

LEARNING TO MANAGE THOUGHT

Foundation for Consciousness Development

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Context. What's the purpose of 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 to understand human beings. You don't have to agree with all everything that follows, nor 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 have 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 someone else, but 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, that 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 it is necessary 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 recognizing the Laws, which in turn make it possible to create a better future for Mankind.

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

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

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

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

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

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

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

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
CORRESPONDENCE	<ol style="list-style-type: none"> 1. Every situation is a learning experience. 2. Every circumstance is generated by oneself. 3. All events happen to whom they are meant to happen. 4. We are always exactly where we are meant to be. 5. We come to life with what we need to live it. 6. Only what needs to happen, happens. 7. We only give or have what we need. 	<p>Upsets in the individual environment: 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 ...</p>

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

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

The Universal Laws should not be confused with human laws or rules; the Universal Laws are immutable and non-repealable, their origin lies in the wisdom of the Absolute or Divinity and therefore 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, what we do is issue rules; 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% service orientation 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. The 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 2000 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 wishes to become independent and their parents are opposed to it, how shall 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 is thought?

Human beings have always wondered about what thought is, and about its potential, and have even gone so far as to believe that thought is the origin of what we are. An example of this is René Descartes' famous saying: "I think, therefore I am", which contains a great truth. Thought has always been one of the great unknowns that have troubled human beings.

One could refer to thought as the "messenger of creation", since through it the Universe's information reaches all the places and dimensions known and unknown by humans, meaning that all of the Universe's information can be present everywhere at the same time. Fathoming what that possibility really means is a very hard task for us. Yet it is a reality that is always present and we can verify this by simply observing everything that has been created, both by the Divine and by human beings themselves.

Thought is how the Universe transmits its information.

If the Universe is organized around centralized, absolute information that is conveyed through thought, then thought's potential is almost infinite, as long as it is managed in accordance with the Laws of the Universe and of Life.

Learning to direct thought means learning to work with one of the human being's most powerful tools. Many people have investigated its power as an instrument for uncovering the secrets of the Universe and grasping the true meaning of everything that exists and happens.

We have to be clear that thought is not the mind. Whenever we think, we direct our thought and instantly do one of these two things:

- ✓ Tune into one of our internal files or archives, which opens.
- ✓ Or, tune into a piece of information (a vibrational frequency) that is in the air. For this to happen, the person tuning in must be on the same wavelength as the person broadcasting the information. The information that reaches our mind will be exactly of the same kind as the information we already have in it.

The fundamental information stored inside each human being is coded in four files, which differ in terms of the type and amount of information that they contain. These files accurately determine the external characteristics of form and life experiences that correspond to the individual in the world of physical matter, and there of the four lack any physical medium.

Table 1. The four files

The human being's files	Characteristics
Physical file	Genetic file. This contains information for the body's shape and the defense system (instinct). The brain is part of the body, but the mind is not. To put it another way, the brain is the CD and the mind is what you record on it. Its purpose is to support the mental field.
Mental, or personality file	This contains temporary and contaminable information, and consists of two levels of information: one occupied by the system of beliefs (ego), and another by understanding . It contains untruths that can be converted into truths through alchemy. It serves to enjoy the experiences that let us verify the presence of the Laws and order of the Universe.
Consciousness file	Information that is permanent , yet partial . It is an observer who assimilates whatever the personality understands. It serves to collect only understanding or information that has been verified to be true. The part that is full, i.e., that contains wisdom information, is called <i>mission</i> .
The Being file, or divine spark file	Permanent and absolute information. It contains all the information that originates and maintains life, and cannot be changed or modified. Some call it "monad" (unit).

What relationship exists between the Being file, the consciousness file and the level of understanding of the personality file? Only the amount of information contained in each one, because in essence it is the same. It is like filling three glasses with different amounts of water: one glass contains, for example, one liter (the Being file), the second has half a liter (the consciousness file) and the other has half a liter (the understanding part of the personality file); but they are all of the same essence.

Body \Rightarrow *Emotional energy*
Mind \Rightarrow *Sentimental energy*
Consciousness \Rightarrow *Spiritual energy*

Feelings are directly associated to the beliefs of one's personality, which is why some people feel differently from others. Apart from emotional and sentimental energy, there is **spiritual energy**, which is permanent, not fluctuating or temporary, and comes from the levels of consciousness.

Personality \Rightarrow *Diversity*
Consciousness \Rightarrow *Unanimity*

We all agree on understanding, because it is mathematically exact. For example, 5x6 is 30, and there are no two different understandings of the same event. It is either understood or it is not. If it is not, then there is a belief, and that indeed may be different.

There are seven human evolutionary levels, also called levels of consciousness.

- ✓ At the **first level** of consciousness development, the destination experiences (in the personality) correspond to "primitive beings", whose societies are prone to cannibalism, aggression, human sacrifices, extreme ignorance and the lack of feelings.
- ✓ At the **second level**, humans want to impose their ideas or beliefs through the law of the fittest; it is the experience of the destination of violence and wars. Roughly 10% of planet Earth's inhabitants are at this level.
- ✓ At the **third level**, we start using another tool of reconciliation: democracy, in which we accept the majority's will, even if we do not agree. And at a personal level, we try to reconcile our differences by reaching agreements. Even so, individualism and fighting predominate within free competition. This is where approximately 80% of planet Earth's inhabitants are to be found.
- ✓ At the **fourth level** of consciousness development, we begin understanding that the Universe has only one perfect order, and to the extent that we recognize it, can accept, obey and flow with the Law of

the Universe, without going against anything or anyone. At this level, we leave the "kingdom of the centaur", characterized by automatic and instinctive reactions of our animal part, and enter the human kingdom. Roughly 10% of planet Earth's inhabitants are at this level.

- ✓ At the **fifth level**, private property and boundaries disappear; peaceful, harmonious and respectful coexistence with the order of the Universe is achieved.
- ✓ At the **sixth level** of evolution, nobody violates the Laws of the Universe and cannot fall, suffer or have an accident.
- ✓ At the **seventh level**, we can enter and leave matter and take any shape.

Past experiences serve to measure the internal development of consciousness through the destination-mission relationship. The greater the degree of internal development, the more our experiences will be characterized by the mission and less by the destination.

Everyone's personality is formed 100% by information recorded in the mind, and applying that information is what permits creation. A *creation* is a structure supported by information applied to matter (elementary particles), and it is energy that activates the information so that it can organize matter.

Everything that exists in the Universe is materialized information.

All processes in the Universe merely consist of exchanging information, which is why we say: "Whoever controls information, controls power." It is not a matter of controlling beliefs, or a certain kind of religious or philosophical concepts, but a more scientific kind of information that can be verified. We will even go far beyond science, because we are interested in engaging in scientific spirituality, i.e., verifying the presence of the spirit and Laws of the Universe, not just in believing in them.

The learning process of the human experience is divided into three stages:

- ✓ First we are at the stage of **innocence**, which is a lack of information. The mind has no conflicts or suffering, because it has no ideas of good and evil, guilt or punishment, injustice or justice.

- ✓ Later, the mind is filled with false information, entering the state of **ignorance**, which is manifested as mental slavery and external conflict.
- ✓ Last of all, we acquire **wisdom** information, through the liberation process, which involves transforming false information into true information and discovering the Laws of the Universe. Liberation is 100% invulnerable and hence differs from liberty or freedom, which is 100% contaminable.

For the purposes of this topic, we will refer to *alchemy* as the science of inner transformation achieved by managing information through thought, and the transformation of ignorance (mental darkness) into wisdom (mental clarity). Alchemy lets us turn problems into challenges or opportunities, and conflicts into learning. All external changes are the result of an inner transformation.

Alchemy studies the "spirit" of matter, that is, information; while chemistry is a physical science that studies the composition of matter and how it can be combined to achieve alloys and processes applicable to the technological development of Mankind.

The secret of alchemy is voluntary thought, sustained and directed towards love information.

Everyone thinks, yet very few people know how to think properly. Alchemy is a technique for learning to think; in other words, to ensure that thought is not automatic, but voluntary, directed and sustained. Thought is directed using willpower; and insofar as thought is voluntary rather than automatic or spontaneous; and is directed specifically from the very centre of love; and is sustained strongly enough so that it becomes impregnated in the mental field, all darkness will disappear from the mind, leaving only wisdom. This can only be achieved through training.

Alchemy gives us the chance to turn life into an experience of peace, love and prosperity. The existence that we live and the experiences that we have are the direct result of whatever is in our minds. And unless the information in our mind changes, our external experience will never change. Yet there is nothing impossible; all of us can transform our lives so that they become a very satisfying experience, if we learn to change the information in our mind. In the Universe there is nothing impossible. Instead, while that transformation is taking place, we can say: "I don't know how to do it yet."

The origin of false beliefs does not matter so much for our alchemy assignment. What does matter is to check if the belief is true or false, to do so in the present and through the results that each of us obtains.

There follows a list of some of the false beliefs that exist in our mind, and that lead us to rebel and generate negative feelings of self-destruction, such as bitterness, resentment, revenge, hatred, low self-esteem, insecurity, etc. All too often these feelings somatize and destroy the internal and external balance processes.

Table 2. False beliefs

False beliefs	Truths
The existence of good and evil	What exist are polarity and harmony. The service of love consists ingiving information directly or offering it in the form of action. There is no evil, only ignorance
Justice and injustice	What exist are the Law of Correspondence and the need to learn
The guilty and punishment	What exist are inadvertent error and learning
Suffering is good. Kindness	Suffering is a mental limitation due to the lack of acceptance
Exclusivity	Learn to reach agreements
Property	Learn to manage what is at our disposal. We do not own anything or anybody

If you want to teach children properly, don't talk to them all the time about the idea of good and evil, ugly and beautiful, but a far more real and concrete idea: teach them to understand the **complementary differences of the Universe**. Cold complements heat, and is neither good nor bad, just like small complements tall, or bitter complements sweet. Each element has a perfect complement. "Good" and "bad" are labels that we mistakenly use to describe the Universe's processes. If we don't fill children's mind with these wrong ideas, but instead more balanced ones, as they grow up we can tell them: "Look, what we regard as complementary differences, other people refer to as good or bad", but

they'll have had a clearer idea in their minds from the start. It is highly recommendable to give children information of greater wisdom.

Good and evil can be regarded as complementary opposites; actually, good is an expression of love and holds a truth in the highest degree, and evil does not exist and can be regarded as the absence of good; but they reflect an apparent existence, where both are necessary, do not exclude each other, but blend together just like lights combine with shadows in a painting. In the East there is an explanation that if the good fights against evil to eliminate it, it is an eternal struggle, because the only way to end it is to integrate the two, rather than eliminate one of them.

Since their origin, the information centers of the Universe contain no false information, everything is true; yet in the minds of human beings who interpret information, it becomes false insofar as they distort it.

*The way to assess the information that exists in our mind
is through the results.*

There are *seven possible results* that originate from the information in each of our minds, and that can be measured. The three internal mental results are: happiness —if you're not happy it is because you don't have the right information to be happy—, peace, and the capacity to love others and to serve them unconditionally —if you can't love, then the information in your mind is full of falsehoods—. The four external results are: relationships, health, resources (abundance) and adaptation to the world. By changing the information in the mind, we instantly change our mindset and our reality is modified.

If the result we obtain in any life situation is not what we expected, it means that "we don't know", while if the result is exactly what we expected, it means that "we do know". Nobody who is getting married (and marriage is the basic institution of our culture), is likely to say: "I want to get married to spend all day arguing with my partner and to have children who give me a headache every day." It's comical, because none of us want that when we get married, but something quite different: we want to be happy and have model children —within our own ideal —. If that was what someone wanted, but they did not get it, then we should ask: What kind of information did they use? And the answer is: they used the wrong information for that purpose. The information they used did not match their intentions or what they intend to get out of life. That's what lets us recognize false information.

Lots of us **resist change**, even if the change is for the better, because change implies restructuring our mind and internal work and normally we resist working on ourselves, which is why we are not very fond of change.

We are going to suggest a U-turn in our mindset, in other words, radical change. Some people have a fairly flexible mindset, while others are more rigid, and a rigid mindset is a serious barrier to accepting change. Someone with this kind of mental structure would probably say: "I'm like that and nobody is going to change me". Of course they are entitled to think that, but they are bound to get very unsatisfactory results with that information.

A wonderful tool for ensuring **mental flexibility** is not resisting anything, and instead learning to adapt to everything, not fighting anything, not criticizing anyone and not judging. We might totally disagree with someone else's behavior, but we have to accept it.

In scientific terms, **thought** can be defined as a dimensional variable frequency wave that acts as a transmission channel and that we use to build knowledge and perceive both mentally and spiritually. Information in the Universe travels through our thoughts.

Sound waves can change frequency, but not dimension. Thoughts have a unique characteristic: they can alter their speed of propagation and their vibrational frequency instantaneously to cover any dimension in the Universe; in other words, its speed of propagation is infinite.

Human beings have the ability to direct their thought both *outwards* (or sending, a masculine trait) and *inwards* (or receiving, a feminine trait). So, we can say that human beings possess the basic condition of creators: the ability to think, feel, bring information and apply that information to matter.

Dimensions are magnitudes of the Universe that operate at different vibrational frequencies because they contain different amounts of information, and the more information there is, the higher the vibrational frequency will be. Any frequency higher than the third dimension enters a non-physical dimension that cannot be perceived by the five physical senses, which only perceive the 3D world. Although nobody has been able to see a thought or feeling physically, we're sure that they exist inside us, in a non-physical dimension. And different thoughts have a different vibratory frequency.

The dimensional change is the change of vibratory frequency, which can be measured with two parameters: intensity and travel speed. For example, if you look at an airplane propeller, you can count the number of blades when it is idle, and can still count them even if it is moving very slowly; but when it moves a

little faster, the eye can't count how many blades there are anymore; and finally, when they move very fast, they disappear from our field of vision, so we can't see them at all, only a continuously moving shape. This is an example of how our five senses perceive certain frequency levels, but not others. In the sense of hearing, for example, there are infrasounds and ultrasounds, both of which are imperceptible to the human ear; and as far as our sight is concerned, there are infrared and ultraviolet rays, which are also vibrational frequencies that fall outside the reach of human physical perception.

For the purposes of this topic, we are going to use a form of measuring the Universe that entails dividing it into 40 dimensions. Obviously there are other kinds of measurement that are equally valid, just like we can measure a distance in meters, inches, feet or centimeters.

The 40 dimensions of the Universe are classified as follows:

- 1 Absolute Dimension
- 30 Spiritual dimensions
- 6 Mental dimensions
- 3 Physical dimensions

All the dimensions of the Universe are also represented in human beings:

Table 3. The dimensions of the Universe in the human being

Dimensions in the human being		
Physical	1 st to 3 rd dimension	Brain
Mental	4 th to 5 th dimension	Dense mental field Duality
	5 th to 7 th dimension	Mental field of dreams
	7 th to 9 th dimension	Mental field of light Understanding
Spiritual	10 th to 18 th dimension	Consciousness
Absolute	40 th dimension	The essence of Being that animates all matter and gives us life

All the information of the Universe is deposited in the **Unmanifest Absolute**, in the 40th dimension.

Two elements emerge from the Unmanifest Absolute, which one could picture as a sphere full of information:

- ✓ **Elementary particles** that form what we call the *triad of the Universe* or the *fundamental principle of creation*. Teachers refer to these particles as "the great cosmic ocean of elementary particles". Their existence is equals the existence of God: it is timeless and did not have

a before and an after because it comes from the dimensions where there is no time or space. They occupy the entire Universe.

- ✓ **Waves of information** or of divine thought that organize or materialize the elementary particles.

When the information of the absolute's thought joins the elementary particles, creations occur. And how is this information transmitted? By thought waves. Everything that has been created and is manifested in the third dimension contains information about the absolute. Or, to put it another way, the absolute contains, unmanifested in the 40th dimension, everything that manifests in the third dimension.

Every thought is a high or low frequency vibration, and the thoughts that generate a high frequency vibration inside us are the ones that bring us a total sense of peace, zest for life, harmony and balance. They are thoughts of love.

Conversely, any thoughts that generate a low frequency vibration inside us are the ones that bring suffering, bitterness, hatred, fights, fear, anxiety, or beliefs such as injustice, evil, guilt or seeing punishment as a teaching-learning strategy. Such thoughts are full of ignorance and keep the mind disorganized. That's not all, because the mind sends out and receives frequency waves at the same time, so how someone thinks makes them tune into levels of information of other minds or the Universe that are compatible with that frequency.

So if we are thinking about suffering, we will tune into negative information of other people's minds; yet if we decide to make a change our thoughts and voluntarily focus on beautiful, wonderful things, our minds will start vibrating at another, higher dimension and tune into files of those dimensions. As a result, we'll receive **wisdom information** that can heal our mind.

Thoughts let us receive nearly any type of information. Receiving a message of love involves raising the message's frequency with thoughts of love, that are completely free of duality, suffering, stress, anxiety or worry, and that let us understand what every thing, being and person is worth, regardless of their level of evolution. Besides, if we go to bed thinking about love, we will sleep much better than if we go to bed thinking about suffering: the thoughts of love that fill our minds before we fall asleep will help us to sleep deeper and more peacefully.

Just like radio waves are always present in the Earth's atmosphere and anyone who turns on a receiver can pick them up, thought waves also constantly fill the Universe and all dimensional spaces, and can also be picked up by minds that into the right frequencies.

Everything in the Universe vibrates, everything has movement and generates waves that can be captured by living things as feelings or thoughts. Even a wall, which seems inert, has a vibration inside it that come from the atoms that form it. For the same reason, cells also transmit a vibrational frequency. Human beings capture this vibration as feelings and turn it into thoughts, depending on who their mind interprets them. So everything that exists transmits waves that can be translated into thoughts by humans.

The human mind captures information that matches its level of evolution, and each individual processes it in line with their own understanding, either positively or negatively. So any of us can do amazing things both for ourselves and for others or, conversely, hurt or destroy ourselves, and then blame others for the feelings that our own thoughts have caused.

*Everyone processes the information they gather
either positively or negatively, depending on their state of mind*

The capacity to receive and interpret the information that travels through the thought waves is directly related to each civilization's level of evolution and the spiritual development of its individual members.

The point of maximum efficiency is the point where the mind is where the body is.

We only have to decide to change our thought, and our mindset will change straight away. But that change is not permanent, because if we go back to our old thoughts, we'll go back to our old mindset. That is why **voluntary, directed and sustained thought** is called **alchemy**. It is voluntary because a thought of love (for now) is not spontaneous in us; thoughts that occur spontaneously are thoughts of ignorance. Besides, if it isn't directed from a point of wisdom, it won't have the beneficial effect we expect. Last of all, unless we sustain it long enough, or strongly enough, we won't be able to reprogram our mental field.

A piece of information only said once is quite inefficient at triggering a process of internal change. It has to be repeated hundreds of times to think about it a thousand times, until the mind begins to take it in and understand it. And that takes time, because ignorance cannot be removed overnight. This way of integrating information is what is referred to as *continuous circular teaching*.

Chapter 2. What's the purpose of thought?

There's no end to thought's applications. However, human beings' mental capacity to use and develop this wonderful potential is determined by the Laws of the Universe, by their own level of development and by the external correspondences that it generates, and within which the individual acts.

Thought's potential is limitless.

Just like other tools that exist in the Universe, humans can use thought positively or negatively, depending on their ignorance or wisdom. Thought serves to build but also to destroy, because it is the tool that brings information to our mind.

Thought binds and connects all the information in the Universe.

If we decide *to use thought negatively*, we will end up:

1. Shaping and energizing mental encodings.
2. Contaminating, hurting and sickening our mind with the interpretation of ignorance.
3. Generating negativity in all of the individual's actions and patterns of behavior.
4. Impairing inner harmony and consuming vital energy.
5. Ending the chances of success and satisfaction in life.

Contrarily, if we choose to *use thought positively*, we will end up:

1. Accessing the information in the Universe's creation files.
2. Completely changing our personality's structure.
3. Cleaning and healing the mind of any remains of ignorance.
4. Creating a new inner experience and an external correspondence of happiness.
5. Filling the mind with love information and generating inner peace.
6. Connecting with all levels and dimensions of the Universe.

Let's look at each of these ways of applying thought.

2.1 Shaping and energizing mental encodings

The concepts that are automatically coded in innocent children's minds when they hear them and or through their other senses do not initially mean anything to them. It is only later, when their personality starts forming, when their mind, using thought, shapes the mental information encoded by the hearing and other senses.

We can hurt ourselves a lot unwittingly, only through thought, by generating large numbers of internal constraints; or, conversely, we can create internal values that allow us to lead a life full of satisfaction. In both cases we'll have used our thought unconsciously to consolidate the mental information and get the results that match with our destination and mission.

Human being's mental encodings start being recorded automatically shortly after they are conceived, and thus shape the first part of their personality, and continue penetrating their mind in the same way, until their personality starts developing, when they are around five years old.

When individuals reach puberty, at round twelve years old, their personality awakens to the capacity for abstract thought; and this is when the real conflict between individuals and their environment commences. This is because their thoughts shape and energize all their learned mental encodings, which they will use to interpret life.

Our personality is very rich and multifaceted but right now, if we focus on one of them, we could compare it to a CD. As such, it has three phases or stages:

- ✓ **Recording:** (CD in *record* position): a child's innocent mind accepts and records everything, because it lacks any previous information. Roughly until the age of twelve, the mind assimilates information through the five senses, but above all through hearing and sight. Although this information has not been verified, it forms the belief system from then on.
- ✓ **Listening to what has been recorded:** (CD in *play* position): this is when teenagers start facing a crisis, and go through physical and psychological changes.
- ✓ **Erasing and changing whatever is not true: voluntary mental reprogramming:** this consists of cleaning the mind of false beliefs; in other words, reformatting the CD. To do so, we need wisdom information and to learn to think, or direct our thought. It's a voluntary

decision, and tends to happen from the age of eighteen onwards, although some people spend their whole lives with the same recording.

If each of us is to recognize our mental encodings and decide whether or not to change them, first we have to weigh up the consequences of doing so. Broadly speaking, there are three internal results and four external ones with regard to human relations, and we refer to them as relationships, health, resources and adapting to the environment. In this regard, the satisfactory internal results will be happiness, peacefulness and love, and the dissatisfactory ones will be suffering, internal conflicts and resistance to whatever happens. If we look at what we get in life, we can ascertain what kind of mindset we have.

2.2 Contaminating, hurting and sickening our mind with the interpretation of ignorance

Until they grasp the concepts of personality, children's thoughts are innocent, free from the idea of good and evil and, therefore, they do not hurt themselves. Yet when adults interpret life from their ignorance, they use thought to hurt themselves, believing that life is unfair and blaming others for the life experiences that correspond to them. This leads to injuries and traumas, and people contaminate their mind with the poison of bitterness and resentment. The end result is emotional imbalance, rejection of life and the likelihood that their thoughts will trigger physical illnesses.

People's minds get sick and contaminated very easily; and once contaminated, the results are disastrous, until they decide to heal their own mind.

An example of mental contamination is to think that something is unacceptable. Like unfaithfulness in a relationship, which is one of the greatest dramas a couple can face. Unfaithfulness breaches a supposed prior agreement. When someone believes the false idea that the worst that can happen to somebody is for their partner to be unfaithful, if it happens, or even at the mere suspicion that it has happened, they are likely to suffer a trauma and psychological damage that can end up destroying their home, their family and even their life. That is how strong thought is.

2.3 Generating all of the individual's actions and patterns of behavior

Thought precedes any kind of action; nobody takes any action without thinking about it first. This means that all actions and behavior emerge from

thought, and it is no exaggeration to say that how we feel and behave depends on what we think, which in turn depends on our mindset. So if we change our thoughts, we can change our mindset, feelings, patterns of behavior and, therefore, our whole life.

The wrong behavior, triggered by false ideas, leads to disastrous outcomes. As long as we keep on thinking that way, our relationships will remain shrouded in a deep-rooted conflict, and we won't solve it unless we change our mindset.

2.4 Impairing inner harmony and consuming vital energy

Thoughts are highly capable of modifying people's mental condition. Anyone who insists on keeping thoughts that stem from fear, ignorance and other mental limitations will end up seeing their internal harmony deteriorate, their vital energy will be wasted on mental conflicts and most likely they will experience deep distress, suffering and even depression.

Depression is an illness triggered by several (exogenous or endogenous) causes, and prompts an emotional dysfunction that affects the mind and/or vice versa. Here depression is regarded as a mental condition that arises when a person's vital energy drops, for any of different reasons: if it is due to overwork, lack of sleep or severe pain, it can be recovered easily; yet when if it stems from emotional conflicts, like when a relationship breaks down, or someone loses a loved one, or even their job ... it takes even longer to recover.

Our level of energy depends on how we handle our body and our thoughts.

Our vital energy depends on which of the three areas of the mind we are in:

- ✓ The **zone of light**. This is the area of mental clarity, peace, harmony, satisfaction and constant imperturbability and understanding. Only those who have achieved an advanced stage of evolution, such as Masters, can access it.
- ✓ The **zone of half-light**. This is area where all of us are normally to be found, where we can find a sort of balance, even though we are still prone to feel offended or get upset.

- ✓ The **zone of darkness**. This is a depressed area, where confusion reigns. Anyone here begins to think that life is not worth living, and fears and anxieties emerge.

These three zones are constant, but are activated or deactivated according to your level of internal energy. Avoiding falling into the zone of darkness involves directing your thoughts and reflecting wisely; i.e., thinking that nothing serious happens in the Universe because nobody can lose what they need or get what they do not need, because these are Laws that are met necessarily. When we stop believing that others can hurt us, and so stop relying on them or the circumstances to keep our peace, then we attain **spiritual independence**. From that moment on, they can insult us or say whatever they want, but they will fail to offend us unless we decide to be offended. We just learn to understand that the other person is expressing an opinion, but without attaching any importance to it; otherwise we can end up damaging our mind and hurting ourselves a great deal. But each of us has to decide whether to do it or not.

2.5 Ending the chances of success and satisfaction in life

Thought determines how an individual behaves towards life. Mental limitations like fear, distrust, feeling undervalued, resentment, guilt, disappointment or susceptibility, keep thoughts trapped, leaving people no chance of success and satisfaction in life, and making them fail miserably in whatever they try to do.

A lot of people have low **self-esteem** because they have not been taught properly by adults who think they know what is best for children, but actually do not know what is best. The fact is, they do not know any other tool. When children start hearing the word "no" and "you can't do that" all the time, their minds begin encoding something unpleasant, and think that they "don't deserve", are "worthless", and "cannot". None of this is true, but people think so, and that belief will cause them to fail time and time again in their life.

The solution in such an event involves re-encoding your mind, and one way to do so is with this *alchemy* exercise: every morning, when you go to the bathroom, take a moment to look at yourself in the mirror, and with a big smile, tell yourself: "You're the most important person in the world for me. You deserve the best and I'm going to give it to you. I'll give you my best thoughts, attitudes and wishes."

The idea is that everyone should create a formula for talking to themselves very positively, because what we heard as children was not at all positive.

2.6 Bringing information from the Universe's creation files

Thought is the Universe's information messenger, so if someone tunes their thoughts into the Universe's creation files and uses loving thought properly, they can totally heal their mind, life, relationships and, why not, their body, if they connect to the information from which it stemmed.

Thought can also bring to a human being's mind any information that matches their understanding, what culture has called "inspiration" and that consists in any of the wonders of creation and technology materializing in the three-dimensional plane; as long as these ideas, lights or "inventions" match the level of evolution or civilization where the person is acting.

The way in which each of us structures our mind, through our thought, generates affinity with similar people and situations.

The best way to "let in" information is to allow the mind to work receptively and leave it quiet, silent. If we learn to connect with that information, the mind will be able to tune into it. One way is to do the exercise of bringing information from the Universe's creation files. For instance, if you have the human intention of improving your relations, you can start by asking yourself how human relations can be established without conflict. When you start thinking about it, you can tune into the information about how to do it; and if you keep your thought concentrated and sustained enough, eventually you'll get the information you need. It's just a matter of training.

These ideas, enlightenments or inventions are kinds of information that already exist in the Universe and are simply tuned into and channeled by people who used their minds and concentrated on it. All "miraculous phenomena" are within the Laws of the Universe, but they occur at a certain level of consciousness, and are mysterious for the less advanced levels; they serve to remove limiting mindsets and dispel the belief that "I can't ..."

We should delete the word "impossible" from our mental dictionary and replace it with "I don't know how yet", because that way we do not shut off our mind to the possibility of perceiving. If we believe that something is impossible, it is as if we close down our mind, which is rather like a parachute: it only works when it opens up.

At the sixth level of development of the consciousness —or on the last rungs of the fifth level— educational studies disappear: there are no universities or schools, because people have developed the ability to tune into the Universe's information directly. Yet while we learn, we need the slow process of intellectual

development, comparison, analysis and, at some moment, another essential ingredient is silence, to ensure that the information that we tune into gets in.

2.7 Completely changing the structure of our personality

Thought voluntarily directed from the understanding of love can completely change our personality's structure, transmuting our destination and finally freeing us from the chains of ignorance.

If people go through unpleasant life experiences, it is because their mind harbors a false belief that triggers them. Yet if they put new information in their mind, or verify the information already in it, they will get different results. The external result is simply the sign of what is inside us, and we can decide to change it with new wisdom information.

Consider this information —which may be new for many people— to enjoy excellent human relations: every human being always as good intentions; there is no wrong intent, just false information. Every human being always does the best they can and the best they know. Nobody hurts you, whether they are wrong or not, and others are entitled to their experiences just as you are entitled to yours.

Merely starting to think this creates a totally different attitude towards others, and the result is that relationships begin to become harmonious, conflicts disappear, integration increases and opportunities improve. That is the secret of alchemy: thinking with love.

Thinking with love requires wisdom-based information.

2.8 Cleaning and healing the mind of any remains of ignorance

When thought is used consciously with the wisdom of love, then not only can it work miracles, but it can also clean a contaminated and traumatized mind that is limited by all interpretations made from conceptual ignorance. With a clean mind, we can re-interpret our life experience from love, valuing the environment as a wonderful tool of inner growth.

The thought of love cleanses the mind of all remains of ignorance —such as fears, attachments, anxiety and traumas— and completely heals any feelings wounded by thoughts triggered by misunderstanding, anger, hatred, resentment and guilt.

All of us can do an exercise of mental healing if we are aware that our mind is contaminated with false information. Resentment, hatred and guilt disappear

when we realize that nobody and nothing has ever hurt us, but that everything that has happened in our lives, what is happening now and what may happen in the future, is only what we trigger and with which we become correspondent.

Understanding this entails taking a closer look at philosophy, studying the mechanisms of destiny, the mission, the Law of Evolution and of the Universe's educational processes. This understanding will free us instantly and we will start using another valuable tool: gratitude.

Everyone chooses the situations that help them to live the experiences necessary for learning. We must not rebel against them, but instead use them for personal spiritual development. We should be grateful to the people who enable us to discover the truth by awakening our ability to understand; if it were not for them, we never would realize many things. If we understand this, our mind will heal completely.

2.9 Creating a new inner experience and an external correspondence of satisfaction and happiness

Thought can completely change our mindset and inner experience, reorganizing our image of the past and creating a new personality trait that brings inner peace and an external correspondence that makes it easier to find satisfaction and happiness in everything we do.

Would you like to find happiness and satisfaction in your life? It's very simple: you just have to learn to think.

The first step in this powerful process of spiritual development involves **rearranging the past**. That does not mean changing events, because we cannot, but instead completely modifying our mental conception of them. This is the exercise of mental healing. And it can only be done with two tools: new wisdom-based information and voluntary, sustained and directed thought.

It is not hard to do; on the contrary, it is very simple, and just a matter of trying and verifying the results.

2.10 Filling the mind with love information and generating inner peace

Thought can bring information from anywhere in the Universe, which allows the human mind to access the information it needs to understand and to develop inner peace. This way the mind can be completely filled with the principles of universal love.

The thought of love is precisely the kind that requires most wisdom, because in order to label as positive an event that other people would normally label as dramatic, you need to have fairly deep information.

2.11 Connecting with all levels and dimensions of the Universe

One of the most extraordinary possibilities of thought is its ability to travel throughout all of the Universe's dimensions and connect with them, enabling the human mind to access any information, as stated above. However, it is worth remembering that the information that somebody can capture with their thought is conditioned by their understanding and ability to manage thought. The Laws of the Universe regulate these abilities, so that each person only perceives what is necessary, and experiences what is right for them, and in the appropriate place of the Universe.

2.12 Other applications of thought

As mentioned earlier, thought is a vibrational frequency. One could compare it with speech, because when we talk, we produce a sound wave; the air vibrates according to the voice's inflection and that vibrational wave conveys verbal information that is perceived by our hearing. Thought is very similar, but acts at a much higher frequency. When we think, we generate a vibration called thought wave, which also travels through the air and carries information, which is referred to as the *divine word*.

This is what the Bible means when it says: "In the beginning was the Word, and the Word was with God, and the Word became flesh." In this context, the Word is the thought wave which emanates from the Absolute, and the flesh is the organized matter.

The Bible starts with the Book of Genesis, which begins as follows: "And God said: let there be land, let there be seas, let there be light." This refers to the *divine word*, but what is this? It is not a word transmitted by a sound wave, because God/the Absolute is not a physical being; rather it refers to the thought of God/the Absolute, creative thinking.

This issue has a far deeper meaning than one might think: in short, that **superior beings create with thought**. As a matter of fact, genetic codes impregnate matter through the creators thought wave. Since humans have now developed a certain amount of technology, this is not as strange as it might seem at first. For instance, we know that we can remotely record a lecture, so that the language code is printed on the recorder, which was empty a moment before.

Similarly, matter is an information receiver: the *divine word* impregnates atoms and molecules with a code that gives form to matter. That is why we say that the Universe's information is transmitted through God's and the Masters' thought wave. That is how powerful thought can be.

The vibrations that our minds can capture exist throughout the Universe, but each of us will only capture those that match the vibrational frequency of our own mind, and which the sender and receiver share. That is where our thoughts come from. The ideas that reach our mind, like the air that we breath in, is what we select with our thoughts. The thought "switch" works like a radio dial: we tune into what we like or, in this case, whatever vibrates at the same frequency. We can learn to tune in better by having pure, non-conflictive thoughts.

Whether it is positive or negative, anything and everything that we wish for others, we do to ourselves.

Nobody has the power to change others; only we can decide to transform ourselves by accepting or rejecting new information we are given, and to use it or not. We are the only ones responsible for ourselves. Thought cannot help to avoid a war, but it can prevent internal conflicts.

As people select and process incoming information in line with their state of mind, if we want to improve our personal appeal, charisma or chances of success in life, we just have to do a very simple exercise: fill ourselves with thoughts of love and happiness, because this will magically transform our attitude.

When we do not think of anything specific, the mind goes into receiving mode, and vibrates with the surrounding frequencies. In fact, we can never be "not thinking about anything"; what we do is change our thoughts. When we practice meditation, there is no absence of thought, but instead voluntary thought, directed at something specific. If someone says: "Let your mind go blank", the chances are that we'll start visualizing the color white, which means that we'll be thinking about something. On the other hand, if we try to quieten our mind, it begins to vibrate, though no longer directed by our will. Instead it resonates with the information around it, and the thoughts and images that we are tuning into start to appear. This is the thought reception principle, and it does not require any training because it happens spontaneously.

Events affect people as strongly as those people decide to let them. That is why negative thoughts trigger mental chaos, burn up large amounts of vital energy and can lead to depression. A typical example of negative thoughts is a wife waiting for her husband to turn up for dinner at nine p.m. It's midnight and

the husband still has not turned up, but the waiting wife has no idea why. Most of us will tend to think the worst, imagining things that only cause a huge amount of distress and suffering. But thinking positive changes how we feel, even if the external situation does not change. In the example, the waiting wife could voluntarily think that her loved one has been delayed for a marvelous and extraordinary reason.

The positive possibilities of thought are exactly the same as the negative ones, and it just depends on what each of us decides to do with it. The problem is that positive thinking does not happen automatically, because education and culture put dozens of false and limiting ideas in our minds. That is why we need to learn to voluntarily direct thought wisely; over time, this kind of thought ends up reprogramming the mind and creating a new personality structure. That is the self-transformation exercise called *alchemy*.

Always think the best and you'll change your mind set.

As explained earlier, all human beings always have good intentions, even if they make mistakes, and there is no evil or injustice. If we already have this information, it is easy to think "in love". People usually make mistakes for two reasons: either because they do not have the right information or do not have the right training; or, of course, for both reasons at once. Information management is a powerful administrative and teaching tool, but only if there is **enough, efficient and timely information**.

Making mistakes is essential for learning. If you decide to change the information in your mind, you have to understand that nobody else is to blame for what happens to you. If you keep on blaming others, you will never manage to change inside yourself, but will want to change other people. You also have to understand that any unpleasant result you get stems from false information.

Acting wisely consists of directing thought voluntarily towards solutions and not towards problems. Doing so boosts inner peace and vital energy. So we say that *alchemy* is the transmutation of ordinary thought into voluntary, directed and sustained thought.

The mind is like the heart, and is active 24 hours a day, because it never stops thinking. Overnight it works on the day's information, which is why before going to sleep it's best to dwell on pleasant and satisfying thoughts, so that they act in our mind throughout the night as we during sleep.

By contrast, throughout the day we can practice only thinking about what we are doing, concentrating on it and ensuring that our mind is where our body is, but setting aside time for reprogramming the mind with thoughts of love. If we think, for example, that "everyone does what they know best, the best they can, even if they may be wrong," we will find magic in our lives, because quite soon we will realize that other people's behavior no longer upsets us; and even if sometimes we do not like what they do, we will think that they are entitled to get it wrong or get it right.

When somebody starts generating satisfactory thoughts of love towards their peers, they create an affinity with other people's experiences that become more and more loving, and that is when the magic happens. Beautiful, harmonious, pleasant and satisfactory feelings, and high levels of energy, tune into other situations of the same characteristics. Similarly, thoughts of fear and the horrible things that sometimes we think might happen to us or to others, tune into similar negative situations.

How someone else behaves, or any external situation, should never pose a problem or stop us being happy. Problems are personal and always represent a chance to learn. Nobody can make somebody else unhappy, nor can anyone make someone else happy. There is no point looking for someone to make you happy, because that person is already here and it is you. If you are incapable of making yourself happy, nobody will make you happy. Making yourself happy means thinking that external events are neither positive nor negative, but neutral. Good or bad are labels that the mind uses to classify something that it accepts or rejects. If we understand that, our problem is solved.

This section about how to apply thought ends with a very illustrative example of the enormous power of the mind and auto-suggestion, and the extent to which auto-suggestion can affect the body psychosomatically.

"A group of scientists asked the courts to let it carry out a convicted man's death sentence in its own way. Their hypothesis was that suggestion can kill someone because, in fact, a person can kill themselves with thought. On that occasion they placed the prisoner on a stretcher and told him that they had been chosen to carry out his death sentence. They said that they had decided to do so by bleeding him to death, so they would cut the veins of his arms and he would bleed to death in a few minutes.

They blindfolded the man, put a dish under each arm and then cut his arms with a knife, but only superficially and being very careful not to

cut his veins. Then they put on him some bags full of liquid of the same temperature and viscosity as blood, which started trickling down his arms and falling onto the plate. The prisoner's mind was convinced that it was his own blood trickling down his arms. As the liquid dripped onto the dishes, he steadily began getting paler and paler, and then his heart stopped beating and he died despite not having lost any blood."

This example goes to show just how much power the mind has over the body. If suggestion is powerful enough and thought accepts it as such, it can go so far as to cause death. There is plenty of information in this regard about the placebo effect or response expectancy theory, and it can be confirmed with the following fact: "administering morphine is not as effective if patients do not know that they are being given it, and it is 50% less effective" (quoted by professor Irvin Kirsch in his placebo research).

Chapter 3. The forms of thought

3.1 The different origins of thought

Modern communication techniques transmit information using a wide range of devices, that emit all kinds of signals, and that travel thousands of kilometers in just a few seconds; when they reach their destination, countless receivers, with different reception ranges, receive these signals and transform them so that the people for whom they are intended can understand them.

Nowadays, information is transmitted in seconds from anywhere in the world, as images, sounds, symbols and written and spoken language, and translated into local languages and adapted or deformed by the media to ensure that the people receiving can understand it.

The different forms that thought can take, and how is transmitted throughout all the dimensions of the Universe, could be compared to the information transmission and reception devices that modern technology has developed.

Thought is the Universe's way of transmitting the information. It takes all forms and languages of the Universe and adapts to the mind's ability.

The waves that thought captures have very well defined origins in the different planes of the Universe: physical, mental and spiritual.

- 1. The physical plane:** this plane interacts permanently with the mental plane, which in turn does so with the spiritual plane, sending out and receiving thought waves in both directions. For example, hunger is information triggered by the hypothalamus, which measures any drop in blood glucose levels and generates a physical sensation that thought captures and determines what to do in order to get food. In the same way, all the other sensations that arise in the body determine the thoughts connected with rest, food, breathing or sexual behavior, that is to say, with physiological needs.

All these thoughts that originate in the three-dimensional field are **one's own thoughts**, because they arise within oneself.

- 2. The mental plane:** this plane interacts permanently with the physical and spiritual planes, connecting the information required both to maintain the body and for the individual's material and spiritual development. For instance, the information that allows the technical, scientific, artistic and philosophical development of civilizations comes directly from the spiritual plane, and an individual's mental plane takes it with the mission and ability necessary to execute the corresponding "inventions" and give other people the right information to understand them; this is how all the thoughts that we call "inspired" reach the human mind.

This idea of inspired thought has a mysterious relationship with respiration. When we say that an artist was inspired, this is not just a figure of speech, but means that somehow the artist received or "breathed in" the information that connected with the art that he wanted to create and brought it from the creation planes of the Universe.

There is nothing new or old in the Universe, so one could say that an invention emerges when a person places something, such as a piece of information—that has always existed in the Universe— somewhere where it had not been seen yet; but that information is in no way new for the Universe. In any case, this does not detract from the inventors, who bring the information in the form of an invention or creation that is appropriate for that place. Actually, that is the reason why the inventor was sent there.

There tends to be a duality to the thoughts of the mental plane, or of the beliefs system: either they bring a lot of suffering, or else a lot of satisfaction.

- 3. The spiritual plane:** this plane interacts permanently with the mental plane and the Unmanifest Absolute, so that the Universe's information can become known in the mental plane. The Masters of Wisdom at the mortal level—who voluntarily manage the basic dimensions of the spiritual plane— contribute to this by disseminating much of the information that aids Mankind's spiritual development. They also constantly send out thoughts of love that can be captured by the minds that tune into them.

Meanwhile the Immortal Masters, acting within the higher dimensions of the spiritual plane, communicate with their mortal disciples through the different forms of thought, according to their disciples' capacity and ability to voluntarily tune into the dimensions of the spiritual plane. It is these Masters who can make information reach our mind; it is **revealed information**.

Thoughts from the spiritual plane are easy to recognize because they have no duality nor are they ever likely to be negative. In general they are neutral, and we should try to reach this type of thought on a voluntary basis.

When we compare science and the laws of men with wisdom and the Laws of the Universe, we find that, while it is true that there is a great similarity between them, making them easier to understand, the fact remains that there is an overwhelming difference between the two. The table below shows how the transmission of the Universe's information through the dimensional variable can be compared on a very small scale with man's media — always bearing in mind that technical media are local, while the media of thought are universal—.

Table 4. Elements of communication

Elements of human communication (technical)	Elements of universal communication (thoughts)
Means of communication	All forms of thought
Transmitters: radio, TV, telephone, etc.	Everything that vibrates from the Self to dense matter
Receivers: radio, TV, telephone, etc.	Senses of perception from dimension 1 to 39
Symbols: mathematical, geometrical, etc.	Mental screen tuned in geometric language ("sacred geometry")
Images	Visualization, meditation, dream dimensions
Colors	Visualization, meditation, dream dimensions
Sounds	Physical, mental and spiritual hearing. In general the five senses, but in a non-physical dimension
Spoken language	Own or perceived thought
Translation to local languages	Masters accommodating information for each person
Adaptation of information (journalists)	Non-physical beings acting on each person's thought
Public opinion	Feelings that originate from mental interpretation ¹

¹ Feelings are similar to public opinion because, in a manner of speaking, they represent the beliefs triggered by the information that is received: you feel according to what you believe, not the other way round.

Thought can take all of the Universe's forms of communication, which usually happens automatically in people who have not been trained to manage thought, and consciously in people trained to direct their thought voluntarily. Even so, in either case, what reaches people's mind is mediated (using filters, inspirations, etc.) by the Masters.

People trained to manage thought can direct their mental activity voluntarily, by wisely using the seven techniques described below:

- 1. The thought of love** or pure thought, to fill the atmosphere with peace information. This kind of thought lets us understand the purpose of love that lies behind any event that to us seems a tragedy or drama, like a flood, earthquake or war. Death is not serious because it is only a process of renewing the physical and mental structures and the destinies required to finish developing the consciousness. The only mortal part of us is our personality, because the ego needs to be renewed every so often to prevent it crystallizing and evolution becoming inefficient. Death is a renewal process, a cycle, like day and night.

The thought of love requires wisdom; it only emerges from the profound understanding that there is nothing serious, but instead everything is part of a perfect process of evolution. The Universe is 100% efficient. Events that we often regard as dramatic are what give us the chance to develop an understanding of love if we try to understand and accept them.

If we do not have enough information, we cannot use the thought of love, because we have to understand that there is no enemy nor evil, there is no injustice (only correspondence) or anything serious, and that nobody hurts or benefits us.

Insofar as we act lovingly, others will react back with love, and there will be nothing else to worry about.

- 2. The thought of satisfaction**, to cleanse the mind and boost our vital energy. This kind of thought makes us feel happy without suffering. It is individual, not universal like the thought of love.

The thought of satisfaction does not require wisdom, but rather training to be directed towards whatever does not make us feel good, forgetting about issues

that we cannot control. If you do not like what the news says, then it is better to turn off the TV or switch to a better channel. This energy recovery technique involves isolating oneself from a reality that cannot be controlled. Some of its tools are meditation, isolation, vacations or, simply, getting enough sleep.

To cleanse the mind we use the *tool of gratefulness* towards the person who made a mistake —or towards oneself—, for the opportunity that this gives us to learn not to hurt ourselves.

- 3. Invocation to obtain the Masters' support**, so that they can guide us and help us understand the cause of our suffering.
- 4. Meditation**, to access the information required for inner peace. This exercise involves concentrating the mind and then releasing it. This lets us take advantage of the female characteristic of our mind: we free it to connect with the outside. This enables us to reach a state of peace and build up our energy.
- 5. Imagination**, to fertilize the mind with seeds of information thanks to creativity. Information emerges in the mind in several stages: sowing, fertilization, incubation and birth or enlightenment.

If we imagine beautiful things, we will sow the mind with seeds of harmony. Yet we must not make the mistake of including the "I want", because it is only a recreational exercise, like a visualization. That is, we can have fun with the most extraordinary things that we can imagine, but without creating expectations within ourselves, because only the right thing happens. As a result, our energy increases and our mind becomes receptive to the information associated to that type of thought.

6. Visualization, to create whatever matches our personal satisfaction. This creative technique resembles imagination and to the extent that we visualize and form a clear picture in our mind, we create within ourselves something that, if it is harmonious and beautiful, with time and thanks to the Law of Affinity will become similar to other situations with those same vibrations.

7. Prayer, as a form of attaining inner peace. It does not change the order of the Universe, and is only a useful exercise for getting inner peace. However much someone prays, if what they ask for is not within the Law, they will not get it; but that does not mean that there is no God or that we

are not listened to. As we do not know whether or not something is within the Law, to avoid wasting energy, we must pray, study or meditate, and then "let go"; because everyone gets what they need, and not what they do not need. If we think "Thy will be done", prayer, like any other isolation technique, will be very useful for getting back our energy. Prayer is thus a form of meditation.

3.2 Learning about life

All the difficult situations that human beings face teach us three things:

- 1. Happiness:** difficulty teaches us not to suffer on account of any event, be it physical, economic or social.
- 2. Peace:** we learn not to lose our calm, not to react, but to act effectively, to do what we have to do without getting worked up.
- 3. Expression of love:** we learn not to limit our ability to service even if external circumstances are adverse or unfavorable.

If we learn these three things, such situations will never arise again. Learning wisdom or about life is not the same as technical learning, which involves acquiring certain knowledge in school, at college or in books. Life's teaching leads us to wisdom, and cannot be learnt at school, but only through destiny.

Chapter 4. Own, other's or induced thoughts

You may have often wondered: "Why am I thinking this?" You might also have wondered why you feel annoyed by or guilty about your thoughts; and very often may have said to yourself: "Stop dreaming or thinking nonsense." Other times, whatever we are thinking about seems absurd, incomprehensible, unreal, fantastic, great or just ordinary.

Yet most of the time our thought is busy creating images of everyday reality, conjuring up in our mind fantasies, hopes, expectations, fear, distress or mental suffering, depending on whichever thought we let into our mind. Seldom do we find our thought creating images or ideas of love and happiness.

The chaotic mindset that most people suffer is caused by thoughts that occur in or reach their mind indiscriminately. As thought contains information that prompts feelings and actions, if someone does not voluntarily direct and control the thought present in their mind, their feelings and behavior will, in turn, become very hard to manage.

Thought is a powerful tool that is at man's service, yet if not managed properly, it can become a deadly weapon. To start working properly with thought, first we have to understand why certain thoughts come to our mind and then learn to manage them voluntarily.

The thoughts that reach anybody's mind can come from one of three different sources, depending on whether they are your own, external or induced thoughts.

4.1 Own thoughts

They occur within the same person who sends them out, and have two distinct origins:

A. Thoughts arising in the body

The body, governed by the Law of Nature, is expressed through instinct, which manifests three characteristics that connect with thought to generate the corresponding actions. These characteristics are:

- ✓ Creating life. This is the origin of all thoughts that arise when one falls in love, which can be recognized because these thoughts spend most of the time idealizing the other person, producing a delicious mental state of detachment from reality.
- ✓ Maintaining life. This generates thoughts related to all of the body's needs or wants, such as food, drink, rest, affection, caresses, sexuality or any other physiological need. Thought prompts people to take any course of actions required to meet the different physical needs or wants.
- ✓ Defending life. This instinct-related characteristic generates many thoughts of fear, aggression, anxiety, stress, a desire to escape, etc. because it is designed to make us alert to any possible danger.

Instinct is expressed through emotions which, in turn, capture thought so that it can direct the action required to satisfy a need.

The body's messages are expressed through wishes. It is like a car's fuel gauge, which lights up when the fuel tank is nearly empty. If the body does not send out messages of desire, it is because it is balanced and the gauge is switched off.

B. Thoughts arising in one's own mind or personality

Human personality is formed by a system of beliefs (ignorance) and by a certain level of understanding (wisdom). The thoughts that stem from one's ignorance sometimes generate satisfaction, but are almost always prompted by learned mental limitations and fears, so they fill the mind with suffering and cause serious emotional wounds. Yet when thoughts originate at the level of understanding, they trigger peace, harmony and inner well-being, and predispose us to acts of love.

4.2 External thoughts

Roughly 90% of the thoughts that through a person's mind come from outside it; in other words, they originate in places other than the person's own mind and body. There are two kinds of external thoughts:

A. Thoughts arising from vibrations of the natural kingdoms

In the Universe, everything has a vibration and so can be turned into thought. The vibrations of the mineral, vegetable and animal kingdoms can easily

influence many of the thoughts that appear spontaneously in any human being's mind. The plant kingdom, for example, is in harmony, devoid of the slightest possibility of aggression. Without going any further, water is an element that brings much peace. But the animal kingdom is subject to food chains, to ensure that predators and prey maintain a balance, but not a peaceful coexistence. Human beings, on the other hand, can indeed achieve a peaceful coexistence through their spiritual development.

B. Thoughts arising in other human minds

The human mind is so powerful that it sends out our own and other people's thoughts, which can be picked up by other minds. All the time we are sending out, perceiving and retransmitting all kinds of thoughts, whose vibrations enter the universal atmosphere and travel as far as the thought wave's power let them.

4.3 Induced thoughts

Externally induced thoughts can come from two very different sources, to wit:

A. Thoughts induced by someone else's suggestion

Suggestion is when a verbal message is sent to people who are in a state of hypnotic or natural sleep. When people hear the message, they turn it into different types of thought that their mind accepts fully, leading to the effects, actions or patterns of behavior that the thought suggests. Trying to induce other thoughts that are liable to be destructive (black magic) will only work if the person is suggestible; if not, it will not have the slightest effect on them. Certain suggestive thoughts contain wisdom and are meant to convey love, like when a person is intended to heal their mind or body through suggestion. Hypnosis is a form of suggestion; even if you have been hypnotized, you will not accept a thought that goes against your principles, like murdering someone else.

B. Thoughts induced by Masters

Not only do Masters know the content of people's minds, but constantly send out messages as thoughts that reach human beings' minds just in time, in order to guide, protect and help them, and prevent them from straying from the Laws of the Universe.

Broadly speaking, any information from the Masters of Wisdom is specific information whose result will always leave us a pleasant feeling of peace, hope or something very specific to contribute to our development.

Masters talk to thought in order to place the information that we need to know, or the exact idea that we want to express, in our minds.

The lesson we should draw from all this is that if a negative thought reaches our mind, we should ignore it. More often than not, it might not be ours; but even if it is, it does us no good, so it is better to ignore it and not worry about it.

Instead, we should learn to direct our thought in a more conscious, voluntary way. One of the secrets of wisdom is to always think the best of everything, because it accomplishes two things: it restructures the mental field and tunes the mind into high levels of information.

The mind catches thoughts of the same frequency as each of us puts into it, consciously or unconsciously. So if our voluntary thoughts are negative, the mind is tuned to that frequency and when we "let our mind go", it catches negative, conflict-prone thoughts. Yet if our voluntary thoughts are full of love and great wisdom, they will be high-frequency, so when we let our mind free, it will tune into high-level frequencies or more "loving" files.

One energy recovery technique used for treating depression (but not severe cases) is called **reading therapy**. The mind works 24 hours a day, like the heart, but at night it does so with the information that the individual gives it. If we want to have a restful sleep, we need to give the mind a pleasant thought, to avoid having a conflictive dream that will prevent us from resting. Reading before going to sleep is beneficial in two ways. First of all, it makes you feel sleepy, because moving your eyes as you follow the lines of the book is a hypnotic movement. Secondly, you engage in a recreation or visualization exercise that conjures up images in your mind.

The intention behind using reading as a therapy is for you to mentally create an image from the book's message; this image should lead you to a higher spiritual level. So when you finally fall asleep, your mind will continue to work all night in that vibrational frequency. That is why it is used to treat depression. But what you read must be completely free of conflict, and must be rather elevated material.

Suffering involves having a negative thought, but that, in turn, calls for a false belief. So we say that feelings are mental, not of the body but of the mind

(senti-mental). When this false belief links up with an external event that is regarded as bad, the thought immediately activates that mental coding. Yet when the false belief about the event being "bad" is changed, the possibility of suffering vanishes.

Anything can pass through our mind, but what matters is what we do with it.

4.4 How to distinguish between our body's messages and our beliefs' messages

Unlike instinct, beliefs are not associated with any physical need, but with the ego. If we want a latest model of car, we do not have a bodily need, but a desire rooted in the belief that we cannot be happy without that object. Beliefs lead us to such thoughts, and to look for someone to blame and punish, to personal guilt and to think that there are injustices. When we suffer because we think that someone has betrayed us, once again our thought is based on a false belief that others are to blame for our suffering. Beliefs that stem from ignorance make us suffer, while those that stem from messages of wisdom bring peacefulness.

There is no need to be afraid of thoughts, whatever their nature or sign, but instead learn to use them as a tool for attaining a mental state of peace and serenity, better physical health and a much more satisfying life.

Managing thought voluntarily enables us to attain health, peace and satisfaction.

Usually we do not direct our thought voluntarily towards anything negative, because it makes us suffer; what happens is that we do not know how to prevent it from happening. In the previous example about a wife waiting for her husband who is late, the terrifying thoughts that emerge she conjures up in her mind are not voluntary, because if they were, they would think that the other person is late for some wonderful reason.

We are going to learn to voluntarily direct thought, but only towards two objects:

- ✓ **Towards what we are doing**, concentrating hard to be efficient; that is to say, so that our mind is in the same place as our body.

- ✓ **Towards thoughts of love**, when we are not doing anything that requires our full attention, such as driving; the brain handles the car because it is programmed to do so, and does so automatically, while the mind remains free.

All of us send out thought waves, which enter the atmosphere, travel long distances and remain available to whoever wants to tune into them. Most human beings unknowingly spend all the time tuning into the thought frequencies of other minds.

Perceived thoughts are generally very similar to the thoughts that we send out, because our mental dial looks for thoughts and attitudes that resemble ours. So if we think of hatred, resentment, suffering, failures, distrust, fear, etc., we make our mind tune into information of that kind. Similarly, if we think about creativity, satisfaction and love, our mind tunes into exactly the right frequency to receive information related to creating new things, how to find a more satisfactory life and profound understanding of love.

Mentalism is giving thought a voluntarily organized form, directed towards a specific purpose. It involves visualizing and think about what we want to get or make. This mental practice is very rewarding, because it makes it easier for us to develop our imagination and be better at voluntarily turning disorganized, chaotic thoughts into organized, harmonious and satisfactory thoughts.

*Training how to voluntarily choose our thoughts
fills our life with satisfaction.*

To avoid becoming frustrated and disappointed, *mentalists* must know the Laws that govern the Universe and know that they will never get anything that they do not need and that matches their own function, mission and destiny. Yet the way to earn a life of greater inner peace and material satisfaction is precisely to keep a loving thought and attitude towards life.

Mentalism helps to organize the mind, but it cannot clash with the Law. So we cannot make the mistake of thinking: "I want things to be as I say, when I say, where I say and as I like it. " The Universe never works as we want it to, and sometimes we get what we want; this happens when what we want matches the Law and order of the Universe, because otherwise it would not happen. Some people call it "the Father's will", instead of "order of the Universe". Actually, the name that it is given does not change its nature.

If we have expectations, we will get disappointments, whereas if we know that everything that happens is wonderful, we will never reap disappointment.

In order for *mentalism* to work like any other tool, we must use it wisely: forgetting about "I want" and focusing on "recreation". The recreation will be fun and will satisfy the ego's mental condition, filling it with peace and harmony. Recreation works with two Laws: the Law of Affinity and the Law of Cause and Effect. According to Law of Affinity, when we conjure up ourselves, in our mind, images that fill us with satisfaction, we attract satisfactory external situations, even if they are not exactly as we imagined. And *mentalism* also works through the Law of Cause and Effect, because whatever we offer or do, comes back to us.

We can replace "I want" with "I would like", which is less limiting; so if we practice the technique just for fun, it is useful. We must imagine anything we want, without limiting ourselves so as not to take away the magic and preserve the excitement. We should always have thoughts of love, and accept everything that life brings us.

Hypnotism consists of inducing thought in someone else while they are asleep; a suggestion is sent to the unconscious mind, avoiding the opposition and resistance of the conscious mind, contaminated by the limitations of ignorance, so that when the person wakes up, the suggestion is triggered in their thought, producing the effect contained in the idea that the other person has suggested or induced in their mind.

As true as it might be that hypnotism is useful in many cases, it can also hinder us from taking responsibility for our own decisions and developing the ability to exceed our limitations and attain the understanding and acceptance that we need to transcend our destiny. And we must take that responsibility for our own decisions and recognize our ability to change.

Chapter 5. The power of thought

All of us have seen, at some point of our lives, just how much power our thoughts have over our mind, feelings, emotions and body, as well as its effect on relationships, the economy and other circumstances of our daily lives, in which people act according to the dictates of their thoughts.

Thought can be a great tool for building a mind full of peace, harmony and happiness, and for developing a superior ability to understand the principles of love, the Father's will and the Laws that govern the Universe, thereby attaining a fully satisfactory life. Yet it can also be a deadly weapon, capable of totally destroying our life potential if we use it to hurt our feelings and fill ourselves with fear, anxiety, anger, and depression. If we do, our vital energy will start dropping and mental chaos takes over, giving us no chance of developing the skills we need to lead a successful life.

Our own thoughts can heal or destroy our life. The only way to take advantage of the opportunities they offers is to manage them voluntarily. If we do, we will have the right mindset to lead a successful life.

With constant training, we can consciously and permanently choose which thoughts we let into our mind. There now follows a description of two thought management techniques: *satisfaction thoughts* and *pure or loving thoughts*.

5.1 Personal satisfaction thoughts

This technique involves refusing categorically and outright to let in any kind of any thought of fear or failure in any situation whatsoever. Instead, you have to use your willpower to always think about success and personal satisfaction, no matter what happens in the outside world.

Just like any process used to develop a positive mindset, this technique can only be mastered with constant training. It also involves learning to counteract mental justifications like: "How can I solve a problem if I don't think about it?" The answer is very simple: without ever thinking about the problem, but only about the solutions. For example: instead of thinking about debts, think only about how to get money; leave everything else to the Laws of Life and accept the result as the best way to learn.

Anyone can use the *satisfaction thought* technique, whatever their level of spiritual development, because it is only geared towards personal satisfaction. This technique boosts our vital energy considerably, giving us a much clearer mind and far more capable of succeeding in whatever we decide to do. Better still, no minimum level of wisdom is needed, so it is ideal for anyone who still do not know about the Laws of Correspondence and Spiritual Evolution, and so tend to worry unnecessarily about others or about circumstances they cannot control or manage.

Thoughts for personal satisfaction do not require wisdom, but only training.

5.2 Loving thoughts or pure thoughts

This technique consists of keeping our minds busy and full of thoughts of love and happiness, both for ourselves and for everyone else and external circumstances.

The pure thought technique involves a proper understanding of the laws governing the Universe and human beings' life, so as to be able to look and think with love about everyone and all behaviors and circumstances, always expressing deep respect for each and every life experience. To have *pure thoughts*, we have to understand the purpose of love that life brings us.

Everyone who practices this technique gains a high level of spiritual development, and become a Master in Love, because pure thoughts not only boost vital energy —thus enabling us to activate our area of mental clarity and light—, but also bring invulnerable peace and produce profound respect for others. In the end, we can become human Masters in wisdom, with the ability to enjoy great success and satisfaction in our relationships and everything we decide to do in life.

Loving thoughts contain wisdom and produce invulnerable inner peace. By thinking them, we can make ourselves happy and help others to be happy.

Pure thought techniques can be used in different ways, such as through autosuggestion, mantras, meditation, relaxation or chromotherapy.

- ✓ **Autosuggestion:** this involves mentally repeating certain sentences:

Life always offers me the best.

My inner peace is invulnerable.

I have all I need to be happy.

Everything that happens is perfect and necessary, etc.

The more you repeat these sentences, the easier the mind accepts them, so that they can generate inner peace.

- ✓ **Mantras:** a mantra is when you mentally or verbally repeat a word or sentence, the aim being to isolate the mind from any thought that could contaminate it.
- ✓ **Meditation:** this involves taking thoughts to a state of mental contemplation in order to attain inner peace.
- ✓ **Relaxation:** to relax, you have to think about each and every muscle in your body, asking them to let go and completely relax, so as to generate a feeling of a deep physical and mental rest.
- ✓ **Chromotherapy:** this involves visualizing all kinds of lights and colors in order to tune, energize, calm, boost, heal and harmonize the body and mind, using the properties of each color.

*The secret of being a Master of Love
is to always ensure that your thoughts are pure.*

Any technique used to keep thoughts clean will always be very beneficial for anyone who practices it. However, the prime technique for ensuring purity of thought, inner peace and a state of mental mastery and invulnerability is to **constantly monitor thought**, which means continuously observing the thoughts that reach or arise in our mind, and completely and radically decide not to accept any thought liable to disturb our perfect peace of mind. In other words, to only keep in mind thoughts that leave us feeling peace, harmony, happiness, satisfaction and an enthusiasm to serve.

Mental levels are activated in two ways: by the way we think and the level of energy that we handle. Keeping tabs on our energy is essential, because if it drops, we cannot use wisdom or tap into our thoughts of understanding. Anyone "with wisdom" cannot lose it, because it forms part of what is already timeless within them; but they can lose their energy.

A simple technique for keeping our energy level high is to only think of pleasant things, because whenever we think of anything that causes suffering, we

use up vital energy and approach depressed areas. So whenever any unpleasant thought comes into our mind, we must replace it with a pleasant one. Doing so does not call for wisdom, as explained earlier, but only a certain amount of training in directing thought.

Use your thought to appreciate what you have and you'll succeed.

A mind that is full of wisdom and has no beliefs is a pure mind. It is full of information about truth and love. Of course, a pure mind will never enter into conflict with any situation, how dramatic it may seem to someone else; because for the pure-minded person, it will not be dramatic, but just a wonderful event and an opportunity to seize.

One years-long belief is that spiritual development can be reached through isolation techniques, but actually such techniques only serve to build up or recover energy. Spiritual development consists of fostering the three spiritual virtues:

- ✓ **Happiness**, which is the same as not suffering at all in response to life's difficult events.
- ✓ **Peace**, which is the same as not reacting or fighting in response to attacks.
- ✓ **Love** or the virtue of service, which is 100% of our service orientation, regardless of whatever happens around us.

The situation described below is an example that involves the three virtues.

"You're a sales assistant at a store, and a customer comes in and asks you to show him an article. You show him the article, but the customer doesn't like it, gets annoyed and yells at you. So you think: "This person has every right to be upset, because he didn't like what I showed him; it's his experience, not mine. "

Several conclusions can be drawn from this example:

- a) I don't suffer because he has yelled at me, he isn't offending me. He's the one who feels bad, however right or wrong he may be.
- b) I don't react. I'm not going to respond to him with resentment, but instead will give information. I'll say: "Yes sir, you're quite right, and I'm

sure that there are other products that you'll like. Let me show them to you." This is the second virtue, peace.

- c) If the customer is still angry and aggressive, I use the third virtue, service: I'm not going to stop serving him as if he were my best customer just because he's upset. I'll just say: "Look, sir, I can quite understand that maybe you can't find what you're looking for. I'm going to show you everything we have, and if you still can't find what you want, I'll suggest places where you're sure to find it. Better still, if you want we can look for the information together."

By doing so, we can bring the three virtues into play: "I didn't suffer because of what the other person did, I didn't lose my inner peace, and I kept on serving him the best that I could, despite him being totally aggressive." It's all a matter of training.

Another example is when people insult us or make humiliating remarks about us. In fact, by doing so they serve as excellent coaches and help us develop our happiness, peace and service orientation, so mentally we can thank them for giving us the opportunity to boost the three virtues of spiritual development.

In such a case, our response will be first to think: "They're quite entitled to have an opinion about me, though it's a pity that opinion makes them feel bad. But it's not my problem; in essence, I'm what I've always been: a perfect creation of God, and that has nothing to do with people's opinions. " This is the thought of zero suffering in response to acts of aggression.

Then we bring into play the second virtue, by responding to them with peace, and saying ever so softly: "I know you're quite right to feel bad; I'm going to try to do things better, as you suggest, irrespective of whether I'm going to do it if I consider it appropriate or not."

Last but not least is the third virtue, meaning that we don't stop serving that person if they ask us a favor, and do it with great pleasure, with all the love and best quality we can.

5.3 Think wisely to be free

You can only be free if you stop blaming others and carrying a burden of guilt inside. If you keep on behaving like a prisoner, you'll keep on living in a prison. Prisoners are always trying to escape, denying their mistakes, looking for a way to shrug off their responsibilities, asking for better living conditions, but do nothing to deserve them; they complain about whatever happens in prison and

kick up a fuss in an attempt to get something else, and want to take revenge on others. They impose or obey the code of silence, defend themselves and live in a permanent state of alert. Finally, they have other "prison terms" to serve, through suffering and mortification, expressed through guilt, grudges, anxieties, resentments and fears.

To get out of "prison", you need to have served your "prison term", i.e., reached the stage when you no longer need to suffer, because you have already learnt everything that suffering could teach you. At that stage, you no longer feel any regret inside, because you are at peace, so now you are free and can be happy by yourself and love without having to depend on anything or anyone to do so. Yet as long as you blame others, punishment and prisons will remain in your life.

Table 5. Free versus prisoners

People who are <i>imprisoned</i> by their regrets and suffering ...	People who are <i>free</i> and control their own happiness ...
1. Want to escape their own results	Look at their results to find the truth
2. Look for ways to evade responsibility	Assume all their commitments and results
3. Deny all the mistakes they make	Recognize their mistakes and learn from them
4. Try to change reality with aggression	Accept reality to change on their inside
5. Demand that justice be done	Take responsibility for their experiences and respect other people's
6. Ask to be given part of what they have not done	Are open to receiving whatever life offers them
7. Claim rights that they have not earned	Know that life gives them whatever they have earned
8. Always complain about what they get	Deeply appreciate everything that life gives them
9. Protest about anything they do not like	Respect other people's customs and experiences
10. Rebel against law and order	Adapt to and respect local rules and customs, wherever they are
11. Bear grudges if others don't please them	Accept, appreciate and respect other people's decisions
12. Settle disagreements by resorting to the code of silence	Settle disagreements with dialogue and agreements
13. Always feel a need to defend themselves	Feel a need to respect every living being

People who are <i>imprisoned</i> by their regrets and suffering ...	People who are <i>free</i> and control their own happiness ...
14. Blame their environment and others for their problems	Accept and learn from the outcome of their decisions
15. Blame themselves for their bad results	Accept that they need to make mistakes to learn
16. Express resentments with malice	Express their disagreements respectfully
17. Always feel frightened	Accept that life always offers them the best
18. Anxiety prevents them from ever finding peace	Their self-confidence lets them find peace
19. Always look serious, frustrated or bitter	Always look peaceful, calm or cheerful
20. Never let anybody into their "territory"	Reach agreements on how to use spaces
21. Their grudges make them want to get revenge	Are grateful for what they have learnt and wish others the best
22. See life as a competition with others	See life as a chance to share experiences

These people's biggest problem is that they are very touchy and easily offended, but this is part of their personality. If people keep on feeling offended, blaming others for what they feel or whatever happens in their lives, or blaming themselves for what they get, the usual consequence of this blame (such as different forms of punishment, aggression, revenge, or self-punishment, which turn into bitterness and resentment), will keep on existing.

Moral suffering or grief are associated with the ideas of good and evil; people associate being good with avoid evil (I suffer because of everything that's evil and if I don't suffer, I'm not good). This is what gives rise to suffering.

As long as we take offence, blame and aggression will continue to abound.

One of the most complex confusions that exists in a human being's mind is the false association between what happens and its true meaning.

Table 6. True versus false associations

False association	True association
<p>Blaming: Others are to blame for what happens to me</p>	<p>Understanding: Others are not to blame for what I choose</p>
<p>Punishing: They have to pay for what they did</p>	<p>Teaching: They need to learn to do it better</p>
<p>Blame: I'm to blame for what's happening to them</p>	<p>Mistakes: I made mistakes that hurt other people</p>
<p>Punishing yourself: I have to pay for my sins, I don't deserve anything</p>	<p>Learning: I'm going to learn from this so as not to make mistakes again</p>
<p>Kindness: I want to avoid them experiencing suffering</p>	<p>Giving information: I can teach them how not to suffer in life</p>
<p>Evil: People who intend to harm</p>	<p>Ignorance: People who harm for a good cause</p>
<p>Morality: Defend right and fight against evil</p>	<p>Truth: Everything that happens is necessary to learn to love</p>
<p>Fondness: Concern about loved ones'</p>	<p>Affection: Sharing your wellbeing with the people you love</p>
<p>Feelings: Suffering for other people is to have good feelings</p>	<p>Love: Accepting other people's experience and being happy with their happiness.</p>
<p>Independence: Being free to do what I want</p>	<p>Freedom: Being free to accept the result of my decisions</p>
<p>Criticizing: Express my disagreement with anything that is wrong</p>	<p>Evaluating: Define how someone's ability can be used</p>

We suggest you read it as often as necessary to reprogram your mind and manage to stop suffering due to false beliefs.

Chapter 6. The secrets of the thought of love

The **thought of love** that consists in believing that something is perfect and necessary calls for profound wisdom and knowledge of the Universal Laws. That thought makes us invulnerable to any suffering, fight or conflict. The thought of love will be the thought that deeply transforms us and lets us transcend destiny.

When our training to consciously manage thought reaches the state of purity, then we attain the spiritual level known as **Mastery in Love**.

When there is no longer any chance of our thoughts spontaneously deviating to anything negative, we will have become master through training. When we always think the best of everything; when we see an opportunity in any circumstances and a sublime process in all situations; when we believe that nothing is serious, but everything is perfect, we know we are *thinking about love*.

Thoughts of love tune the mind into the spiritual plane's frequency waves (dimensions 10 to 39), which can elevate the human mind in order to receive information about the creation and all the processes designed for understanding, releasing it totally and definitively from ignorance.

*Thoughts of love free us definitively from ignorance
and give us the ability to create.*

As the whole Universe has been created with a purpose of love, and since loving thoughts tune into creation's planes, they bring us information about how to create an excellent life.

All disciples of love know that thought creates the individual's mental world, and that the Laws create all external correspondences. Therefore, disciples strive to and work on creating their inner world of love, and know that if they do, all external correspondences in the world of matter and forms will appear automatically.

Thought creates a human being's inner world, which is not physical but instead a mental or spiritual world, and the Law of Correspondence creates the external world that corresponds with that thought. So if we create a world of peace and harmony, peaceful coexistence and love within ourselves through thought, the Law of Correspondence of the Universe will externally create the perfect circumstance that corresponds to what each of us created in our mind. Everything we build inside is created in the outer world. So if we do not accept

infidelity, that will be the first thing that happens in our life, to allow us to learn to accept it. Yet we cannot accept something that we have not understood, so we have to comprehend how the Universe and its Laws work, know that it is us who generate everything; that nobody is to blame, and that situations are not good or bad, but neutral. We need to realize that it is our mind that labels an external situation as good or bad, and that is what makes us develop certain feelings and attitudes towards the event in question.

For example, at school teachers set their pupils mathematics "problems", which cause them difficulty, and even some suffering. But the mathematics problem is not good or bad per se, but simply an exercise used to develop pupils' understanding and knowledge. So the cause of suffering lies within the mind of the child who cannot solve the problem. The task is just the opportunity to learn. It is all part of a learning process.

When human beings learn to create, they generate harmonious circumstances, not painful ones. Nothing happens by chance, and none of us face any situation that our mind has not created as part of our learning needs. When the Master Jesus said, in all his wisdom: "But seek you first the Kingdom of God and His righteousness, and all these things shall be added unto you", he was referring to our capacity to create with our thought and mind, i.e., to what is within us. The kingdom of God is the kingdom of love, and it is associated with peace, harmony, happiness, improvement, and everything that creates a deep sense of well-being in humans. Love and wisdom are never associated with conflictive situations.

Thus, in their spiritual development human beings learn to:

- ✓ Create loving relationships with others, with the tools of respect, service and acceptance.
- ✓ Create healthy conditions, returning to the original genetic pattern.
- ✓ Create the conditions that provide access to the Universe's resources (abundance).
- ✓ Create within themselves the ability to take advantage of whatever life gives them, wherever they are, to adapt to any circumstance.

Think only of love and you will always be happy, because your reality is a product of your thoughts. Stop thinking about what you do not want and the suffering information will disappear forever.

Thinking is bringing information to the present in order to manifest something; stopping thinking is allowing the present to vanish or disappear. When you think only about love, only love will manifest itself; when you stop thinking about suffering, it will disappear, because that is what the Law of Loving Thought says.

Everyone maintains their reality according to their own thought. When the mind stops thinking, it no longer sends out nor tunes into information. So the information that maintains mental states and the organization of physical matter returns to its place of origin.

Death is a wonderful state in which all human processes are renewed. Meanwhile, the experiences that we face are the opportunity to express the virtues that we came into the world to look for: happiness, peace and love.

To create a new reality with a high level of satisfaction we need to think that everything that happens in the Universe has a purpose of love and that it is only necessary for our spiritual development and to understand the Law. When we think that way, any conflict vanishes straight away.

The same event can be seen very differently depending on the meaning that we give it. For instance, if you go on a voluntary fast, you will not suffer even if you feel hungry. But if you are not allowed to eat for a few days, not only will you feel very bad about feeling hungry, but you will also suffer a lot and feel full of hate, because the fast will not mean anything to you.

Along the same lines, when athletes are doing exercise while training for the Olympics, their muscles may be tired and sore, but their spirit will be happy, because they are doing it willingly, with a purpose. Yet if they had been sentenced to forced labor, and even if they were doing the same exercise, their spirit would not be happy because the purpose in this case would be totally different.

So how we interpret the facts is what has the most bearing on our mood.

Mastery is the conscious and voluntary use of thought.

Conclusions

To sum up, the conclusions of this topic are as follows:

- ✓ Philosophy without science becomes belief, whereas philosophy with science becomes wisdom.
- ✓ Wisdom is the result of the interaction of perception —the right or feminine hemisphere of the brain— and analysis —the left or masculine hemisphere—.
- ✓ To tune into wisdom information, always think the best of everything.
- ✓ The human mind is a thought transmitter-receiver that is in constant activity.
- ✓ Any and all information can be translated into thoughts, according to how each of us interprets it from our belief system or from our wisdom.
- ✓ Thought can bring information from anywhere in the Universe.
- ✓ Thought can destroy or build both our internal mental state and our external circumstances, according to the Laws of Correspondence and Affinity.
- ✓ Success in life entails voluntarily managing three elements:
 - Wisdom information.
 - Life energy, not letting it drop to avoid entering areas of mental darkness.
 - Training.
- ✓ Everything that happens is perfect and necessary and has a purpose of love. Whatever is necessary is independent of whatever is pleasant or unpleasant, and independent of success or failure. What is necessary is

intended to show us a way that we do not know yet, and the way to find that path is through error.

- ✓ The secret to managing thought lies in *alchemy*. It must be a voluntary thought, sustained and directed towards love information.
- ✓ The quality of our life will be the quality of our thought.

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

Memory chest exercise

Mentally remember any situations that are somehow associated with resentment, conflict, resentment, hatred, desire for revenge, nostalgia, sadness or suffering; such memories are contaminated by ignorance. The exercise is to take these memories and start "cleaning" them by thanking life for the wonderful opportunity it gave us to learn, and wish the other person the best. By doing so, we heal the wound and clean our mind. Healing starts when we think that nobody has hurt us, nor did we hurt anybody. Lovingly remembering everything that has happened to us.

Exercise for checking the mind's information

If your life experiences are not satisfactory, it means that you are using false information. Yet as long as we remain convinced that the information we have is true, there is no chance of our mind accepting new wisdom information. So we need to take a close look at our thoughts.

- ✓ Make sure that your thought does not dwell on anything that does not bring love or peace. Keep your mind full of loving thoughts, even in the face of events that seem dramatic, understanding that are necessary as part of the process of evolution.
- ✓ Your mind must be wherever your body is.
- ✓ Direct your thought voluntarily toward solutions and not towards difficulties.
- ✓ Erase the word "impossible" from your mental dictionary and replace it with: "I don't know how to yet." Everything is easy, you just have to practice.

Exercise for practicing a new information finding technique

The idea is to use thought to get information and answers, rather than looking for the information in a book or asking someone else. Every human being has this tool and can work on it to strengthen it. By doing so, we develop the ability to bring information from the Universe's archives directly to our minds, without

searching in human beings' archives. The way to do this is through meditation, setting the mind to receptive mode.