# A new paradigm of reality?

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# Table of contents

Part I: The New Paradigm of Reality	9
Author's foreword	9
Introduction: a change of context	17
<ul> <li>Chapter 1. A new vision of the Cosmos and the perso</li> <li>1.1 The evolution of physics</li> <li>1.2 How does current science regard the Cosmos</li> <li>1.3 Is the Universe holographic?</li> <li>1.4 The "observer" effect in quantum physics.</li> <li>1.5 Downward causality</li> </ul>	29 ?38 55 59
Chapter 2. The human being in the New Paradigm 2.1 We are an evolving soul	
<ul> <li>Chapter 3. Levels of consciousness</li></ul>	97 107
is manifested through the different levels of consciousness 3.5 Development lines and streams	
<ul> <li>Chapter 4. Cognitive line development</li></ul>	130 130 131 132 134 135 138 140
Chapter 5. Consciousness and its manifestation: three possibilities	

Chapter 6. Integral philosophy and psychology	
<ul><li>6.1 The holonic nature of reality</li><li>6.2 The four quadrants of manifestation</li><li>6.3 Does psychological development have to be</li></ul>	
completed before starting spiritual development? .	174
Chapter 7. Religion and spirituality in the	
New Paradigm 7.1 Is greater convergence between religions	177
possible today?	188
Chapter 8. Verification	195
8.1 The three eyes of knowledge.	
No more category errors	195
Part II: Living from de New Paradigm	201
Introduction	201
Chapter 1. Laws of the Universe	205
1.1 The Law of Nature	
1.2 The Law of Harmony	
1.3 The Law of Correspondence	
1.4 The Law of Evolution	
1.5 The Law of Polarity	
1.6 The Law of Manifestation	
1.7 The Law of Love	222
Chapter 2. Practical Application of the Laws to everyday life	225
2.1 The Law of Warning	
2.2 The Law of Opportunity	
2.3 The Law of Opportunity	
2.4 The Law of Three	
2.5 The Law of Communicating Vessels	
2.6 The Law of Cause and Effect	
2.7 The Law of Saturation	
2.8 The Law of Generation	
2.9 The Law of Compensation	232
2.10 The Law of Sharing	
2.11 The Law of Affinity	234
2.12 The Law of Empty Spaces	234

2.13 The Law of Understanding	234
Chapter 3. The higher dimensions and human relationship with them	237
3.1 Transmission waves	237
3.2 Dimensional variable	
3.3 Dimensions of physical matter	241
3.4 Non-physical dimensional planes	
3.5 Grace	243
3.6 Personal experience of the miraculous.	
Acting in the New Paradigm	244
Chapter 4. Everything that happens is perfect	240
and necessary 4.1 Acceptance, reality and inner peace;	249
the problem of suffering	250
4.2 Life energy and light zone	
4.3 Life energy, inner peace and understanding	
4.4 The power of renunciation; learn to let	
go and relinquish our own agenda	
4.5 Freedom, respect and desensitization	279
Chapter 5. Changing our thinking	285
5.1 Dematerialization: identifying with	
the soul or the ego	294
5.2 The new understanding	300
5.3 From entertainment "versus" introspection	
to entertainment "with" introspection	304
5.4 The depolarization of the mind	
5.5 Stand as a "witness", not as a "subject"	
5.6 Cleansing the unconscious mind	313
Chapter 6. Coming to terms with life	317
6.1 Personal responsibility	
6.2 Destiny, mission and function	
6.3 Culture	
6. 4 Agreement and conciliation	
6.5 Coming to terms	
6.6 What is death?	
6.7 What is the difference between life and death?	349

Chapter 7. Human relationships according	
to the New Vision	353
7.1 The purpose and function of relationships	357
7.2 Zones of the mental field	360
7.3 What is needed to build highly satisfactory	
relationships?	
7.4 Giving value to the Love result	364
7.5 Love relationships	367
7.6 Unconscious relationships and	
conscious relationships	
7.7 The way to Love	
7.8 The keys to Love in relationships	
7.9 Conclusions	378
Chapter 8. Unconditionality and abundance	381
Chapter 9. Service	395
9.1 Service as information	395
9.2 Service as action	
9.3 The rules of service	
9.4 Living service: The Masters	
9.5 Truth for spiritual teaching	
9.6 Suitability in service	403
Chapter 10. Integral practice in the New Paradigm.	
The three pillars of growth	409
10.1 Spiritual practice or the management	
of energy. Prayer increases vital energy	410
Chapter 11. The concept of God versus	
personal realization of God	421
Chapter 12. Do we need a Teacher?	427
Conclusion	437
Bibliography	441

#### Part I: The New Paradigm of Reality

#### Author's foreword

Some fifteen years ago, I started out on a journey that ended up changing how I perceive the meaning of life. When I was about 40 years old, one day I decided to sit down and ask myself: Why wasn't I happy all the time, despite having everything I needed? Apparently everything around me was fine (I had great kids, a successful career, was well-off financially, in good health, etc.); but all too often I felt anxious, stressed out, worried and had minor health problems due to my state of mind.

Just like everyone else, there had been ups and downs in my life, but more ups than downs and I hadn't had to deal with many of the dramatic situations that other people close to me had faced. Even so, something wasn't right inside me, despite my extensive academic and religious background.

So I said to myself: What good is external success unless it lets me always feel happy and at peace? I realized that nothing I could learn from the prevailing culture would solve that problem and decided to embark on a journey of external research and, at the same time, introspection, to which I have devoted several thousands of hours. This journey has become a core purpose of my life ever since.

As I was more of a mind-oriented person, and my education had been rational, I decided to start by investigating the available knowledge. I began studying both the wisdom expressed by all kinds of thinkers throughout history (in the East and West), and the conclusions of new research in some of its facets (physics, cosmology, psychology, philosophy, epigenetics, theology, etc.).

I spent the first part of my several year-long journey just gathering data, and as I steadily started understanding reality in a new light, I became convinced that I needed to begin living in line with that new information I had acquired, and that was my focus over the following years. When I saw the extent to which both this new understanding and my training had affected and transformed me, I thought it could do the same for other people, which is why in recent years I have devoted much of my life to passing on that information. The next objective was to summarize it to let others take it in faster.

Yet while doing so, I first realized that my mind was interpreting reality the wrong way. The culture in which I had been brought up had not yet understood the workings of the Universe, as modern physics explains it nowadays, and that precisely was what was stopping me from comfortably putting my spiritual teachings into practice. For example, I'd been taught to "turn the other cheek" if attacked, and also to "strive for inner peace and rely on whatever else comes about", but my mind didn't think one could put such teachings into practice in the real world. In the first case, I thought I'd be killed if I didn't fight back when attacked; and, in the second, that nothing would happen unless I focused on working hard to solve the problems and situations that arose "out there".

My mind was an obstacle that still believed –despite my religious faith– in a "materialist" view of reality, triggered by my knowledge of classical physics, in which essentially you think of reality as a set of objects suspended in space and separate from one other, without being connected. Through my research of new knowledge about science and philosophy and its relationship with Mankind's great spiritual teachings, I realized that things were not as I had thought until then, and that Man was not what I had believed either.

I discovered that the Universe is not fragmented, but instead is a unitary system that combines all parts and in which everything is interconnected. What's more, that Universe has its own intelligence and intention, and that intention is creative evolution. The human being is not a body and a mind that also has a soul, but fundamentally a soul with a temporary body and mind to let it experiment and evolve in the material world.

These two discoveries changed my whole understanding. Shortly after I also drew the conclusion (thanks to new scientific and old mystical knowledge, without confusing the different levels to which they apply) that the Universe is multidimensional and that the higher-vibration dimensions (the subtler dimensions that are not perceived through the senses or their extensions) have a total influence and enormous causative power over the denser dimensions (the third dimension that can be perceived through the senses).

In this book I endeavor to explain that everything that happens is perfect and necessary in order for souls to evolve; otherwise it would not happen, because the intelligence of the Universe that causes the manifestation is very efficient and does not make mistakes or waste energy. This idea will become clearer throughout the book.

If all this were so, it became apparent that a change in one's inner polarity was required: the emphasis had to be placed "inside" oneself, not "outside". That is, if reality is perfect and necessary and I have come into the world with the sole purpose of growing, I have to work inside myself to "lose my own agenda" and be able to flow with the manifestation (reality) instead of working "outside" to change it so that it suits my particular tastes.

When I realized the existence and the significance of the levels of consciousness (see chapter 3, Part I), for the first time my mind had before it a clear and sure "map" that really helped me to know where to steer my efforts. It also helped me to finally and correctly identify the root cause of human difficulties.

This new knowledge also shed light on how available human potential increases as one moves to higher levels and that happiness correlates with those levels.

At the same time, I understood how one's ego works, and that spiritual growth consists in a gradual loss of ego, which results in a change of inner psychic experience rather than control of external behavior. Once internal change has taken place, external issues change alone and effortlessly.

Therefore I reached the conclusion that this new view of reality was triggered by the convergence of many disciplines of knowledge that could no longer be studied separately, one specialty at a time, but had to be integrated to better understand the unified, and no longer fragmented, reality. Physics, astronomy, epigenetics, integral philosophy, transpersonal psychology and other disciplines seem to be converging in a New Paradigm of reality.

This New Paradigm fits perfectly with what mystics have been arguing throughout the history of Mankind. This understanding led me to a second degree of certainty. When I studied both the teachings and processes of mystics in the East and West alike, I was surprised to find that their testimonies were essentially the same, despite the cultural differences under which they were expressed. I also realized that the spiritual masters of the past, as a whole, had talked about almost everything, even though not all of them talked about everything. For instance, Jesus spoke in depth about Love, but not about the structure of the cosmological reality. So I found it very useful to find out about many of the masters' teachings, so as to cover all aspects of reality.

All these understandings changed my mind and my heart and I got ready to try practicing this new information in everyday life.

I ran into certain difficulties to start with, of course. Yet slowly I came to better understand what internal changes had to be made. Tradition has it that the teacher always appears when the disciple is "ready" and right then I got my hands on the information I needed, and found the right teachers.

Throughout the process, I realized that I had to accept and take responsibility for my own growth. In other words, come to terms with it. I also began to understand how to use the tool of thought and how to "let go" of attachments and constraints to generate greater inner peace, which is the gateway to the higher powers of consciousness.

Yet above all, and for the first time ever, I realized that there are Universal Laws and how they work. This let me try to flow with them, because one cannot avoid complying with them and not knowing about them does not free us from experiencing their results. I realized that my ignorance of those laws had not brought the expected results in my life or that of others.

I trust that anyone looking for information and understanding so as to evolve their consciousness faster and more efficiently (which, in a nutshell, is the purpose of our existence in this world of form) will find this book useful.

A fitting end to this foreword is the reproduction of the letter that Einstein is attributed to have written to his daughter at the end of his life. "Attributed" because the veracity of its origin has not been confirmed, but even if it were not his, it deserves to be.

> "When I proposed the theory of relativity, very few understood me, and what I will reveal to you, for you to pass onto Mankind, will also clash with the incomprehension and prejudice in the world. Even so, I ask you to keep it for as long as necessary, years, decades, until society has advanced enough to accept what I explain below.

> There is an extremely powerful force for which so far science has not found a formal explanation. It is a force that includes and governs all the others, and is even behind any phenomenon operating in the Universe and has not yet been identified by us. This universal force is LOVE.

> When scientists were looking for a unified theory of the Universe, they forgot the most invisible and powerful of forces.

> Love is Light because it illuminates the one who gives it and the one who receives it. Love is gravity, because it makes people feel attracted to each other.

> Love is potency, because it multiplies the best we have, and keeps humanity from extinguishing itself in blind selfishness. Love reveals and

unveils. For love one lives and one dies. Love is God, and God is Love.

This force explains everything and gives great meaning to life in capitals. This is the variable that we have ignored for too long, maybe because we are afraid to love hence it is the only power in the Universe that man has not learned to control at will.

To give visibility to love, I made a simple replacement in my most famous equation. If instead of E = mc2 we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we come to the conclusion that love is the most powerful force there is, because it has no limits. We must give love to everyone with whom we relate.

After the failure of humanity in the use and control of the other forces of the Universe that have turned against us, it is urgent that we nurture ourselves with another kind of energy. If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the only and the last answer.

Perhaps we are not yet ready to make a lovebomb, a device powerful enough to destroy all hate, selfishness and greed plaguing the planet. However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, Lieserl dear, we'll prove that love conquers all, transcends everything and can do everything, because love is the quintessence of life.

I deeply regret not having been able to express to you what is in the depths of my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to say I love you and thanks to you I've come to the last answer.

Your father: Albert Einstein."

# Introduction: a change of context

This book is about spirituality in the age of globalization, secularization and reductionist materialism, and outlines the ideal of living in line with Man's spiritual nature. So it is not a book about religion, philosophy or theology, or about science, even though it does touch on philosophical, theological, religious and scientific issues. The fact is that spirituality is like a sword, inasmuch as it passes through all five human dimensions: religious, political, social, moral, and family. Yet it does not require a definitional connection because it does not fully identify with any of them.

This book has been written for anyone, whether they have religious beliefs or not, and regardless of the religious community to which they belong. It mentions great religious leaders, such as Jesus and Buddha, but only in their spiritual dimension, for their contribution to spirituality, not for their religious contribution.

It is worth mentioning here that when the term science or scientific is used, I am referring to science in the broad sense of the term and not only empirical-analytical science, because some of the realities being investigated cannot be subject to experimentation as of now. This will become clearer in chapter 8 of this work that deals with the problem of verification.

Broadly speaking, there is a common moral for all Mankind (murder is not "spiritual" in China, Honolulu or London), so too there is a common spirituality for the West and East that transcends all barriers when one opens up to transcendence. This book aims to unite, not divide, helping Mankind to raise its level of consciousness, allowing us to live a higher quality existence in accordance with our spiritual dimension. Though it is not religious, this book speaks about God, the beauty of evolutionary creation and the gratitude that Man must feel at being part of the Universe. It presents a God who is transcendent and immanent, personal and impersonal at the same time, and whose presence in the Universe is real. The intention is not to create a new dogmatism but rather to offer a glimpse of what some of the new knowledge is pointing to. In this regard, this book may be rather eclectic, because it broaches issues that cannot be explained in depth in one single book.

The first part of this book outlines what some of the leading thinkers on science and philosophy have to say about reality and how this new vision of the world seems to be converging with what the Perennial Wisdom of Mankind has stated throughout history.

The book also aims, in the second part, to explain what can happen to us when we are exposed to this new knowledge and how all of us can change inside ourselves in the light of this information.

The book can be read in any order. It all depends on which part of the brain you want to use first: people with an analytical mind (predominant use of the left hemisphere) might first read Part I and if they feel in tune with it, continue with Part II. More intuitively-minded people might prefer starting with Part II and if they feel in tune with it, go onto Part I to understand it even better or to find tools with which to explain it to others who are looking for the same information.

In short, everything has to be verified both on the inside and the outside, because that is how integral wisdom is built. Internal verification is unlimited, but external verification is not, and instead progresses through levels of knowledge and is limited by the technology available at any given time –the realities being researched are imper-

ceptible by our senses, which is why high energy devices are needed–, by the mental paradigm from which the research is designed and by the researched realities. Science and logic can be confirmed, defined and are objective. Spirituality, on the other hand, is subjective and experiential (although it can also be confirmed). Spiritual truth cannot be proven via linear logic, but its results can be verified. Consciousness research deals with linear and non-linear domains and serves as a bridge between them. Everything in life can be described from two different approaches: linear versus non-linear, i.e., science versus spirit.

The (linear) domains of ordinary consciousness have to do with form, logical sequence and perception, which separates, divides and establishes categories. This kind of perception and its language allow relatively accurate predictions to be made. When events fall outside predictable boundaries, data is often ignored as background noise or chaos. The weakness underlying this domain is that it projects the mental mechanisms of cognition on an objective Universe that exists independently of its observer; it is the world of effects and interaction of forces. This domain fails to recognize the crucial substrate of subjectivity, which is the basis of all experience and observation. Its supposed objectivity rests on subjectivity. The mere fact of stating that objectivity exists is a subjective statement in itself; it is the domain of everything that is conceptual, mental and sensory (physics, philosophy, mathematics, theology, etc.).

In contrast to the tangible and visible world, there is the infinite and all-encompassing domain that is referred to as **nonlinear.** Science has recently begun to address it by studying consciousness, chaos theory and nonlinear dynamics. Our whole life in its essence is nonlinear, non-measurable and non-definable; it is purely subjective. The nonlinear domain is the ability to experience, without which knowledge would be worthless. Until now, science had ignored it as a minor issue and had relegated it to the study of philosophy, theology and mysticism. However, the world of power and of creation or emergence lies in nonlinear domains that can lead to form through exercise of the will which, in turn, has the ability to activate possibilities and options. Non-linearity is the spirit world, which has no duality; it is the world of mystical experience and all creative inspiration, which is not conditioned by learned concepts.

Linearity lies within non-linearity. They are not two different realms, but one realm seen from two different perspectives. One can talk about holistic versus specific, duality versus non duality, visible versus invisible, definition versus meaning, force versus power, lasting versus eternal, local versus non local, quality versus essence, knowing "about" versus Being, material versus spiritual, illusion versus reality; about that "or" that versus that "and" that, divided versus united and finite versus infinite. In a nutshell, Caesar versus God.

All information has to be interpreted by the receiver in a given context. That is how we internalize and subsequently experience. The new vision of the world, or New Paradigm, broadens the context in our minds, giving us a far deeper understanding of ancient philosophy, allowing us to redefine our purpose of life and, above all, change intention, which is the driving force behind any evolutionary progress. Thus, understanding comes not just from examining data, but from doing so in a given context. When the context changes, the intellectual explanations of the previous context no longer fit.

Reality is always interpreted. All mental concepts are provisional by nature. Being aware of that limitation is a necessary quality for wisdom. Wisdom has a component of humility and another of flexibility; it sees all knowledge as provisional and subject to change, not only in meaning but also in value. **Wisdom** could be defined with a mathematical formula: Wisdom = Knowledge + Love or, to put it another way, knowledge "in" Love.

A paradigm is a generalized context or point of view. It can also mean "general field". A paradigm, therefore, predetermines the range of possible experiences or discoveries and is a factor about which ordinary consciousness is not aware.

A paradigm is like the "glasses" that we use to "see" the world. This book intends to help us change the glass in our glasses to let us see what would happen when we do so.

Due to recent discoveries, today we can stay within logic and rationality and at the same time understand spiritual realities, supported by plenty of evidence. The New Paradigm has expanded the existing context to include scientific and spiritual realities at the same time, rather than one or the other. An expanded paradigm always facilitates conflict resolution.

As discussed later on, everything that exists is a "holon" (a whole/part) and a paradigm is too. As such, it is subject to the properties of holons. One of them is to transcend and include; not transcend and dissociate, because this would lead to pathology. So, any new paradigm must transcend and include the previous one and not just deny it.

Most human beings are "subscribed" to a certain paradigm and assume that our perception / experience represents reality. Opening up to a new way of thinking and understanding life brings bad news and good news: the bad news is that it can be frightening, as it involves moving away from the safety of what is "known"; the good news is that when this new paradigm of reality is understood and verified, it is amazing how fast it can transform people's lives.

New science sees an intelligent design in the whole Universe. Quantum physics has revolutionized knowledge of reality. All scientists are now aware of the quantum "enigmas" but not everyone agrees on how to interpret them. This book offers an interpretation that might explain them, and one that is based on the idea of "science within consciousness". As you read the book, it will become evident that this interpretation most closely resembles the vision of reality that both the Perennial Wisdom of Mankind and the teachings of the great spiritual masters have offered us throughout history.

Jung used to say that Freud and many other thinkers of his time had failed to free themselves of the scientific materialism of their time, and so tried to clarify any complex spiritual creation in line with a mechanistic picture of the Universe.

Recently, a lot more can be said, and from a perspective that is far more novel than the one that existing culture has offered to date. However, readers must be warned that what they are about to read may well seem more sciencefiction than science. At least that is what it seemed to me, as the author, when my mind began to open up to some of these ideas. Yet these ideas brought peace to my mind even before I could check them out.

A new paradigm should integrate using the three modes of acquiring knowledge available for the soul: transcendent knowledge, rational knowledge and science. This integration must also acknowledge the hierarchical order of these three "eyes" –the higher one cannot be reduced in the lower one– and their realms of application to avoid category errors. Perhaps the best way to make the most of this book is for the reader's mind to neither accept nor reject the ideas outlined in it, but instead for the mind to open a "hypothetical" window that says: "If everything it says were true, how would it change my life and my attitude towards things?" Then all that would remain would be an easier task: verifying to what extent these ideas are true.

For simplicity's sake, some numerical scales will be used. Readers should know that when dealing with issues such as energy, energy waves and different vibrational frequencies, any artificial numerical division and subdivisions become far more subtle. Experts can divide levels of consciousness into four, forty or four hundred levels, depending on how accurate they want to be in describing their differences.

On the other hand, always bear in mind that a map is not the same as the land; by that I mean that knowing a concept is not the same as experiencing it.

This book cannot explain all the issues covered in detail. Instead, it aims to shed some light on important issues, so as to try to summarize many of the disciplines of current knowledge. Much work remains to be done in compiling such a summary, and a second book might be required to further explore how to better integrate some of the ideas that are presented here.

The following brief summary of the chapters in Part I of this book will let readers focus their attention on whatever interests them most:

**Chapter 1** discusses the scientific basis of the New Paradigm:

**Section 1.1** runs through the evolution of physics, starting with classical (mechanistic) physics and ending

with a cosmological concept open to spirituality, and the current string theory. It explains how many scientists nowadays conceive a multidimensional Universe, where each dimension represents a different vibrational frequency and probably also represents a different world that our senses cannot perceive.

**Section 1.2** focuses a little more on the current scientific view of reality and explains that everything that exists is made up of "in-formed" energy. It talks about the primacy of consciousness in the manifestation of the world of form and describes the possibility of making science within consciousness. It also describes a Universe with intelligence and purpose.

**Section 1.3** analyses one of the recent lines of scientific research that seeks to determine if the Universe is holographic, with all the implications that would bring.

**Section 1.4** discusses the observer's effect in quantum physics and the fact that material reality cannot be separated from the consciousness that observes and causes it.

**Section 1.5** explains the concept of downward causality and shows how the 3D world is a world of effects, not cause and effect. This section explains that the cause of everything that is manifested lies in the invisible dimensions that have a higher vibrational frequency and, therefore, may contain more information. This idea leads to another very powerful one: everything that happens is perfect and necessary, or else it would not happen. It also shows that everything that happens is aligned with the universal purpose.

**Chapter 2** deals with the new holistic vision of the human being.

**Section 2.1** offers a new vision of the human being as an evolving spiritual being. It argues that the human being is a spiritual being that is experiencing growth in the physical worlds, not a physical being having a spiritual experience. It also talks about the four bodies or filters that the soul uses to interact with reality, and examines the three archives that contain information in humans and the differences between them.

**Chapter 3** discusses the levels of consciousness, which is where everything said so far converges and is one of the key points to consider in personal growth.

**Section 3.1** introduces a novel concept that is highly important to scientific research: levels of consciousness. The level of consciousness is an energetic attractor field that determines our view of life and our behavior. Some descriptive scales of these levels are presented, some of its features are analyzed and some of the tools available to ascend through these levels are discussed. It shows how knowing about these levels of consciousness can help to understand individual and social problems, and how it can help distinguish primary causes from secondary causes.

**Section 3.2** analyses the direct correlation between the level of consciousness and inner experience of happiness.

**Section 3.3** provides a detailed description of the levels of consciousness located above rational levels and discusses how a view of reality changes when perceived from those levels. It takes a quantum leap between linear and nonlinear, between reason and Love.

**Section 3.4** describes how human behavior is manifested through different levels of consciousness, and does so by choosing two topics of interest to almost everyone: Professional work and sex. Readers will see how human behavior in these two matters varies depending on the level of consciousness that has been reached.

**Section 3.5** studies the different lines of development and shows that the level of consciousness is the average score of all of them. Readers will see that these lines are relatively independent, but also that they all develop "holarchically".

**Chapter 4** takes a look at the "holarchic" progression of one of the lines of development, the cognitive line. Readers will see how it advances both in the individual and in society, and how it passes through the archaic, magic, mythic, rational and vision-logic levels and, finally, the four subsequent mystical levels.

**Chapter 5** addresses the three broad forms of manifestation of consciousness in the animal and human kingdoms. It describes simple consciousness (animal kingdom), and two large possibilities of manifestation of consciousness in the human kingdom: self-consciousness and cosmic or mystical consciousness.

**Chapter 6** studies integral philosophy and also the "holonic" nature of reality, and shows how the four quadrants of any manifestation can bring an end to the reductionist view of reality. It also explains whether or not you need a certain psychological development before attempting spiritual development.

**Chapter 7** analyses the difference between spirituality and religion from this new paradigm and the different function of each one of them. It describes the difference between an activity that "translates" reality and one that "transforms" it. It also shows that both new science and mystical consciousness offer us an opportunity to achieve greater convergence between the different existing religious beliefs in today's world. Finally, **chapter 8** discusses verification, the three different "eyes" that people have for investigating reality and how to prevent more categorical mistakes in knowl-edge research.

## Part II: Living from de New Paradigm

#### Introduction

When you come to understand the paths that the latest research in many disciplines of current knowledge are taking and, at the same time, you investigate the teachings of Eastern and Western mystic wise men of the past, a new vision of reality starts forming in your mind.

From this point onwards, the task is to start living one's very existence in line with the new context. What is challenging is how to start practicing that new vision, and what internal changes you have to tackle. You can let yourself be guided by your inner teacher; another possibility is to learn from others who have already trodden this path.

In this respect, I myself had the good fortune to gain access to information from different sources; but especially to an extraordinary one: the one that Gerardo Schmedling provided in his "Magic of Love" workshops. It is the fullest, and best-structured information I have managed to find so far on these topics. I have witnessed, both in myself and in many others, just how far this information facilitates training, and, therefore, growth.

The information that readers will find in this second part of the book is based mainly on that source, on other similar ones and on my personal experience. When I opened myself up to those teachings, my mind had already understood everything explained in Part I, which is why I quickly grasped its relevance and how perfectly it fits in with the New Paradigm that is emerging about the nature of reality.

The contents of Part II are as follows:

**Chapter 1** addresses the Laws of the Universe. These are the immutable principles that govern how the Universe functions and determine manifestation. These laws are described in hierarchical order. Nothing can happen outside the Law, so knowing about them is the key to growth.

**Chapter 2** describes how these Laws work in everyday life, and provides some keys for recognizing their presence.

**Chapter 3** provides an overview of the multidimensional Universe and explains the role that Grace plays in our growth. It also analyses the issue of "miracles" and how they work within the New Paradigm.

**Chapter 4** explains that how everything that happens is perfect and necessary from the standpoint of the soul, even though it does not seem the same to the ego. We have to try to develop the "science" of "Acceptology" to achieve inner peace.

**Chapter 5** analyzes the change of thought that can be confronted in the light of this new information. This chapter describes the dematerialization of thought, personal identification with the ego or soul, and human beings' ability to stand as a witness and not as a subject of thought itself. It also examines how the new understanding of the levels of consciousness helps to resolve personal and social difficulties.

**Chapter 6** broaches the fundamental issue of taking responsibility for one's own growth, through the science of "coming to terms with life", and tries to define what is life and what is death. Readers will see that death does not exist as such, and is only a change of experience. The destiny and mission that everyone brings to physical experiences are also defined. **Chapter 7** discusses how to manage and understand relationships from the point of view of this new vision and the universal Laws. We will try to analyze the real cause of the difficulties in human relations and offer some solutions to this problem.

**Chapter 8** focuses on abundance, and the internal values that we need to access it. Readers will see that abundance is the natural characteristic in the Universe, and how to transcend certain internal blockages that make it harder to experience.

**Chapter 9** analyzes service as an action and as information. It explains how to train properly for service and looks at the problem of personal suitability in the light of these new tools, to avoid making the mistakes of the past and not confuse disposition with suitability.

**Chapter 10** touches on the theme of integral spiritual practice in the New Paradigm. Growth is seen to rest on three pillars: the right information, training with that information and managing energy. This chapter goes on to explain how prayer and meditation boost internal energy.

**Chapter 11** describes the difference between knowing about God and the personal realization of God.

**Chapter 12** discusses whether it is necessary or not to have a Teacher to help in the process.

# Conclusion

As seen throughout this book, the Universe is now defined as an interactive wholeness of thousands of energy fields of infinite frequencies, awaiting the influence of intention to produce a formal manifestation. Thus, today there are sufficient means with which to describe and understand the easily identifiable principle that creation and evolution are one and the same process (emergence).

Perceived "reality" seems to be separated into different categories or realms, such as physical vs. non-physical. But what was thought to be distinct categories of existence, are just different categories of perception. In "reality" there are no separations. Consciousness alone has the capacity with which to compare and unite seemingly disparate realities and realms into a comprehensive unity with stratified expression.

The understanding of consciousness reveals that all that exists, with no exception, physical or non-physical, does so along an identifiable and discernible "continuum". There is no discontinuity because there is only energy that is expressed in the characteristics of its different frequency ranges. The physical Universe is a vibrational frequency spectrum.

Throughout time, spiritually inspired individuals who have engaged in the inner quest for truth have reported that beyond the ordinary mind lies a potential experiential capacity that lets the existence of the energy field be realized as the source of all existence.

The phenomenon traditionally called "enlightenment" has been rare because few people are willing to surrender their favorite illusion, identification with materiality, or their personalities. Major advances in understanding the essential nature of the Universe and the evolution of consciousness profoundly facilitate the comprehension of physical and spiritual evolution. It is no longer necessary to forsake reason to grasp nonlinear realities and the invisible influences that let us move towards personal realization of the ultimate reality.

The dichotomy between faith and reason might be better explained today as the difference between focusing on non-linear dimensions or focusing on the linear and verifiable through logic and the senses. That primary focus depends on the individual's level of consciousness. Wisdom brings together both focuses. The Universe has "hardware" and "software", and software is more significant than hardware, which only exists in order for software to be developed. Reductionists will keep on studying the hardware, and that's fine, but there's no longer any denying the software. The fact is that the Universe has intelligence and intention. One could say that software is where one has to look for the causes, and hardware is for studying the effects. Hardware limits itself to the "how", without managing to find the "why"; therefore, it is in software where you have to look for the "what" things are or "why" they happen.

In this regard, the commitment to the intention of growth alters the energy field according to Heisenberg's uncertainty principle, which in turn collapses the wave function into manifestation.

For any human being interested in evolving, these findings are fascinating and their implications are profound. This new thinking invites us to see things in a different light, which will show that conflict is on the decline and peace of mind is on the rise. The world is not what it seems, nor are its residents what they claim to be. Now there is enough evidence to contextualize the teachings of Perennial Wisdom in a modern setting that give them another kind of validation that we did not have before. We know where we are, and we know the unavoidable path that lies ahead of us. The only questions that we still have to ask ourselves is how much attention and intention we are willing to invest in this trip, to speed it up, and how we can use this new information to better understand the historical teachings of the Masters and put them into practice.

The purpose of human experience is to evolve and develop our consciousness, so as to be filled with wisdom and love. All human beings, without exception, have come into the world to work on our spiritual development, sharing and participating in experiences with other human beings. Life is part of the Universe's formidable educational process; Planet Earth is a "spiritual school" and each experience we live through is like one academic year.

When we note that suffering is disappearing, that inner peace becomes invulnerable and that our own ability to create, love and serve is expressed without any conditions or restrictions, it means we have attained wisdom.

In order to lay the foundations of a new civilization capable of producing a higher level of satisfaction in everyone, first we need to harmonize ourselves. This unavoidably entails studying the Universal Laws and applying the principles that lead to wisdom. The fact to remember is that only through constant practice and by discarding theories and concepts that prove to be wrong will we ever achieve wisdom, which in turn will enable us to develop peace and harmony directly on the ground, with the teaching of daily life, as this is the best school, just as nature is the best teacher. To achieve efficiency, you just have to stop fighting the perfect order of the Universe; mental inefficiency is needed to discover, through saturation, that the Laws of the Universe do exist. When we have suffered enough, we are ready to understand the Laws. Before the external struggle stops, first the internal struggle has to stop, and this entails having accepted that everything that exists and everything that happens is perfect and necessary, because it has a purpose of Love.