Success. My name is Love. Go inside and decide with your husband which one of the three of us you would like to invite in.' The woman went inside her home and repeated the story to her husband. The man became very happy. 'Fantastic! Since that is the case, let's invite Wealth in. Let him come in and fill our home with abundance.' The wife did not agree. 'Honey, why don't we invite in Success?' The couple's daughter, who was listening from the other end of the house, came running with an idea. 'Wouldn't it be better to invite Love? Then our home would be filled with love.' 'Let's

listen to our daughter,' the man told his wife. 'Go invite Love to be our guest.' The woman went outside and asked the three men: 'Which one of you is Love? We want him to be our guest.' Love stood up and started to walk towards the house. The other two old men stood up and followed him. Surprised, the woman asked them, 'I only invited in Love, why are you also coming?' The old men responded in unison: 'If you had invited in Wealth or Success, the other two would have stayed outside. But you invited Love, and wherever Love goes, we go.'

Abundance and prosperity have to do with our consciousness. When we know who we are, we have everything what we need. In that moment, we are already rich. When we open our hearts and trust, we give permission for everything to manifest in our lives.

Where there is love, there is also wealth and success.

Love can also be defined as the ability to enjoy excellent relationships that benefit everyone involved. Anyone who knows how to love and be happy will get everything else as an extra. But anyone who imposes conditions on their love and the expression of their values cannot open the doors of abundance.

Abundance is not a specific amount, but the relationship between the resources you use and the needs you have to cover. Being in abundance implies being in harmony and equilibrium. **Prosperity**, meanwhile, is a service expansion curve that boosts your resources. Last of all, **shortage** occurs when expenses exceed income, however many resources are managed.

Being able to enjoy everything that is available to us in the Universe, without any limits, is the greatest wealth that exists. People who enjoy their function and do not have to earn anything are "rich", because the very fact of enjoying what they do makes them entitled to the resources and elements of abundance.

*If we are happy and enjoy everything we do
we will always have an abundance of resources.*

In other words, anyone who enjoys doing what they do gets everything in abundance in return. But anyone who earns a living conflictively will have to suffer to get the little that they receive.

*Abundance is guaranteed
for anyone who can enjoy any profession.*

Unless we enjoy what we do, we will not be looking at life lovingly, but suffering it instead; therefore, we will be full of limitations instead of peace.

How can we tap into abundance? By using the values of wisdom, which are:

- ✓ Being trustworthy, i.e., being reliable in every way.
- ✓ Being committed to everything we do.
- ✓ Being loyal to our own commitments.
- ✓ Always being willing to serve.
- ✓ Respecting each and every being's rights.
- ✓ Opening up to learning.
- ✓ Appreciating everything we have, that exists and happens.

Anything that has to do with the process of spiritual development is abundant, prosperous, successful and generates happiness in all fields. The ideas we have been told about spirituality, namely that it is poverty, misery or misunderstood humility, are false beliefs; nothing as beautiful as spiritual development could ever be related to anything miserable.

Anyone whose mind harbors the idea —a taught idea— that spirituality means to live miserably, will live that way, believing that it is right, and that will happen until they cannot stand that situation any more. Yet that idea is wrong, because there is nothing more abundant and wonderful than the whole Universe.

If that idea brings a very unsatisfactory life, we only have to change the idea, because that is the origin of what happens in life. When we realize that the situations and results that each of us get stem from our ideas, we immediately have a powerful tool: we can stop blaming others or life for what happens to us.

1.2 Unconditionality

Unconditionality is the ability to be always ready to serve anyone, with joy and enthusiasm, in all circumstances.

The values underlying *unconditionality* are present in all human beings, without exception, but few people know how to use them. Unconditionality is an absolute quality that involves giving and sharing our best values, without restriction and without any conditions.

The virtue of unconditionality is expressed through the universal principle of sowing and reaping: where seeds fall does not depend on the sower. To put it another way, if we think first about who deserves to receive a token of our love, we are imposing a restrictive condition on our internal values and we immediately display our mental limitation to give and share our inner wealth potential. In doing so, we seriously limit our ability to receive and so shut the doors to the flow of the Universe's wealth. This is so because if we limit our inner potential, we are not committed to our values, have not acknowledged them and cannot benefit from them. In short, we are neither reliable nor able to serve.

Enthusiasm, joy and a willingness to do things are prerequisites for unconditionality, and these qualities lie inside us, together with:

Feelings. This is a very powerful tool for self-knowledge and action. Yet for an action to be positive, feelings have to be directed voluntarily, just like thought. We need to use them to feel a taste, pleasure, admiration and affection. Handling feelings is quite an art; unless we handle them wisely, they can backfire against us.

Desire. For instance, wanting to do something, which is associated with enthusiasm. If we do not feel like doing anything, we get apathetic, depressed or any state that dulls our enthusiasm, we cannot use unconditionality either. This is a profound inner task, because desire is not outside but inside us. It is the desire to use our own values, no matter what happens outside.

Knowledge that we can. Knowing, not believing; that distinction is important. "We can" because the values and ability have lived within us from the start. It is essential to know that we can respect all living beings, be 100% reliable, serve unconditionally, be an expert in anything we intend to do, and have the ability to commit ourselves deeply. A lack of commitment is one of the aspects of failure. And if we believe that we lack it, are not worthy, and "cannot", we will be doomed to failure.

Values and *virtues* are innate, permanent and constant traits, and can develop; whereas *limitations* —which are also known as "brakes"— are cultural, learnt traits. In other words, limitations and restrictions are temporary: they are not born with us, nor do they stem from the creation of our essence, but instead we pick them up along the road in order to develop an extraordinary virtue, the *virtue of purity, from invulnerability*. We pick up limitations in order to learn to get rid of them and become invulnerable. Yet as temporary as they may be, when they emerge they prevent us from displaying the values that are already inside us. That

is the problem we must solve if we aspire to a life that is truly satisfying all around. And that is what we are learning.

So, the only way we can achieve the virtue of unconditionality is to rid ourselves of the limitations that stop us expressing our virtues.

Limitations also are tied to feelings and desire, and wanting to do things; but not to *knowing*, but *believing*, because wisdom has not polarity, and is the *essence of love*. A negative situation can be triggered by a false belief.

There are different types of limitations, depending on what they are associated with:

With **feelings**: these limitations are rejection, disgust, disappointment, hatred, bitterness, guilt, resentment, jealousy, etc. All kinds of feelings that completely block us from expressing values. Why do we feel such unfortunate feelings? We do so because of the system of beliefs that culture mistakenly conveyed to us. So unless we work on cleansing our mind, unconditionality is not possible. We need to engage in "alchemy", i.e., voluntarily direct our thoughts from our understanding that taps into our feelings of love. The way that we think is the way that we will connect with our internal states.

Having a *loving thought* involves first having enough information to understand, which serves as a tool for directing thought. In line with the Law of Compensation, we need to offer supremely positive and loving things if what comes back to us is to be just as satisfactory.

With **desire**: when we feel like criticizing, attacking, oppressing, judging others, complaining all the time, changing other people, etc. Doing so wipes out any chances of success in life, because it blocks us from expressing our own values. In other words, people who want to behave like that end up imposing totally restrictive conditions on how they use their own virtues. This is what the Master Jesus referred to as the *temptations* of thought.

With **believing** (not with knowing): if you believe you are not worthy, that you "cannot", that if you commit to something, you lose freedom; if you believe that others do not deserve what you do for them, that someone has to pay for what happened, etc.; if you believe all that, then you are expressing a gigantic amount of limitations and have completely blocked any chance of having a satisfying life.

We need to work on our interior if we want to turn around this process that culture instilled in us; this is what our spiritual development involves. And the

three tools or items that awaken the principle of unconditionality, i.e., the expression of our original values without condition and without restriction, are:

Understanding the order of the Universe: understanding that there is no evil, that the only thing in the Universe is a process directed from love for our evolution and spiritual development. On this basis, everything that happens around us or that we personally experience is perfect and necessary, because it has an important value for each of us, for our learning.

So the first "tool" is based on having information about the truth of the Universe. This, in turn, leads us to understand that evil does not exist; not even good exists, because they are polarities whose interaction triggers an understanding. So what exists, if there is no right or wrong? What exists is something very beautiful, the purpose of love, which springs from the very heart of the Universe's creation.

The purpose of love leads us to enjoy the experiences necessary to finally understand the very order of the Universe and discover the truth by observing the results obtained. If we have this wise information, we have basis for *directing thought* to everything that happens around us.

Loving thoughts connect feelings, which in turn connect our capacity and desire to do things with the positive feelings that stem from love. This is how we start expressing our own values unconditionally, and through the Law of Compensation, everything that the Universe has arranged for each of us begins to come back to us.

We must banish the word "no", and think, "I'm worthy, I can. I'll never lose my freedom, because it depends on an internal decision that has nothing to do with what goes on outside. Others always deserve the best from me, so there's no reason why I should offer anything else. Whether or not other people receive and appreciate it hasn't got anything to do with me, that's their problem. I don't have to condition my values just because others have a mental restriction. It's not a matter that I have to resolve because all I must do is to express my values unconditionally and unrestrictedly. Others will have to decide what they do with it, because that does not depend on me any longer."

Each situation gives each of us opportunity to learn. Everything that happens in the physical, 3D world—in other words, what happens around us, and the experiences that we live— originates from a nonphysical world located within, which is the spiritual world. If we believe otherwise, we'll make the mistake of

trying to change what happens on the outside to find a satisfaction that we will not find. That is what we have been doing for thousands of years, all to no avail.

What we suggest is quite the opposite: forget what is going on outside and start working on what is going on inside us. That is something that should be under our sole control, and is what we can handle and manage, if we learn to. Instead, what happens outside is completely beyond our control, and we cannot manage, lead or organize it because it does not depend on us but on others.

Here are a few examples of the conditions and limitations that we tend to place on life:

"With this uncertainty, how can I be at peace?" This is a restriction, because it conditions inner peace.

"But how can I trust others? If there's so much corruption, you never know when someone might rob you." This is conditioning trust.

"I can't serve any better because I get paid very little; how can you work enthusiastically with such poor wages?" Here we are conditioning values themselves.

"Other people don't deserve what I do or what I give." Here we are conditioning our very service.

And so on. Unconsciously we place a number of restrictions and blocks on how we use our values. This has to do with mental limitation itself. Of course, the result is easy to guess: if we offer life so little, what can we get back? Almost nothing. And of course, the Law of Cause and Effect comes into play: if we are full of limitations, and display them too, then those same limitations will come back to us.

The idea is to get rid of any and all limitations and restrictions. We do not care what goes on outside, or what other people do, or how far they have evolved, what processes they are going through or their destiny, because none of that depends on us. Instead, we are interested in only one thing that does indeed depend on us: offering every being, person or circumstance with which we come into contact 100% of the best that is within us.

One of the biggest restrictive conditions that we impose upon our values are our goals and objectives. When we set ourselves goals and objectives in our life, we divert our energy flow, because we do not know if we will reach those goals, or if those objectives are ours. These circumstances generate anxiety, which in turn lessens our ability to take action. Of course, it is a restriction. Do not put restrictions to life; what we can do is to have purposes.

We mustn't put conditions to the Universe because we got it wrong. We just have to be open up and welcome whatever comes, whatever life has prepared for us; but without conditions, either with respect to whoever we are serving, or about what we will get back in return. We just have to give our best, and never shut ourselves. In other words, we should never think: "Life is giving me a lot." Nor ought we to think that life gives us very little; it gives each of us what we need to serve. The better our ability to serve, the more resources we will get. That is the secret, and it is called **unconditionality**. And it applies to everything: relationships, business, health, anything.

Success is not getting more and more things, but being happy with what we have.

1.3 Service

The first aspect of service is all about sharing information. *Service* is to provide information to anyone who needs it to improve their lives; so it is a profound act of love.

The second part of service involves putting all our enthusiasm, energy and expertise into whatever we do, in order to do the best possible job, without worrying at all about who we are doing it for or how much we will get paid for doing it.

Actions within the field of matter are governed by the Law of Compensation, which the Masters also refer to as *rights*. Rights do not exist by nature, but are generated through our ability to serve.

Jesus said: "But seek you first the Kingdom of God and His righteousness, and all these things shall be added unto you." That is, first we have to be ready to give, before being able to receive.

Culture convinced us that we have to give without receiving anything in return, and that's a mistake, because what ability to serve can we develop without getting anything in return? Very little, almost nothing, zero, because the Universe works differently.

An "abundant" person is someone who has learned to give and to receive in a balanced way.

Chapter 2. Trust

Trust = Zero aggression

Someone who is trustworthy and reliable has one of the most valuable internal values of all, because trust can open other people's hearts and lead to the universal doors of abundance and prosperity. This, in turn, lets us be successful and satisfied in all areas of life.

Trust involves flowing with the Law of Compensation, giving and receiving.

There is no door that trust cannot open.

Broadly speaking, a trustworthy person has developed at least five qualities:

- ✓ The quality of *letting life flow* without putting up resistance to anything or anyone. If we don't give up everything that produces suffering, then we are putting up resistance.
- ✓ *Being at the right place*, i.e., always behaving with others normally, without letting them notice that we are at a higher level of understanding. We need to "match up" with others to be acceptable and reliable; this is a skill of mastery.
- ✓ The ability to *serve without suffering*. If we suffer when we serve, we cannot be trusted. It is essential that we serve others with all the love and enthusiasm that we can muster, if the opportunity arises, but without suffering.
- ✓ The quality of *never being offended by others' attitudes*. If we are offended, and say so, other people will stop trusting us because we will start attacking, criticizing and judging, and that does not inspire confidence, only isolation and estrangement.
- ✓ The quality of *fully respecting others' rights*, without criticizing, judging or punishing.

The three mainstays of trust and confidence are:

Confidence in ourselves or self-worth. The most important person in the Universe for each us is ourselves. We cannot offer values unless we have them

ourselves. We must never believe that thinking about ourselves is selfish; if people do not acknowledge their self-worth, they cannot do anything else.

If we have no self-confidence, to what extent can other people rely on us? We need to start accepting ourselves unconditionally and unrestrictedly. Anyone who is incapable of feeling happy with themselves is a danger to others.

Any of us can say that we are a perfect creation of God and that we are capable of being happy with ourselves, and that's self-esteem, and self-respect; but if we say we are better than other people, then we are underrating them, and that idea comes from the ego. People only other people's acceptance when they don't accept themselves.

Being worthy of other people's confidence. To do this we need to use the *seven tools of love* which at the same time are seven ideas that the ego must let go of and seven new values that we need to sow in our mind:

- ✓ *Acting*: means acting very efficiently and calmly in any situation whatsoever, doing the best we can in each and every one of our assigned tasks or duties. It also means stopping attacking other people in thought, word and deed, and remaining absolutely firm and loyal to the agreements and commitments that we freely enter into. In short, "doing" is the key to "having".
- ✓ *Adapting*: means unreservedly settling into the place where we are meant to carry out functions to achieve a life filled with satisfactions. Similarly, adapting means giving up running away and avoiding situations we have to experience. Believing that happiness is somewhere else than inside us is a delusion.
- ✓ *Being grateful*: means giving thanks for everything that we have, as well as for all the difficult and painful situations that we have been through, because they are opportunities that life gives us to learn and evolve in our spiritual development. So it entails refusing to let difficulties make us suffer, by understanding that they have a deep purpose of love; this will enable us to recognize the Law and free ourselves from limitations, dependence and suffering.
- ✓ *Taking responsibility*: in other words, accepting the outcome of our own decisions and life's experience. We have to 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 our

responsibility. We have to stop blaming others for what does or does not happen to us. There is no one to blame.

- ✓ *Respecting*: implies being considerate to everyone in their ideas, customs, beliefs, and behavior, and also their right to make their own decisions. We also have to stop criticizing, judging, discrediting, condemning and punishing anyone for any reason whatsoever, since we understand that everyone does the best they can with what they know best, and it is not up to us to judge them. Instead, we should only give wise information to people who expressly ask for it, and to whoever accepts our subtle offer because they are respectful.
- ✓ *Valuing*: and enjoying immensely everything that we have and everything that we do. By admitting that we always have everything we need and appreciating it, we can develop the capacity to enjoy new experiences and relationships. It also means we have to stop complaining about what we have, because complaining makes us poor. Instead, self-esteem brings prosperity; anyone who complains about what they have is on the way to losing what they need.
- ✓ *Accepting*: admitting that the Absolute's purpose is perfect and that everything that happens is perfect and necessary. Stop trying to change others and, instead, work on ourselves. Stop trying to change the perfect order of the Universe and its necessary processes, and especially trying to interfere with other people's life experiences.

We should repeat these words to ourselves: "From now on I'm only going to think the best, say what's right and do what's necessary!" Program it in our mind and practice it every day until it becomes automatic.

Gaining other people's trust, by showing our own values. We can't earn it just by being reliable; other people also have to see it for themselves; when they do, we can establish an effective interaction of love and service.

To find out if others trust us, we have to observe the results of our relationships. What results can show us that we are reliable for others? The answer is: the ones that show that other people open up totally to us, without any restriction; in doing so, they show that we are worthy of their trust and they recognize our capacity for respect.

If we want to be successful in life, first we have to remove the *enemies of trust* from our minds. Here is what they are and how to recognize them.

Table 1. The enemies of trust

Enemies of trust	How to recognize them Others don't trust us when ...
1. Temperament	... we act from our reactive mind, and are irascible, shy, slow, fast and sloppy
2. Strong character	... we seem narrow-minded and are likely to run away, attack others or misinterpret a situation at any time
3. Worries	... we get anxious and suffer for others without taking any positive action
4. Possessiveness	... we feel helpless without other's support and companionship
5. Protectionism	... we limit others' experiences because we fear something might happen to them
6. Sentimentality	... we feel very sorry and are moved whenever others face any kind of difficulty
7. Susceptibility	... we are very easily offended by what others say, do or not do
8. Aggressiveness	... we react aggressively to anything we do not accept or do not like about others

Let's take a closer look at each of these "enemies":

1. Our **temperament** is a genetic, instinctive, traumatic and unconscious pattern of behavior.

So we should modify our temperament to be active, serene and peaceful.

2. **Strong character** is a rational, learned and conscious pattern of behavior. Both our temperament and character can be modified voluntarily from our understanding.

We should change our character to be open, fair and firm.

3. Concerning **worries** there is really no need to have them, because in the Universe everything has a solution, and if we have made a mistake, we can always learn from it. People who get distressed and worry are no longer of any use as a support, guide, confidante or counselor for others.

4. As regards **possessiveness**, we need to understand that we do not own anything or anyone, and are only the administrators of the material elements that are in our care and that we share with others. If we do not trust ourselves, we will not feel good or be able to understand the value of solitude or relationships; so we'll want to hold onto other people to feel safe and secure.
5. **Protectionism** is a deep selfishness disguised as love. It comes into play when we limit others' experiences because we (not they) are afraid of something happening to them, and if it does happen, we suffer. As we don't want to suffer, we prefer to sacrifice others before that happens.
6. **Sentimentality** means that we cry or suffer whenever others face a difficulty. This leads to two mistakes that make us unreliable: first, to prevent us from suffering, other people stop telling us anything; and secondly, whenever someone wants to avoid an experience that they are supposed to have, they will come to us and ask us to solve the problem. This has two consequences: first, we will not be reliable for others or for the Universe; and secondly, we will be interfering in other people's destiny. Our resources will get blocked, because we are damaging other people's experiences with them.

Feelings are not reliable: if something rouses our pity, we might work for feelings and not for love. It is something else to understand that every experience is necessary and valuable for whoever has it, and that for someone to stop experiencing something unpleasant, they need new information. So that if we have it and can give it to them, we will behave reliably and lovingly. But pity is a social condition that restricts feeling and makes us misunderstand the order of the Universe, so feelings are never reliable.

7. If we are **susceptible**, other people do not connect with us again because we get offended so easily.
8. Last of all, **aggressiveness** means that if our reaction is hostile or violent, other people will start shunning us.

If we cannot be trusted and are not reliable, we close the doors of abundance, so then there is no reason complain about shortages.

We need to learn and enjoy every circumstance that life puts before us, without worrying or suffering for or about anything or anyone, because everyone

only experiences their corresponding circumstances, which they themselves trigger and that are perfect for them.

So we have to stop interfering with others' learning experiences and get ready to be happy on our own. We can use these thoughts to reprogram our mind and stop worrying unnecessarily. What we have to do is act wisely during our life.

Every ounce of satisfaction that we feel will be the result of conscious and voluntary work on ourselves. So let's stop asking and learn to do more.

Chapter 3. Commitment

Commitment = No obligation

Trust opens the door of abundance, but it is commitment that makes what lies "behind the door" flow. For this to happen, we have to learn what commitment means.

Commitment is the ability to share our own values unrestrictedly and unconditionally.

The aim is to complete our life with other people's values and acquire rights, but if this is to work, we need to ensure that our thoughts, words and actions are geared simultaneously towards the same, single purpose; if not, there will be no chance of success in any field.

Commitment is an internal decision that each of us makes; a free decision with an obligatory result, because we reap what we sow; if we felt obliged to do so, there is no longer any commitment. In fact, there is no obligation, but just an attitude of blaming others for the results we get. As long as we blame others, for anything whatsoever, we will not be taking responsibility. Nobody can be forced to do anything.

If we are not committed, our access to abundance, prosperity, health and happiness will be limited. Generally speaking, it is based on a false principle of freedom: the belief that if we give a commitment, we will lose our freedom of action and independence.

It is important to understand that freedom only exists inside each of us, as the power to make our own decisions and take responsibility for our results. There is no freedom as far as relationships go; instead there are agreements, commitments, peaceful coexistence, respect for others, sharing, the Law of Compensation, etc. Free will is the ability to make mistakes, even if we have mistaken it for freedom.

Independence, on the other hand, is the ability to be invulnerable in terms of our own feelings, regardless of what anyone else says or does. According to the Masters, **spiritually independent people** are people whose peace, happiness and inner harmony does not depend on anything other than themselves.

If our results show us scarcity and loneliness, it is because we freely decided not to make a commitment to anything or anyone; yet if, on the contrary, they

show us abundance and highly satisfactory relationships, it is because we freely decided to commit ourselves to our roles and relationships, and be totally reliable for others.

People who are committed to what they do are successful.

Nobody is entitled to enjoy what they have not done, or to receive unless they have given. In the Universe, there are no rights unless they are generated by an action. An action without continuity is an action without any commitment. Everything that we receive is what we earn for what we do. So a right is the result of being committed to an action.

Rights do not exist, and are acquired through action.

The Law of Compensation is responsible for ensuring that all rights are fulfilled. If it does not, we might use up the source of abundance. However, if we demand rights without having generated them, we can trigger major conflicts, because we are asking for something that we have not earned and to which we are not entitled. On the other hand, we must never refuse to receive what life or people offer us, because if someone gives it to us, or we get it some other way, it is because we had already earned it and are entitled to it.

It is also just as important not to restrict our own ability to serve and not refuse to receive whatever we need to serve more. This is what we call abundance.

Commitment drives a person to the true meaning of perseverance; this, in turn, generates the stability necessary to give the seeds of prosperity time to germinate and produce abundance. So commitment allows the universal rights associated with prosperity to expand:

*"The more I give, the more I receive; the more I do, the more I need;
the more I need, the more I get;
because the more I have, the more I can serve others."*

In short: commitment generates stability; stability generates perseverance; perseverance prompts action, yet constant rather than stubborn action, ; and action, finally, entitles us to enjoy the abundance of the Universe.

To become entitled to abundance, we have to use three qualities:

- ✓ Commitment to agreements.
- ✓ Stability in relationships.
- ✓ Constancy in actions.

*Whoever complains about what they have,
neither appreciates it, nor is committed to what they own.*

We are committed to what we have insofar as we never complain about it, and are committed to what we do have insofar as we never feel obliged to anything, but act from the center of love. These are two very powerful tools for success.

Commitments can be changed, but what matters is not to break them.

We should always take a liking to what we do; and to our boss, our colleagues, the place and country where we live; if we cannot and do not commit ourselves to it, we are very unlikely to succeed in life.

The following example shows see how the Law of Correspondence and commitment work. It highlights the readiness to serve and other aspects that attract abundance; like any example, it is limited and does not cover other aspects such as each person's suitability for a service:

"A father asked his two adult sons what business they wanted to set up. One of them (let's call him A) was very keen on sport and wanted to open a gym; The other son, who we will call B, did not know what he wanted, so he copied his brother and asked his father to open a gym for him too. The father set up two gyms for them in different parts of the city, but A thrived while B ended in ruin, complaining that his gym was not as well-located as his brother's. So they changed places, A went to run B's gym and vice versa. Before long B failed once again and A was very successful. B ended up working for his brother, simply taking his orders and earning a salary."

What's going on? It is obvious: A was fully committed to his business, but B was not. That was not his function; he was not good or bad, it was just not for him.

Chapter 4. Loyalty

Loyalty = Not running away from commitments

Loyalty is a spiritual state of understanding associated with a deep commitment of love. Whatever the time, distance or difficulties, loyal people never stops fulfilling the commitments that they have given to other people, freely and by common agreement.

Loyalty can only occur when clear agreements have been established.

Agreements are not rules that we feel obligated to obey, or that we decide to obey at a given moment when we consider it necessary. It is clear that rules do not generate a commitment, nor does the principle of loyalty apply to them. This is because rules are unilateral, and the decision to obey them or not is too.

Until we are capable of handling agreements, we will be governed by rules. With each one of them we can decide, unilaterally and individually:

- ✓ To obey it from wisdom: if necessary, we adapt and accept it, learning what the rule has to teach; i.e., obey it from understanding.
- ✓ Disobey it, which is the result of ignorance.
- ✓ Rebel against it through confrontation or attack.

On the other hand, with each agreement we can decide to:

- ✓ Respect it.
- ✓ Reconsider it.
- ✓ Give in.

Loyalty arises from agreements that we agree to respect. Agreements are bilateral and involve negotiating, so to do so, we need mental flexibility and to learn to give way.

Being loyal means that a commitment never ends unilaterally.

It is legitimate to change a commitment (reconsider it), but never to break it unilaterally, because that would be disloyal.

If we are loyal, we are invaluable and have one of the most powerful tools to achieve:

- ✓ Self-confidence.
- ✓ Stability at work.
- ✓ Happiness in our relationships.
- ✓ Sufficient resources to carry out our functions.
- ✓ Satisfaction in everything that we do.

Nonetheless, *loyalty* should not be confused with *fidelity*. In our culture, fidelity is basically limited to sexuality and the agreements between couples; instead, loyalty encompasses all the commitments and agreements that human beings enter into, including those of a sexual nature. So when we talk about loyalty, we refer to the wonderful principle that rules all human beings' relationships.

There is also a substantial difference between *agreement* and *commitment*: an agreement is what establishes the parameter to which the commitment is applied, while this is what supports the agreement. In other words, an agreement without a commitment is worthless. For example, the agreement is to go have dinner with someone tonight, at 9 p.m. but the fact that you go is the commitment; you can agree and then not go or be late, and in that case there was an agreement but no commitment.

Chapter 5. The ability to serve

Being willing to serve = No resistance

Learning to serve is a genuine technique of wisdom, a true tool of love that will give us an extraordinary and satisfying result in every aspect of our lives.

Serving is the ability to always give the best of ourselves in thought, word and deed, and to be open to receiving what is due to us.

Right information + Action = Abundance

Serving generates wealth, and two specific characteristics define it:

Service as information requires wisdom, is an educational technique and is governed by the Law of Sharing that, through information, connects all levels of creation. Sharing information that makes it easier to understand that the order of the Universe is a service of love.

The Universe is dense state information in the form of matter. The interaction between energy and information gives rise to everything that exists.

Providing information is a service of love, because appropriate and relevant information allows each of us to create our own life experience and adequately carry out their function, learning from it whatever we need to access increasing levels of personal satisfaction.

*The purpose of every experience is to acquire information
in order to be happy for oneself and to love.*

To wisely handle any human situation —relationships, health, economy or location— we have to have the right information. The three tools required to achieve wisdom are: giving information (knowledge), allowing experience by applying that information and even making mistakes (experiences) and, finally, allowing people to verify and accept the result of their experience (results). If there are no good results, it is because we cannot serve with wisdom, i.e., create something satisfying. This is what we have to learn.

To give information wisely, we have to consider three principles:

- ✓ *That the information is true*, that is to say, that we have checked the information that we intend to convey.

- ✓ *That someone has asked for it or accepted our offer, in other words, that we check that whoever is going to receive it is entitled to it.*
- ✓ *That we talk with the amount of information that the other person can handle.*

Service as an action involves training to develop mental flexibility, and is governed by the Law of Compensation. The laws of success do not respond to inertia; so to succeed in life we have to decide to take action, seeing it as a mission of service. Success is construed as the ability to have everything to be happy and be happy with what you have.

Therefore, it is essential to always put into whatever we do the greatest possible amount of work, quality, enthusiasm, energy, taste, efficiency and joy.

Action as a mission entails always giving the best of ourselves under any circumstances.

To serve, we have to break away from the learned limitations of culture and education, which limit every human being's potential to serve. "I don't like it; it isn't my kind of job; I'm not going to work for less; there's not a good atmosphere; they don't motivate me; they don't appreciate me; etc." are what anyone who has not recognized the true meaning of service would typically say. By not recognizing it, they limit their ability to gain access to prosperity, abundance and new levels of personal satisfaction.

Adaptability lets us take full advantage of our inner potential.

Mental flexibility is the ability to voluntarily change learned ideas about certain activities that most people consider unworthy or look upon as synonyms of ignorance, degradation, humiliation, disgrace or servility. Yet in fact, from a clearly service-oriented viewpoint, **every kind of work is dignifying.**

Mental rigidity, on the other hand, is the inability to accept anything different from what we believe, our tastes or habits. It leads to a situation of total failure. One of its traits is how hard it makes it to reach agreements.

Scientifically, we already know the cause of suffering: whatever we are unable to accept. Suffering is mental rigidity, which in turn is associated with levels of ignorance, which involves a large amount of rigidity. For its part, pride is extremely rigid. We tend not to accept something because we do not understand it, and that is due to a lack of wisdom; in turn, we lack wisdom because our beliefs are false.

To acquire mental flexibility and get into the habit of serving, play the following games whenever the opportunity arises:

- ✓ "Me first": ask to be first to sweep the floor, wash the dishes, do the cooking or any other chore that might not seem appealing at first sight.
- ✓ "Will to serve": stop complaining about any chore or task and, instead, enjoy it.
- ✓ "Whoever gives way, wins": the idea is to please the other person and not mind about being right.

The two Laws that manage service interactions—in their respective characteristics of sufficient, efficient and timely information, and action—are the Law of Sharing and the Law of Compensation.

5.1 Law of Sharing: handling the information-service interaction

The Law of Sharing is what joins matter and spirit. Service combines two interests: giving and receiving. The point of maximum efficiency is one in which there is harmony and balance. Unless spent energy is recovered, the source will run out. So if the service (within that point of maximum efficiency) is to be valid, it cannot be subject to any restrictions or conditions.

The more we increase our capacity to serve, the more we will get back, meaning that we will be able to serve even more and have abundance. Anyone who does nothing and serves no purpose, does not need anything. Let's look at it now from another angle: Who is it who needs the most? Whoever does the most, knows the most and serves the most. Our needs increase through our ability to serve.

5.2 Law of Compensation: handling the material-help interaction

Helping is to do something for other people who cannot do it themselves. That help needs to be compensated in order to keep on receiving; otherwise the source dries up.

In other words, without compensation, the endless sources of the Universe's wealth cannot be restocked, because the energy flow is broken. That is why

wisdom consists in giving the best of ourselves and opening to receive what is due to us. There is no "disinterested" or "selfless" service; there is nothing wrong with being interested, because nothing in the Universe does not have an interest. On the contrary, it is healthy. The problem does not lie in the interest, but in rights, and in that sometimes we demand a right without having first generated it. Interest, in fact, is wellbeing and satisfaction.

When we provide a service, we have two main interests:

- ✓ That the person receiving the service considers it excellent. As for information, the best compensation we can receive for providing a service is to know that the person who receives the information finds it useful and is happy.
- ✓ And, to keep on serving, restock and compensate the source of energy.

If we are going to get a job or provide a service but are only thinking about the money we are going to earn, then we are not focusing on our service capacity; because as explained earlier, the purpose of serving is to give the best of ourselves, whatever the situation and whenever we get the opportunity to do so. Compensation is only the result of serving, but we should never refuse to receive that result, whatever it is.

5.3 The solution to the four major human problems

The four major human problems have to do with *relationships, health, resources and adaptation*. The right information for solving them comes from the **seven tools of love**, described in Chapter 2, which addressed trust. That is all that someone with wisdom needs to know. The seven tools transcend human destiny, but they are useless if they are not used.

If two people, let's say one in Australia and another in Colombia, both have resource-related problems, they will face totally different situations, because they have different cultures and customs; but the problem is the same, because it has to do with resources. So the tools for solving them are identical.

5.4 Why do we resist everything?

If we do not resist anything, everything will reach us.

If we want to change something in the outer world, it means that we are putting up resistance because we don't accept it as it is. Within us lies our ego, which is to blame for trying to make these changes, and is not satisfied with what goes on in the Universe. Culture taught us that it was normal.

Suffering is a consequence of resistance, because we suffer when we cannot accept the situations going on around us. Our advice in this regard is as follows: if anybody does something unpleasant, thank them instead of reproaching them; it's the same as turning the other cheek. The longer we put up resistance, the stronger our ego will grow and the more disastrous the results will become.

Chapter 6. Respect, appreciation and wisdom

6.1 Respect and appreciation

Another key value for tapping into abundance is *respect*. Respect means accepting others without trying to change them.

The more we learn to respect, the more at peace we will feel. Respect is handled with mastery techniques. For example, never give information to anyone who cannot understand it, because it will hurt them; and respect people in their ideas, customs, beliefs and behaviors, as well as their right to make decisions.

So respect involves giving up criticizing, disqualifying, judging, condemning and punishing anyone for any reason; because we understand that everyone does the best they can with what they know best, and it is not up to us to judge them. We should only give wise information to people who expressly ask for it, and to whoever accept our subtle offer because they are respectful.

Appreciating = Enjoying without complaining

We should appreciate and enjoy everything that we have and do to the full. If we admit that we always have everything we need and appreciate it, we can develop the capacity to enjoy new experiences and relationships.

Stop complaining about what we have. Complaining impoverishes us. Self-esteem brings prosperity. So if we do not appreciate what we have, we are on the way to losing what we need.

6.2 Wisdom

When we hear the word "wisdom" we might well imagine something that is very hard to get, something that perhaps only the long white-bearded elderly Masters reach after living many experiences. But the truth is that wisdom is really simple, and can be summed up as *knowing how to use what life gives us to be happy and prosperous*.

Yet to gain wisdom, we need a minimum level of understanding, as well as the ability to flow with the order of the Universe, wisely taking advantage of the moment and the five elements that make up any human being's life experience: purpose, destiny, mission, function and intention.

In short, human beings use wisdom to:

- ✓ Achieve the loving purpose that brought them into the world.
- ✓ Seize the opportunity that lies in their destiny.
- ✓ Enjoy the mission they carry around in their consciousness.
- ✓ Accept the role they have been given.
- ✓ Not interfere with other people's destinies.

To have wisdom, the three aspects discussed below have to be practiced in thought, word and deed.

6.2.1 Thinking wisely

We have to remove the "good"/"bad" tandem from our minds and simply think that:

- a) Everything that exists and happens is necessary in the perfect order of the Universe.
- b) Everybody always does and says the best that they can, even if they are wrong.
- c) Everything that happens to us is necessary for our consciousness to evolve, while we grow happy, loving and invulnerable.

There is nothing negative; only our mind might be negative if it evaluates a situation that actually is neutral. On the contrary, the situation is positive insofar as it is an opportunity to learn. Each of us only faces the situations we need for our spiritual development, however difficult they can be sometimes. That is why Masters do not solve our problems; if they did, far from doing us a favor, they would do us great harm.

6.2.2 Expressing with wisdom

We must always talk lovingly about anyone or any living being, and about any event. Otherwise, if we do not have anything loving to say, we should keep quiet, respectfully.

Herein lies the wisdom of communication, because everything that happens has a purpose of love and not a single being is not full of virtues, even if they do

not use them at some stage. Criticizing or judging other people's behavior is typical of the ego, which does not accept them.

6.2.3 Acting with wisdom

Whatever it is that we have to do, we should always do it with love and enthusiasm, and let others do what they have to do. We also have to keep calm, with inner peace, about other people's roles and experiences, giving them the information they need and keeping respectfully silent whenever we see that they are acting with their "best" ignorance.

To know if we have achieved wisdom, we have to assess our own internal results —happiness, peace and love—, as well as our external results in terms of relationships, health, resources and adaptation to our environment.

6.2.4 Who can achieve wisdom?

Everybody who is willing to learn from their mistakes, evaluate their results, and willing to get new results by changing their behavior and methods is on the path to wisdom. Also if they are willing to make internal changes. On the contrary, if we try to force others to change, we will be on the path to ignorance.

As explained earlier, *we can attain wisdom*. The first principle of wisdom is to recognize that we can be happy with what we have and where we are, and we need no more. The results are very simple, and there are only two types: satisfactory or undesirable. If the result is satisfactory, perfect, we'll keep on doing that way. If not, what do we need to change? Never other people, but the method or idea instead; we have to take a look at our own behavior and be prepared to change it; that is the way to wisdom.

6.2.5 How can we get the Universe's abundance and wisdom to flow towards us?

If we have wisdom, we will also have the abundance we need to engage in any activity. For wisdom to reach us, our mind has to become very feminine, because our receptive capacity is referred to as feminine.

6.2.6 How can we make our mind feminine?

First of all, we need to transcend our ego. It is not a matter of using typically "masculine" terms, like fighting or dominating our ego, or even as seeing it as our enemy. Actually, nothing is our "enemy", because everything is necessary in the Universe, and we just have to look at our ego as something that we will not need any more. It has been our "friend" because we needed it to discover the Law and wisdom, but the time has come to ask it to leave, and to do so we have to work on our interior in order to reach our "feminine" side, to give our minds the ability to store, fill itself, act as a container, etc.

6.3 The Law of Affinity

This Law says that the best always attracts the best, and the worst attracts the worst. That is why the simplest sentences contain the best wisdom.

We generate *affinity* ourselves according to what we decide, and it can be positive or negative.

*If we think about solutions, we will attract solutions;
if we think about problems, we will attract problems.*

It may sound strange, but the more problems we have, the happier we have to be if we want, by being so, to attract happiness; the less you have, the more prosperous we have to feel; the more health problems we have, the more we need to think that we are a perfect creation of God. Otherwise we will fail to generate affinity with the original genetic pattern, which is perfect.

Table 2. The principles of wisdom

Principles of wisdom	We can always think ...
Peace	... about something that generates peace; that produces affinity with it
Health	... that the Absolute created us with a perfect health pattern
Joy	... that there are many reasons for being joyful in life
Respect	... that every living being deserves respect
Loyalty	... that we must be loyal to our own agreements
Service	... that our service is available to others
Harmony	... that we have the capacity to express harmony
Happiness	... that we have what we need to be happy
Trust	... that we are able to generate total trust
Enthusiasm	... that everything we do fills us with enthusiasm
Abundance	... that we are correspondent with abundance
Commitment	... about the value of our capacity for commitment
Prosperity	... that we enjoy the virtue of prosperity
Satisfaction	... about events that bring satisfaction

If we want to create the **feminine side** inside ourselves in each of these fourteen points, we only need to think-speak-act wisely, in relation to each of them. Our feminine side receives and contains, which is why it is associated with abundance; we only have to open up fully to receive from the universal sources of abundance.

6.4 A few wise sayings

Be happy with what we have. Wisdom *per se* should never depend on what we do not have, because we would get obsessed about getting what we do not need. We alone are responsible for our own happiness, and what we have will always be enough to achieve it. If that is not so, then our mind and affinity are wrong, and we will never attain happiness.

Love thy neighbor as thyself. We must want and always give other people the same as we expect to receive. We must stop harboring any desire for revenge,

bitterness or resentment against anyone, for any reason, however mistaken that person may have been. Because if that desire takes root, the law of "an eye for an eye" would come into play, triggering a dreadful affinity. No matter what others do, always wish them the best to generate an affinity with it. Also must bear in mind that "giving" not only refers to material things, but also to the spiritual aspect, virtues and qualities.

Don't wish upon others whatever you wouldn't wish upon yourself. Live and let live, let go and let others go, is the wise principle of freedom in relationships. We should never try to hold onto anyone, nor feel held onto by anyone else; we must not want to force others, nor feel forced by them; never impose anything, so that nobody imposes anything on us. That is enough to achieve freedom.

Chapter 7. Being ready to learn

In the Universe, nothing responds to *inertia*. That is why absolutely everything we want to receive from it, be it material or spiritual, calls for a wisely directed action.

Wisely directing all our actions is just a matter of always remaining willing to do things with love, whatever, wherever and at whatever time. This "doing" opens the door to all information and resources.

Any intention to do attracts information, resources and the conditions for action.

Abundance and prosperity are the result of knowing, doing and serving. Instead, poverty and misery, which are not only material (as poverty is a state of mind), are the result of inertia. If we fall into *inertia* we lose everything.

Any intention to ask overrides the ability to create, make and serve.

Table 3. Achieving abundance and prosperity

Abundance and prosperity	
"Doing" calls for information, enthusiasm and action	
Information	Is received when we are willing to do
Enthusiasm	Is obtained when we have information
Action	Is the result of combining information and enthusiasm

Table 4. Falling into poverty and misery

Poverty and misery	
Any unwillingness to do blocks all our resources	
Information	If we are not willing to do, we do not need information
Enthusiasm	If we don't have information, we cannot be enthusiastic
Action	If we are not enthusiastic, we cannot act

If we do not know the Laws that govern the Universe, certain destiny-related situations might seem unfair or unjust to us. And if we suppose that injustice does exist, we will think that the best way to "solve" the socio-economic imbalances is for those *who do have* to give to those *who do not have*. So, do we have to ask those who do to give to those who do not do? Such attitudes make all of us much poorer.

Life always gives us what we need to learn to do and serve.

It is essential to stop asking, and accept what we ourselves can do. It is the only way to earn abundance and prosperity. Here are a few thoughts about *doing* and *asking*:

- ✓ The only thing we can *ask for* is information for *doing*.
- ✓ *Doing* is the master key for accessing information.
- ✓ Thinking about *doing* is the same as *asking for* information.
- ✓ *Asking for* information without having thought about *doing* is useless.
- ✓ *Asking for* information for *doing* what we think is useful and necessary.

Therefore, we only have to **think about doing** and we will get the information and resources we need to do what we thought about; as long as what we thought falls within the Law of Correspondence. And how can we know if it does? By checking to see if things flow, and if our intention, thought, word and action are loving ones. If it is not so, it means that is not our role, and not what we are meant to do; that is how life demonstrates it. We have to try at least three times —enough to show that we persevere— and a maximum of seven, because otherwise we are being stubborn.

The case of people who give to those who don't have falls outside the Law of Correspondence, because then the former lose their tool, and the latter cannot keep that tool because they don't know how to use it; so everyone ends up poor.

*When someone who has gives to someone who does not,
they both lose what they have.
When someone who knows teaches someone who does not,
the two gain wisdom to have more.*

Teaching someone who doesn't know generates wealth. The world is full of colleges and universities where knowledge is taught and conveyed, but **education** is something else. Education is practically the same as wisdom: it is knowing how to make the most of what life has given us to be prosperous and happy, learning to serve. This is not taught at any school or college, and in hardly any home.

Abundance can only be used by those who know how to generate it.

People who know are people who can get these five results voluntarily, and get them wherever they are and whenever they want to:

1. Inner peace and happiness; i.e., they do not suffer about anything.
2. Other external results: good relations with all beings, not just humans.
3. Enough resources to do what they do; i.e., abundance.
4. Better health, or a permanent healthy status.
5. The ability to take advantage and be happy anywhere they are: adaptability.

To stop being poor we have to learn to generate abundance, and to do this we need to **learn to do and better serve each day**.

So the first purpose is *to learn*, and the second is *to serve*, that is, *teach*. But if someone knows nothing, what can they teach? And if someone has nothing, what can they give? In order to do something positive for others, we must first have done something for ourselves.

*If you don't know how to generate abundance,
you don't know how to use it and
you can't hold onto anything of what you receive.*

As long as there are people who give what others have not earned for themselves, as long as we have the bad habit of asking for things, poverty will

never disappear. We can ask for information, but if it is not backed up by "doing", as discussed above, it is worthless.

From the very moment we are born, we have the abilities to create, make and serve. So why don't we use them? It's simple: because we were taught to ask, and we stopped using them.

The *right point* is extraordinary because it is the point of harmony, balance, and the point of the Law of the Universe. From the right point perspective, we can ask ourselves the following questions:

- ✓ Is it right or fair to ask for what we have not earned? No.
- ✓ Is it right or fair to receive the result of what we do? Yes.
- ✓ What is the right result? Everything that we have is exactly right and fair insofar as it is what we are entitled to, which does not mean that is satisfactory.

If we "do" what we do from ignorance, we will face plenty of conflicts, problems and difficulties. Yet, if we do it from wisdom, we will enjoy an abundance of satisfactory things; because "doing" always generates abundance, of whatever sign.

Anyone who can generate abundance every day will have more resources. What would our lives be like if we stopped, once and for all, asking for anything that we can do ourselves? The answer is: utterly productive, rewarding and plentiful.

Whenever we run into a human difficulty of any kind whatsoever, the first thing we do is to think: let's organize a collection, or a ceremony, let's ask, let's protest, let's demand, etc. But very few people say: What has to be done? Because we have not been taught to think. People with problems get together to complain to the government, to protest against injustice and to do all sorts of things that just involve asking someone to come to solve their problems. This is so because we really believe that it's someone else's problem: it's the government's problem, other people's, the Absolute's ...

But that is not the solution, because if we act like that, we are not taking responsibility for what we need to do. Does anyone realize how powerful it can be to stop asking? The normal state of the Universe is abundance; until human beings' ignorance gets involved and breaks down the processes that keep the energy flowing.

Acting is doing, whatever we do, calmly, rationally and not automatically, consciously, with the intention of serving; educationally to teach something or efficiently to do something. These actions stop being actions and become reactions if they are carried out in a situation of disorder or as part a process of dispute or non-acceptance.

Yet to stop acting, implies having no wisdom at all. We cannot fall into inaction, because if we do we will lose our service tool altogether and our chances of success will run out.

In short, current society's problem is not that it lacks resources, but the right attitude towards life and relationships; this prevents it from making a balanced, rational use of enormous wealth of human, technical and natural resources available.

Our difficulty in maintaining harmonious relationships also limits our chances of using the immeasurable abundance of universal resources. Harmony in our relationships with all living beings and developing an unconditional capacity to serve are quite an art, a science that we have to study and practice constantly if we aspire to a highly satisfactory life.

The Laws of the Universe include **eight rules** or basic principles that have to do with social harmony. We call them the *Master's golden rules*, and they should always be kept in mind in any human and social training process. Everyone, to some extent or another, is both a teacher and student at the same time, because throughout life we are always learning something new about other's circumstances and relationships, which gives us the opportunity to teach others what we begin to understand about the workings of life.

When we teach with ignorance, we interfere and become part of the other's destiny. We can only teach wisely by using the golden rules of social organization, which are grouped under two basic aspects: the four rules that harmonize the inner world —associated with the need to learn —and the four that harmonize relationships with the external world —associated with the need to teach—.

These **eight golden rules** are described below:

- 1. Take life as it comes.** The idea is to be willing to enjoy every circumstance that life brings without trying to change it, seeing it more as a learning opportunity and acceptance of reality that lets us work on our internal changes, keep calm and create the correspondence with new and increasingly more satisfying circumstances. This, in turn, makes it easier to use energy to harmonize our own mindset.

Take life as it comes means taking advantage of everything it provides in a positive and effective way, without worrying about what it does not provide, nor about or what we do not have. This is the first exercise for managing vital energy internally.

Love is only associated with whatever we enjoy, brings us peace, harmony and improvement; nothing associated with suffering, anguish, nostalgia, pain or anything else other than harmony. The fact is that the latter characteristics are only and exclusively linked with the human ego, and have nothing to do with love.

There is a simple saying about love for recognizing it: enjoying people's company is love; suffering when they are not around is selfishness. The process of anguish and suffering is only part of that selfishness. To work on our inner peace, we must be willing to accept life as it comes, and to remove the constraints upon its circumstances. Remember what the Masters said: "Life never works the way you want, it always works as it is and as it is, it is perfect."

That understanding and willingness to enjoy every event is what can lead us to a state of absolute peace, from which to further develop our consciousness.

2. Accept people as they are. Trying to change people is a needless waste of time and internal energy. This is because the mission of love consists only of teaching, giving wise information and being a point of reference and guidance for others, and also because each of us modifies ourselves.

If we want to change someone, it means we don't accept them; it shows because we criticize, judge, condemn and attack them. Remember the "mirror" and "fruit" principles: the first says "don't try to comb the mirror, comb your hair", and the second goes "don't eat the bruised parts of the fruit", i.e., don't focus on the defects, but on the values.

All human beings are perfect, but never the same, because we have personalities, beliefs and tastes; this is what is enriching and lets us develop an acceptance of others. The biggest challenge of love is total acceptance, loving your enemies; although we do not really have "enemies", just people with whom we have disagreements, and who have opinions and behaviors that are different from our own.

3. Be yourself. The idea is not to identify with external events or let them determine our inner states. Being yourself is voluntarily maintaining harmony, happiness and inner peace, and never losing the ability to provide an unconditional service, however difficult the external circumstances might be.

4. Follow the order of the Universe. The idea is to understand that our lives have a purpose of love. This means knowing for certain that whatever happens to us, it is the best for our learning and that even in very difficult circumstances, there will always be a solution —if the Laws of the Universe are understood and the right tools are used— to transcend the human limitation that prevents us from recognizing and following the perfect order of the Universe.

Knowing that the Universe has an order and that everyone can learn to recognize it and follow it —in order to enjoy a highly satisfactory life— gives us the inner strength we need to face life with joy and enthusiasm.

On the other hand, although faith is sustained by a belief, it gives us an inner strength to face life. Faith can be replaced by acceptance when we have understood what the Universe is about; meanwhile, it is important because it represents trust in life.

Following the order of the Universe is to enjoy everything we have and be grateful for everything we learn, understanding that whatever happens is always the best for us, even when we are facing a challenge. It is like children who go to school and are set a maths problem; that's the best for them, since it represents a challenge. Actually, we should not call them "problems", but exercises. Developing a muscle, the mind or consciousness takes exercise, and this in turn takes willpower, but always enjoying it.

In short, learning to be happy, have inner peace and serve unconditionally or unrestrictedly will lead us to coexist peacefully with the whole Universe.

5. Don't create resistance. Anyone who tries to teach or help others must take special care to avoid generating resistance to the knowledge they are conveying or behaviors that they are trying to teach. Even if Masters are right and their ideas are quite true, they will not achieve anything if their students —or disciples, or children— put up resistance and reject everything as if they had an impenetrable shield. Resistance builds up through poor communication. Any kind of attack or attempt at imposing, humiliating or punishing; impatience, anger, bad manners, excessive repetition, scandal,

constant bickering and overdramatizing about mistakes trigger the instinct's defense mechanisms, prompting resistance and disobedience. Both of these build up fast, to the extent that students start feeling annoyed by the information and hating the Master. When it comes to that, Masters have failed completely in their task, and has caused their students serious harm.

In short, to avoid creating any resistance, avoid imposing, banning, attacking, punishing, discrediting or disqualifying anyone.

Try out this experiment: whenever you face a conflict, start talking very softly; if you do, the other person will start calming down straightaway. All you need is to train and practice.

These guidelines work with respect to thought, word and deed. If you do not speak lovingly, the other person will reject what you say. A simple and very handy technique you can use in these cases is "smilotherapy", which is always having a big smile on your face. It can even be a grin. Practice smiling at yourself every morning in the mirror.

6. Gain people's trust. Whenever Masters manage to gain their disciples' trust, they take a huge step forward in fulfilling their teaching mission, and in building harmonious relationships. The main ingredients for gaining trust are understanding and patience; Masters also have to forget altogether about criticizing their students, telling them off or making fun of them, because such actions undermine trust, lead to lies and prompt disciples to hide and conceal their own mistakes, problems, doubts and shortcomings. Such approaches lack any educational value, and any "Masters" who apply them will merely end up confused, straying from the real level of harmony and understanding of their disciples. In these conditions, they are bound to fail at his task.

Trust emerges when students know that their Masters are also their friends, companions, and loving, understanding counselors. People who are willing to sit down with them and understand their problems, however simple they may be; and who is also ready to lend all the support they expect of them. If they do, their students will never turn to someone else for help, because they have their Masters' discretion, because they always listen to them calmly, advise without criticizing, correct without telling off and help without humiliating.

As explained in the chapter about trust, this exists at three levels: when we *trust ourselves* —i.e., we value ourselves, are at peace and speak well of and

to ourselves—; when we *respect other people 100%* —in other words, we don't belittle or try to change others, and instead just show them the way, the information that they lack, giving them choices and guiding them lovingly— and when *people know that we are trustworthy*.

7. Earning love. When disciples come to love their Masters, they accept and understand their teachings much more easily, and feel real pleasure in attending their classes. A loving relationship is the result of the Masters' wisdom, respect, trust and ability, because they take an interest in other aspects of their students' personal lives and are always ready to help them solve any problem they may face, even if it is not directly related to what they teach. Such thoughtfulness effectively contributes to Masters' success in guiding their disciples.

Love does not occur spontaneously, but must be earned, and is associated with respect and trust. When we accept people as they are, and are willing to serve them 100%, our expression of love is verified; and when we have done this, they can love us back because we will be their best choice.

8. Earning respect. Being severe and strict might make students fear you, but true and positive respect can only be earned through respect itself. That is why it is so important for Masters never have their authority undermined, by showing that they know how to teach and know what they teach. This entails developing the ability to always maintain an impeccable composure, accompanied by a calm demeanor, excellent manners, very good communication, and staying calm and patient if their disciples make mistakes. It is just as essential to be very firm with any agreements reached, always setting an example by being kind and punctual. All this will arouse disciples' admiration, and a Master's behavior is a great lesson in itself that brings respect, an essential ingredient of any cordial teacher-pupil relationship.

If we are authoritarian, we can impose our authority on others, but when we expect respect, we will have to earn it by setting an example, so that others acquire a tool for both respect and guidance.

Before we can teach, we must first learn and build our inner virtues.

Conclusions

These guidelines are a must if we want to achieve abundance:

- ✓ *Work on ourselves.* That way we will become correspondent with abundance. What we do on the outside mirrors what we are doing inside ourselves. Abundance is an inner state.
- ✓ *Cleanse our mind of preconceived ideas.* That is, set ourselves purposes, not goals.
- ✓ *Be generous,* instead of wanting everything for ourselves.
- ✓ *Be grateful* for something before we get it.
- ✓ *Relinquish control* of the little things and focus on what really matters.
- ✓ The root of conflicts always lies in our *level of consciousness and understanding of life.*
- ✓ *If we perform the function that we have been assigned* with our full abilities and all our energy, we will have abundance.
- ✓ *Success, growth and abundance start at the end of our comfort zone.*
- ✓ Whenever we play a role, we need to *concentrate on the process* without wanting to control the result.
- ✓ *Enjoy everything we do;* that will replenish every single resource.
- ✓ *Do not impose conditions or restrictions on our own capacity to serve.*
- ✓ *We're not richer for having more, but for needing less.*

Believe nothing, and take nothing for granted; *we must practice* and verify whether in our own lives this information works and produces satisfactory results.

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

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

Training exercises

Exercise for playing three games in specific situations in your life

- ✓ *Whoever gives way, wins.* The idea is to please the other person because we understand love, not because we give in. Playing at serving creates the habit of prosperity. Give up being right.
- ✓ Stop complaining (I enjoy everything I do).
- ✓ Whenever somebody says a negative sentence, replace it with a positive sentence.

Exercise for building the values or qualities of abundance in your daily life:

trust, commitment, loyalty, willingness to serve, respect, openness to learning and self-esteem.

Exercise for refreshing your mindset with loving information (in the specific situation that you choose every day).

Feel as you think, rather than thinking as you feel. Remember: "I think the best, say what's right and do what's necessary."

Repeat the following phrases over and over again.

"I'm capable of doing the best that I can, whatever the circumstances."

"I am totally open and willing to receive the abundance of the Universe and all the marvelous things that life holds for me."

"I am happiness, peace and love."

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.

The aim is to move from fear to curiosity, and from curiosity to understanding and happiness.