

GLOSSARY OF TERMS

In order to agree on the language used in this compendium of Gerardo Schmedling's themes, some terms are defined according to their meaning in this material. These terms have been misinterpreted throughout history, and are included in this glossary to avoid conflicts in relationships and ensure mental clarity. The definitions given here are not the ones that tend to appear in dictionaries.

ABSOLUTE: the point of eternity, zero point, where there is no before or after, beginning or end, or limitations of any kind. It is to be found in the 40th dimension and contains all of the Universe's information. It is God. It is also called "Absolute essence of the Being," "Eternal Unmanifest" or "Unmanifest Absolute".

ABUNDANCE: natural state of the Universe, characterized by its ability to provide everything necessary to anyone who has it, for the perfect growth of their soul. The ability to have everything to be happy and to be happy with what we have. Growth that occurs individually and collectively.

ACCEPTANCE: profound understanding of the importance of not putting up resistance to events that occur in outward manifestation. This understanding knowing that everything that happens is perfect and has a purpose of love. When we accept, we are contributing to our own spiritual development. Accepting is not the same as agreeing or resigning oneself.

ACCEPTOLOGY: "science" that studies acceptance as a basis for the inner freedom of human beings. Acceptance develops within ourselves the order of the Universe, governed by its Laws. Acceptology is the "science" that frees us internally from suffering, in line with the order of the Universe.

ACT: to do the best we can in every situation, without attacking anyone in thought, word and/or deed.

ADAPT: to understand that the place and circumstances in which we live are perfect for learning. This understanding allows us to enjoy them, and stop competing and fighting.

ADMINISTER: give wise information and teach or educate.

AFFECTION: energy that is generated within us and that we release in situations that bring harmony. If there is no harmony, there is no affection.

AGREEMENT: a commitment that we are willing to honor voluntarily.

AGGRESSION: a mental limitation that stems from ignorance.

ALCHEMY (OF THOUGHT): the "science" of inner or technical transformation to learn to think. It leads us from ignorance to wisdom through voluntary thought, sustained and directed with loving information.

ANALYSIS: characteristic of one of the functions performed by the brain's left hemisphere. Detailed examination conducted by our mental body on different stimuli.

ANDROGYNOUS: an essential feature of our interior, consisting in the union of the two sexes' traits in one person, where everything that is not physical is perfectly androgynous. This is the case of our mind and consciousness, which can voluntarily adopt both female (receiver) and male (transmitter) characteristics.

ANGELS: innocent —non-physical— beings that operate on our thoughts and induce them.

ATTACHMENT: a human inclination based on the fear of losing. It is based on the false belief of ownership or possession of things and/or people. Both beliefs stem from the ego. Actually, we do not have anything or possess anyone.

ARCHIVE, FILE, FIELD, BODY, LEVEL: terms used as synonyms to talk about the physical, mental and spiritual files. The reason for using different words is to practice mental flexibility and give each of us the option to choose whichever we prefer.

AUTHORITY: moral force that is supported by the truth; not to be confused with authoritarianism. A person's authority is demonstrated by example because they know how to get results.

AUTHORITARIANISM: this means imposing our own customs and ideas on others; so if we are authoritarian, we do not let other people take responsibility for their life. It leads to self-abandonment, dependency on others, low self-esteem, etc.

BAD, EVIL (PERSON): person who cares about others and does not suffer. We use "evil" to refer to errors of ignorance, so that a bad or evil person is an ignorant person without feelings.

BEASTS: human beings who behave instinctively, irrationally and aggressively.

BELIEF: learned information that has yet to be verified. Subjective inner conception of the mind itself. It does not usually generate satisfaction or happiness.

BITTERNESS (or GRUDGE): negative feeling stemming from a past situation that we have not understood, and that enslaves the mind with a desire for revenge that wastes our vital energy. Resentment makes us blame others for what has happened to us.

BLOCK: situation that occurs when people act outside the Law, or when there is no consistency between what they think, what they say and what they do.

BOSS: a person who gives orders and commands, imposes, force and punishes. It is not the same as a leader.

BROTHERHOOD: a strong connection in a human relationship, only comparable with true love; It has nothing to do with "blood" brothers.

CARESS: nutrient that strengthens the immune system; natural form of generating internal energy.

CENTAUR: level of human development in which behaviors are sometimes instinctive and other times rational.

CHAKRAS: internal energy generators that govern the biological entity's balance. This balance depends on the way one thinks and acts. There are seven main chakras.

CHARACTER: part of the personality that develops throughout our life based on our individual experiences and surrounding culture, covering both the innate and what we learn through social experience. It can be changed.

CHARISMA: a gift that allows a person to do what is attractive to others in some way.

CHARITY: deep understanding of other people's suffering and ability to provide the information necessary in order for such suffering to disappear. Charity gives another person the information that lets them transcend their difficulty. Information, unlike help, must always be provided when the time is right.

COACH, TRAINER: someone through whom we are given the chance to learn to love, to be flexible, to adapt, to respect, etc., usually through situations we interpret as difficulties.

COMMITMENT: the ability to share our own internal values, unrestrictedly and unconditionally. It means there is no obligation, because it is self-determined behavior.

COMPASSION: understanding that our experiences are neither good nor bad, but a learning opportunity. So if we have compassion, we do not feel pity, distress or suffering; it is about understanding the cause of other people's suffering.

COMPATIBLE PEOPLE: flexibly-minded people, who reach agreements easily despite having different tastes, beliefs and customs.

CONFIDENCE: internal value that gives access to wealth and prosperity. It involves zero aggression and zero susceptibility. (See "Trust").

CONSCIOUS LIMITATIONS: everything that has been learned and not verified yet, such as culture, knowledge, concepts, ideologies, habits, rules, etc.

CONSCIOUSNESS: human faculty or characteristic that lets us get to know ourselves and understand the Laws of the Universe and Life. Thanks

to it we can verify the truths of life and turn false beliefs into understanding. Akashic field in which we are all connected.

CONSCIOUS OBSERVATION: observation that avoids automatic action; we observe thoughts, feelings, emotions, sensations, relationships, circumstances, difficulties, satisfactions, indecisions, reactions, decisions, actions, etc.

CORRESPONDENT WITH, BEING: having worked on our interior (or not) leads human beings to experience (or not) certain situations that contribute to our spiritual growth.

CORRUPTION: unlawful activity carried out by people who believe that they have rights that actually they do not have.

CREATIVITY: excellent teaching tool that should be awakened at any age, not only during childhood, and that builds differently to what already exists.

CRITICIZE: see and express whatever do not exist; unlike evaluating, which consists in seeing what does exist.

CULTURE: successive transmission of crystallized concepts that continue to produce the same result, usually negative.

DECODING: mental cleansing exercise that requires a certain amount of intellectual development to remove the negative programs installed in us in childhood. It is also called recoding or mental transmutation.

DEPRESSION: mental state caused by a drop in vital energy.

DESENSITIZATION: process in which feelings stop dominating and make way for obedience to the Laws, especially respect and acceptance to not interfere.

DE-SENSITIZED: someone who has completed the desensitizing process. Their main trait is their ability to serve and inability to suffer; they do not suffer because they understand that their spiritual development involves the challenges/opportunities of their destiny.

DESIRE: longing to satiate a taste; this is used to refer to anything that has to do with a need expressed by the body, to distinguish it from something that "we want", which is related to the mental field. (See "Wish").

DESTINY: educational design oriented to learning what we do not know. The need, which is specific for each of us, to face certain difficulties/opportunities to grow spiritually. Understood destiny becomes a mission.

DIFFICULTY: opportunity for spiritual learning; obstacle to be overcome; it lies within people and occurs due to a lack of information or training. (See "Opportunity to learn" and "Problem").

DIMENSIONS: magnitudes that contain a particular vibrational frequency and therefore a different amount of information. They can be divided into physical (3), mental (6), spiritual (30) and the Absolute (1). They add up to 40 levels, but the division is merely illustrative.

DISCIPLE: someone who has already received information revealed by the Masters and is beginning to verify it in results. The disciple accepts (i.e., obeys the Laws of the Universe) and takes responsibility for his/her life.

DISLOYAL: person who is committed to something they cannot deliver. Being disloyal involves breaking the agreements to which you are committed.

DISOBEY: to break imposed rules.

DIVINE WORD: the thought of God/Absolute, creative thought.

DIVINE SPARK: particle that emanates from the Absolute; particle of light and energy.

DO GOOD: setting an example of neutrality and respect in all the situations; provide wisdom information.

DRAMA: a situation that someone manages from ignorance or feelings, rather than through understanding.

EDIBLE: everything that be eaten, even if it is not nourishing.

EDUCATION: information that fills the human mind, usually from childhood. If it is loving information, it will help us to adapt to the world. (See "Teaching").

EDUCATIONALISTS: the people who design the processes through which our consciousness develops.

EFFICIENCY: the ability to fulfill a mission. Anyone who has a non-spontaneous, planned organization, and uses the right information for their mission, does so efficiently.

EGO: ignorance and suffering file; learnt limitation; excessive and subjective self-appreciation.

EGOISM, SELFISHNESS: acting in one's own interest and guided by one's ego. We are selfish when we try to change others because we do not accept them as they are, or when we want to stop feeling bad about them, refusing to work on our interior. It means wanting others to do whatever we need to feel good.

EMOTIONS: automatic and basically instinctive psychophysiological reactions, resulting from the presence or absence of people or things; they can imply attraction or rejection, and be pleasant or unpleasant.

ENEMY: how culture defines anyone who radically opposes us. Actually there are no enemies, but just different people who must be respected and loved.

ENTREPRENEUR: someone who knows how to generate, manage and maintain resources and, therefore, can create opportunities for others who are learning.

ERROR, MISTAKE: cultural concept that refers to a misjudgment, something that does not work. It is part of our educational process to discover the Law, so it is always an opportunity to learn.

EVALUATE, ASSESS: learn to recognize the value of all results.

EVIL: absence of good. In our culture, an abstract idea about anything that strays from what is good or right. This is a false concept, and merely mental limitations that stems from ignorance.

EVIL, BAD (PERSON): person who cares about others and does not suffer. We use "evil" to refer to errors of ignorance, so that a bad or evil person is an ignorant person without feelings.

EVOLUTION: developing consciousness through the personality's experience, acquiring truthful information, also known as "wisdom".

EVOLUTIONARY SPIRAL: development of the consciousness that consists in building up information; it entails an increase in the vibrational frequency that, in turn, leads to dimensional changes.

EXCLUSIVITY: imposed rule that serves to protect our own fears and inhibit the ability to love universally. It produces frustration, jealousy, infidelity, dissatisfaction, resignation and inability to value others.

FAILURE: situation that is reached if, instead of using the tools of love, we use selfishness, prohibition, imposition, aggression, etc.

FAITH: belief in a person or a doctrine. Faith is not understanding but belief. It can be replaced by acceptance when we have proven the Laws governing the Universe in our own life.

FALLING IN LOVE, (CRUSH, INFATUATION): joyful emotional state when we feel attracted by another person, that stems from something instinctive. It is something natural and it can be an attraction trap that has to be backed up with the mental field. A relationship based solely on a crush is poor and will not last.

FALSE: the opposite of truth. Everything that we think or feel and that brings suffering, distress, fear or frustration.

FEAR: mental constraint that takes away our inner peace when we think that something bad will happen in our lives, even though it has occurred yet.

FEELING, SENTIMENT: mood or emotion. A tool that lets us get to know ourselves, because it is our own, personal interpretation about a fact; its main feature is duality —it changes rapidly from positive to negative— and we usually suffer from it.

FEMININE: everything that can be perceived, received or contained, from a philosophical standpoint.

FINAL JUDGMENT: process in which we self-assess our state of spiritual development.

FIRMNESS, ASSERTIVENESS: virtue of love. It is not aggressive, but does not let others break the Law. It does not take responsibility for the result of another person's decision, in order not to harm them.

FREE: people who are capable of being happy for and by themselves without blaming anyone for what happens in their lives.

FREEDOM: internal capacity to make our own decisions and take responsibility for the results; inner state in which we do not depend on what happens on the outside to be happy.

FREE WILL: right to make mistakes, which are our tool for evolving spiritually.

FUNCTION: social service activity that we perform in life to earn a living. It is the activity that we do and that entitles us to use what we need to accomplish it.

GAME: a fun activity that involves using skills; educational method established by the Divine.

GOAL: what we want to achieve based on our wishes and desires; therefore, it is self-limiting and contrary to our purpose, which is total flexibility and openness to Providence.

GOD: the Absolute, the origin of everything, the force that creates and directs the Universe; timeless and eternal.

GOLDEN THREAD: vertical central line or channel through which information flows in the Universe. It is the line of harmony and truth.

GOOD, KIND: someone who cares about others, but cannot help them because he suffers or because -by doing so- he interferes with their destinies, which does not allow them to learn. We refer to the successes of ignorance as kindness. A good person is an ignorant person with feelings.

GOVERN: lead with authority, issuing rules and imposing them by force.

GRATEFULNESS: one of the most powerful mental healing tools. We must be grateful for difficulties because they are opportunities that life gives us to learn.

GRUDGE (or BITTERNESS): negative feeling stemming from a past situation that we have not understood, and that enslaves the mind with a desire for revenge that wastes our vital energy. Resentment makes us blame others for what has happened to us.

GUILTY: term that culture uses to refer to someone who is ignorant or is wrong. This concept does not exist in the Universe, but the concept of ignorant does exist.

HAPPINESS: state of deep joy; the result of an internal virtue where there is total understanding and no suffering. It is a mental state of equilibrium that enables us to assess, take advantage of and enjoy everything that exists and happens in our lives.

HARMONY: balance that provides satisfaction, stimulates creativity, generates enthusiasm, improves communication, fosters participation and creates a favorable environment for obtaining excellent results in any human endeavor.

HATE: a feeling that occurs when we blame others for what happens to us. (See the term "Resentment").

HEAVEN: mental state that determines an internal condition and an attitude to life of acceptance and joy. Each of us creates a perfect correspondence with our habitat and its surrounding circumstances.

HELL: mental state —for our culture, one of perdition— that leads to an internal condition and an attitude to life of suffering and conflict.

HELP: to do something for other people because they cannot do for themselves, even though they have to do it.

HETEROGENEOUS GROUP: set of strongly diverse people. Applied to people who have different levels of consciousness, and usually people with whom we cannot reach agreements.

HIERARCHIES: different levels in managing the Universe's information.

HUMAN: a person whose patterns of behavior are rational and who recognizes that instinct is only a tool for maintaining the species and health.

HUMILITY: the opposite virtue to pride. A humble person has overcome their ego —because they understand that change must always be internal— and has developed a strong capacity to serve. A humble person is someone who is able to recognize a mistake and learn from it.

HYPNOTISM: therapeutic technique that consists in inducing suggestion to the unconscious mind, avoiding the opposition and resistance typical of the conscious mind.

I: conscious immortal divine essence.

IGNORANCE: situation in which we think we know, even though our mind contains false information, often based on beliefs. Our culture refers to ignorant people as "bad".

IMAGINATION: mental capacity to create; mental exercise aimed at managing life energy.

INCOMPATIBLE: people who cannot agree.

INNER STRENGTH: ability to control and modify our own appetites. We act with inner strength when we "take a liking" to whatever we don't like.

INDIFFERENCE: lack of feelings.

INDIVIDUALITY: process of understanding that everyone should go through from their own experience; individuality distinguishes us from other people and, in turn, enables us to share without attachments.

INJUSTICE: lack of justice, according to our culture. However, there is no injustice in this context, because the only processes that take place are governed by perfect Laws such as the Law of Correspondence or the Law of Affinity.

INNOCENT: in our culture, a person who is free of blame or guilt. In this context, an innocent person is someone who lacks information and therefore does not know.

INSECURITY: situation that stems from not knowing our own abilities to succeed in life.

INSENSITIVE: people who do not care about other people's suffering, are unable to identify with others' needs and do not suffer on their account; in fact, their life is full of suffering.

INSTINCT: file with the information necessary for a species' survival.

INTENTION: deep thought that exists within ourselves; the reason why we do something. There is no malice, only ignorance and a lack of information.

INTERFERE: to do something for other people that they can actually do for themselves, or when we are not meant or have not been asked for help.

INTERNAL CHANGE: a modification necessary within us to be happy; the outside is always perfect.

INTERNAL MATURITY: taking responsibility for the result of our own decisions.

INTUITION: direct information, free of reasoning, which bypasses the intellect —despite feeding on it— and that corresponds to the truth. When

we doubt an intuition, we interrupt it. Culture has very often mistakenly taught us that this way of understanding is not appropriate.

INVOCATION: an exercise that enables us to receive information — through our normal senses of perception— from our Guides or higher Masters. In a meditative state, between wakefulness and sleep, this exercise involves mentally invoking the presence of such Masters of Wisdom.

ISOLATION: state that serves to be at peace and recover energy, but not to "have" peace, because as soon as we stray from isolation, that peace can disappear easily, since it does not occur permanently within us.

JUST (THE): person who cares about others and does not suffer. Someone who acts from the wisdom and knowledge of the Law; they teach others how to fish, but do not hand over the fish, but teaches by example.

JUSTICE (DO): to put revenge into practice, because there is nothing unfair, only what corresponds.

LEADER: a person capable of making commitments, thanking, encouraging and promoting the development and self-confidence of the people with whom he interacts in a process of mutual agreement.

LEVELS OF CONSCIOUSNESS: levels of truth that build up in our permanent consciousness file.

LIE: a skill we acquire as children to defend ourselves from ignorance, in the form of aggression, prohibition, imposition or interference.

LIFE: immortal divine essence that animates matter, i.e., information about the being that brings the structures of matter to life; it is eternal.

LIFE ENERGY, VITAL ENERGY: energy that sustains our mental capacity. There are three states of energy: the mental light zone, (when there is plenty of energy), half-light zone, and darkness zone (when energy drops). Energy drops or rises depending on how we handle our emotions, feelings and thoughts.

LIKE-MINDED: individuals with personalities of compatible and similar characteristics, attitudes and behaviors.

LOVE: (noun) total understanding of the Universe, where there is no place for resistance or fear. It is the ability to serve and commit ourselves one hundred percent. It is not a feeling, but a decision. Love releases us from suffering. It is the essence of Being, the goal of life.

LOVE: (verb) being happy with other people's happiness, seek the best for ourselves and for others; expressing peace and harmony with total liberty and freedom. To love universally is to understanding, appreciate, accept, respect, thank, etc.

LOVE THERAPY: a technique for lovingly reorienting the behavior of a child or teenager, and recommended instead of punishment.

LOYALTY: virtue; spiritual state of understanding related to a deep commitment of love. It can only occur when clear agreements have been reached.

MAGIC (DO): to internally create, through loving thoughts, a correspondence that then manifests itself in the physical world. It is the art of mastery, i.e., the highest human quality which can be achieved in the art of living.

MANIFESTED WORLD: the physical world that is organized in a certain way.

MANIPULATION: mental condition in which we blame others for the decisions we make.

MANTRA: a word or sentence that we repeat or sing, mentally or aloud, in order to isolate our mind from any thought liable to contaminate it.

MATTER: main ingredient of bodies, which can be of any shape and undergo changes, characterized by a set of physical and chemical properties that can be perceived by the senses. Material or physical part of reality, in comparison to the spirit. Eternal emanation of organizable and unorganizable particles. It consists of three elementary particles: proton, electron and neutron. It is a point where energy becomes denser.

The matter in the Universe neither increases nor decreases, and is only transformed; it is eternal.

MASCULINE: everything that can be transmitted, given or taught, from a philosophical standpoint.

MASTERS: people who can teach someone else something for the purpose of understanding it. Masters teach others to flow with the order of the Universe because they rely on their deep understanding, not their feelings. Synonym of "just" or "wise". They convey wisdom, mainly by setting their life as an example.

MEDITATION: activity that leads the mind to a state of contemplation, increasing inner peace; it lets us build up energy.

MEEK: someone who has decided to live in peace.

MENTAL CLEANSING: a process that lets a human being become a peaceful being in thought, word and deed be; this process allows them to stop suffering.

MENTAL FASTING: abstain from any form of conflict or protest, and from any thought that disturbs our inner peace and any non-loving expression. "Do not say it unless it is true, necessary and kind."

MENTAL FLEXIBILITY: ability to voluntarily modify learned concepts; the ability to give way. Flexibly-minded people build good relationships and businesses, adapt to the world and do not suffer.

MENTAL HOLE: temporary and unexpected drop in vital energy that blocks our memory files; it is triggered by thoughts of fear, pride, dependence on others, lack of freedom, the ego, etc.

MENTAL RIGIDITY: inability to accept anything that is different to what we believe or think, or our tastes or habits. The result of mental rigidity is always failure.

MIND: intellectual human capacity related to brain activity. Device that sends out and receives frequency waves. It can be used to perceive, think and sense.

MIND REPROGRAMMING: this involves consists repeating consciously and constantly wise sayings, using our sight, hearing —listening to ourselves— and thought. Reprogramming disconnects both fear and aggressive and violent behavior, boosts self-esteem and brings plenty of satisfactory results.

MISSION: everything that we can teach, whatever we find easy.

MISTAKE, ERROR: cultural concept that refers to a misjudgment, something that does not work. It is part of our educational process to discover the Law, so it is always an opportunity to learn.

NORMALIZATION: a process that maintains established norms, customs and traditions, and produces personal devaluation, mental rigidity and fanaticism.

NOURISHMENT: anything that can nourish the physical body so that it is in a healthy state.

OPPORTUNITY TO LEARN: any difficulty or obstacle that allows us to grow spiritually. Spiritual growth involves learning to be happy, staying peaceful and service-minded. Our inner attitude allows us to be aware of when learning opportunities appear in our life. (See "Difficulty").

ORGASM: physical phenomenon that distributes energy internally.

OVERSENSITIVE: someone who is easily offended. Synonyms: impressionable, touchy.

PAIN: localized sensory perception that manifests itself in the body; It is what the body feels when it is injured or wants to send a signal to show that it needs looking after.

PARTICIPATE: giving the best of ourselves, valuing the result.

PATIENCE: a virtue that we need to cultivate because it enables us to respect the rhythms of the Universe with confidence. Having patience means having conscious inner peace.

PEACE: an internal virtue that is reflected on the outside when no conflicts arise and we fully respect other people. Having peace boosts our vital energy, mental clarity and, therefore, our understanding. The more peaceful we feel, the greater our spiritual development; and vice versa.

PERCEPTION: characteristic of one of the functions performed by the brain's right hemisphere, also referred to a "feminine".

PERMANENT CONSCIOUSNESS: information file that stores the truth discovered in each evolutionary development experience. It is an incontaminable and eternal file.

PERSONAL APPEAL: an inner feature that is unrelated to aesthetic connotations and underpinned by spiritual development. The consequence of people developing their inner virtues is that they become extremely attractive.

PERSONALITY: belief system that forms in our mind through the information that we acquire, and which results in our behavior; it is temporary.

POOR: "poor" people have scant spiritual development and plenty of mental limitations, and spend their lives wanting what they do not have. People who refuse to serve, but that are always ready to ask. (Note that, in this context, this term has nothing to do with how much money you have).

POSSESSIVENESS: being possessive involves believing you own something or someone; it serves to limit others' freedom and staying selfish; it causes frustration, failure, insecurity, and makes you reject and feel annoyed by other people.

POWER: ability to obtain satisfactory results.

PRIDE: a trait that prevents us from changing; it makes us feel that it should be other people who change to meet our demands. The opposite of humbleness; it brings a fear of losing power.

PROBLEM: opportunity to learn; sometimes it is the result of our own mistakes. The problems that arise at one level of consciousness are resolved at the next level. (See "Opportunity to learn" and "Difficulty").

PROCREATION: a function of sexuality, but not the only one or main one.

PROSPERITY: ability to meet our own needs excellently, regardless of what we do.

PROTECTIONISM: ultimate expression of pride, not of love; it is wanting to protect the other person so much that we annul them. It is a sort of selfishness disguised as love.

PURPOSE: whatever we have come to do in this life; fundamentally to learn to be happy, develop inner peace and love. Do our best and accept the result. The purpose of each one of us is to find our way.

PSYCHOSOMATIC EFFECT: the effect that the mind has on the body.

PUNISHMENT: ego's revenge for what it believes they did to it. It is not at all educational and always prompts lies, evasion and violence.

REACTION: an element of instinct; it is emotional and blocks and harms relationships.

REALITY: the place where each of us can act; at this very moment, anywhere else than where we are is something imaginary; reality is what happens in any dimensional plane, even if we cannot see it.

RECREATION: create again and have fun in doing so; if it is not fun, it is not educational; if it is educational, it will be fun.

RELAXATION: state in which the body is quite still, leading to a mental state conducive to resting and recovering energy.

RESENTMENT: negative feeling that emerges in us when we blame society, civilization or governments for our own problems, because we think they have harmed us and our interests.

RESIGNATION: state in which we are unable to enter into conflict because we can see no chance of success, but do not understand that the process is perfect. We cannot develop spiritually if all we feel is resignation.

RESPECTFUL: when we are able to accept everyone as they are, without trying to change them, without criticizing or judging others or interfering with their destinies; if we are respectful, we understand that others are entitled to their own way of thinking or acting, even if it is different from our own. Respectful people can get along with others harmoniously and peacefully.

RICH: someone who has everything they need to be happy, regardless of how much money they have. (Note that, in this context, this term has nothing to do with any amount of money).

RIGHT (BEING RIGHT, GETTING IT RIGHT): finding the truth after learning from our mistakes.

RULE: a regulation of our culture that can be modified.

SATURATION: point of no return at which the mind cannot take any more suffering; it enables us to break with our system of beliefs, initiate a process of conscious spiritual development and give way to inner peace.

SECURITY: ability to live with others peacefully and to respect them.

SELFISHNESS, EGOISM: acting in one's own interest and guided by one's ego. We are selfish when we try to change others because they do not accept them as they are, or when we want to stop feeling bad about them, refusing to work on our interior. It means wanting others to do whatever we need to feel good.

SELF-WORTH: by valuing ourselves, we can find the internal resources we need to serve and value others. When we are deserving and have the best, we have much with which to serve others.

SENSITIVE: we are sensitive if we care about others but cannot help them because we suffer. In this context, being sensitive is not the best choice.

SERIOUS: something very harmful, damaging or detrimental, according to our culture. Actually there are no serious situations, but only events necessary for the spiritual growth of each of us.

SERVICE: the ability to always give the best of ourselves in thought, word and deed. Service as information and service as action are both generators of wealth.

SEXUALITY: a great tool for integration and satisfaction for couples when love acts on sexuality; it helps to maintain and balance life.

SHYNESS: mental limitation that creates a fear to act and to serve, among other things.

SIN: error; it does not cause guilt, but learning. In our culture, we talk about "original sin" because the personality is born innocent, and the innocent make mistakes; then innocence becomes ignorance with the information it receives from culture, and afterwards wisdom when it verifies and understands.

SINCERITY: manner of expressing ourselves without lies and hypocrisy, but also without knowledge (in this context); in this respect it is a mental limitation. It involves clearly, openly and directly saying to the other person what we feel and think about them, from our ignorance and ego.

SKIN: highly specialized body that assimilates energy and internally captures stimuli.

SLAVERY: mental attitude. If we accept what we live as part of our learning, we stop being slaves, because we become beings who are independent of whatever others say or do, free to make our own decisions and come to terms with their result, and also to respect.

SPIRIT: intelligent immaterial being, which therefore is not physical, but enters and leaves matter.

SPIRITUAL DEVELOPMENT: process of evolution in understanding, love and wisdom. It takes place in the mental field, turning life into an

extraordinary experience in every way and helping us to learn to be happy, to have peace and to fill ourselves with love.

SPIRITUAL GYMNASTICS: set of everyday life experiences that make us face situations that we cannot handle and teach us to develop inner peace in order to be invulnerable.

SPIRITUAL INDEPENDENCE: ability to be happy, have invulnerable peace and love for ourselves, without depending on anything or anyone around us.

SPIRITUALITY: "science" of the human spirit (soul) and ability to handle situations without losing peace, happiness or service attitude. When we experience it, our understanding increases and we open up to a higher state of consciousness. It implies being rooted in totality, not in individuality. Spirituality is a deep mental understanding.

STRESS: psychological state of inner insecurity and fear. Once we make a decision, the internal conflict goes away and our mind can rest. Stress does not change the external situation, but does limit the chances of finding a solution.

STUBBORNNESS: insisting on something more than seven times. Sometimes, when we are stubborn we obtain what we want, not what we need. Stubbornness leads us to face tougher learning situations.

SUCCESS: the result of internal work and a commitment to what we do. It is felt by those who are able to be happy with what they have and make the best of what life offers them. Implies being capable of meeting one's own needs.

SUFFERING: a feeling (in our mind) about anything that we cannot accept. Pain (physical) can exist without suffering (mental) -and vital energy does not drop- and suffering can exist without pain, and vital energy drops. Suffering is based on not accepting something that has happened in our lives.

TAKE RESPONSIBILITY: understanding that only we ourselves generate the circumstances that occur in our life, without blaming anyone for it. By

taking responsibility for the outcome of our decisions, we turn our destiny into our mission.

TEACHER: someone who passes on knowledge —not wisdom, which is what a Master passes on—.

TEACHING: learning interaction that involves allowing a valuable experience. Teaching or providing an education involves giving sufficient, efficient and timely information. (See "Education").

TELL THE TRUTH: providing information from love. The truth should not be confused with events that happen; telling the truth means giving information that frees us from suffering and brings peace.

TEMPERAMENT: part of the personality; genetic and instinctive, though it can be modified —like the character— voluntarily by working intensely on our mind from understanding, through voluntary, directed and sustained thought.

TEMPORARY CONSCIOUSNESS: spiritual part of the mental field. It is formed by active understanding and awakens from a human being, understanding being taken to mean what is proven to be true. It is attached to the body.

THOUGHTS: variable frequency waves. The lowest waves are only sensory perceptions; the middle level waves are relations, judgments, comparisons, etc.; and the highest waves are intuitions, i.e., they capture reality without the personality or the ego interfering. Thoughts can trigger peace or discomfort; mastery involves generating true thoughts of peace, in a voluntary and sustained manner. (See "Alchemy").

TRAINER, COACH: someone through whom we are given the chance to learn to love, to be flexible, to adapt, to respect, etc., usually through situations we interpret as difficulties.

TRANSMUTE: to turn our destiny — the hard part— into our mission — the easy part—; to do so to have wise information, know how to handle our own energy and train properly. Transmuting the mind is cleansing it of false beliefs.

TRAUMA: false information that is recorded in the unconscious; unconscious protective recording generated by our survival instinct.

TRUTH: In this context is anything that works harmoniously and perfectly and that has been verified —through our own experience— in a result of peace, satisfaction and appreciation.

TRUST: internal value that gives access to wealth and prosperity. It involves zero aggression and zero susceptibility.

UNCONDITIONALITY: ability to be always ready to serve with joy and enthusiasm, in any circumstances and for anyone.

UNCONSCIOUS LIMITATIONS: unconscious associations between an external event and an involuntary internal reaction. Fears and phobias are examples of this.

UNDERSTANDING: the ability to recognize the existence of the Law and obey it. It represents man's evolution, freeing him from suffering and conflict. It puts the mind to work, looking for answers, using verification tools to this end. In order to accept, first it is necessary to have a deep understanding of the Laws that govern the Universe and the principles that govern relationships, as well as to know that everything that happens in the Universe is perfect and necessary and has a purpose of love, directed specifically to the experience that each person has or needs to have. Understanding is identified with wisdom, love and spiritual development.

UNIVERSALITY: profound understanding of love; it means loving everyone equally, recognizing that the only difference lies in the type of agreements we reach with each person; it produces acceptance, support and respect in relationships.

UNIVERSAL LAW: principle governing the process of creation, management or operation of the Universe. It is immutable, has been verified and always produces the same result when applied.

UNMANIFEST BEINGS: spiritual beings to which we have no access. The fact that we cannot perceive them with the five physical senses does not mean they do not exist. The Eternal Unmanifest is the Absolute.

VALUE (OR TREASURE): anything that generates results of gratitude and satisfaction when it is used. If the results themselves are negative, it is because we are not using values but concepts or beliefs instead.

VALUE (verb): to appreciate the result obtained from an activity; to thoroughly enjoy everything we have and do; only expressing others' virtues.

VITAL ENERGY, LIFE ENERGY: energy that sustains our mental capacity. There are three states of energy: the mental light zone (when there is plenty of energy), half-light zone, and darkness zone (when energy drops). Energy drops or rises depending on how we handle our emotions, feelings and thoughts.

WALL OF LAMENTATION, WAILING WALL: (fig.) a place where we can vent any negative emotion or feeling to release adrenaline without harming anyone. Note that this definition only applies in this context, with all due respect to the real *Wailing Wall* in Jerusalem.

WE NEED (WHAT): exactly what we have to grow spiritually.

WE WANT (WHAT): exactly what we do not have; it is unconscious selfishness, a direct relationship with the ego, which is never satisfied with what it has. When we do not get what we want, and we are conscious of this, we learn to recognize the Law. What "we want" has to do with the mental field (because desire is linked with instinct).

WISDOM: the result of learning from mistakes and having acquired a deep understanding of love; it contains all the other tools of love —acting, adapting, being grateful, taking responsibility, respecting, valuing and accepting—; it involves taking advantage of whatever life gives us to be happy and prosperous, live in peace and express love, regarding all difficulties as learning opportunities.

WISE: someone who is an expert at living happily, who understands the Law and flows with it.

WISH: longing to satiate a taste; this is used to refer to anything that has to do with a need expressed by the body, to distinguish it from something that "we want", which is related to the mental field.