

EVOLUTION OF CONSCIOUSNESS

Foundation for Consciousness Development

TABLE OF CONTENTS

- ✓ Chapter 1. Human experience in the New Paradigm
- ✓ Chapter 2. The seven levels of human evolution
- ✓ Chapter 3. The being and the non-being in Mankind
- ✓ Conclusions
- ✓ Training exercises

Chapter 1. Human experience in the New Paradigm

This theme, which broaches the evolution of consciousness, offers a new way of looking at life, a new paradigm that will let us be happier and understand human beings. You may wonder if you're willing to read it without prejudice. This information might ring a bell or, on the other hand, it might be the first time that you've read something of this sort. If you find it familiar, you should find it easy to delve deeper into the subject; and if you find it amazing and new, we encourage you to find out about something very valuable that will make your life better.

You don't have to agree with everything it says, or believe any of it. Just put this information into practice in your life, see what happens and, in light of the results, decide if it is of any use to you.

The main scientific method for measuring knowledge is through results. 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 will verify that this information is wisdom. Learning becomes understanding only through constant practice and the verification of results, which are what let us gauge whether or not a person knows.

The *purpose of human experience is to evolve*, see how our own consciousness develops and so be filled with wisdom and love. Each and every one of us has come to this world to work on our spiritual development, sharing and participating in experiences with other human beings. Life is actually a process in which the Universe teaches us; the Earth is our "spiritual school" and each life experience can be compared to one academic year.

Spiritual development is an internal task, and therefore absolutely individual and personal; nobody can do it for someone else, but nor can we do it without the others. We need to interact and share experiences with other people in order to achieve our own development; in other words, 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; by doing so, we are distorting the learning process, and end up complicating life even more.

If we understand this, we can be efficient by asking ourselves what life wants to teach us in each situation, because each is part of a learning process that turns ignorance into wisdom. At this point, most of us *suffer* from the learning experience, rather than *enjoying it*; yet learning is not synonymous with suffering, but instead means reaching love and happiness.

When you notice that your suffering is disappearing, that your inner peace is becoming invulnerable and that your capacity to create, love and serve is expressed without any condition or restriction, it means that *you are experiencing wisdom*.

Both the human being and everything that happens in the Universe works, originates and is created from a piece of information. And evolving involves acquiring information that you don't have yet. In other words, evolution is developing your consciousness through your personality's experience, and this is what can turn a belief into truth after verifying it, or else discard it if it is found not to be true: This is called *understanding*, and it is what the consciousness assimilates.

That is why the consciousness does not let in beliefs, because it is an archive designed to only assimilate truths that have been verified and experienced within the experience of form. To put it another way, the consciousness is an information file that assimilates the Universe's truths and stores them so that they remain permanent and immortal. The consciousness, therefore, is a timeless and incontaminable file.

Our consciousness can store one trillion times more information than our personality can. Evolution occurs through forms, but it is not the form that evolves, but the consciousness within it. When we have no body (on Earth), there is no evolution, which only occurs when the being is contact with matter. Then the consciousness will keep on evolving.

Apparently, the exterior changes, but it does not: actually it is we who evolve, and change from within. There is a way of living in social structures that are far more harmonious and satisfying than existing structures, and not by changing the current social situation, but by changing on the inside. Insofar as we forge ahead with our spiritual development, each of us is getting ready for another kind of civilization.

Life is a path, and at any point in it there are walkers. Being at the starting point or the end depends on oneself, and the further we progress along the path, the more extraordinary things we discover. Thus, the changes happen in the walkers, not in the road.

To be successful in the process of spiritual development we need to gradually balance our energy with wisdom, since without energy it is impossible to handle wisdom. Matter can be turned into energy and vice versa when the wavelengths and vibrational frequencies change.

We have to grow simultaneously in handling energy, because without wisdom we cannot store it; and we lose this through our fears, conflicts and suffering. It is therefore essential to learn to handle energy to the same extent that we develop wisdom.

Wisdom is acquired when we face the pedagogical design called *destiny*. Everything that represents some difficulty for us is an opportunity for learning; for the acquisition of wisdom associated with destiny.

Consciousness develops through *cycles of life and death*. The first cycle is the active part of the process, where learning experiences take place, from innocence—lack of information— false information in the mind, when you "think you know"—until we reach wisdom— which is the information from truth or understanding. For its part, the cycle of death represents the passive part of the process, where the developments of consciousness achieved are assessed, the energy is restored, and all the processes for the next cycle of life are renewed.

It is not enough for the mind to read what we have just explained only once. The adult mind, to encode and internalize any information, needs to have it repeated at least thirty times. It is important to bear this in mind, so that readers do not despair if at first they don't understand something or don't agree with the information that is presented here; every change takes time.

We can see the evolution of each individual depending on their inclination or interest in information about spiritual development, since some development is necessary for the information of love to resonate and be of interest.

1.1 Who are we?

"Are" we a body or do we "have" a body? Actually humans are divine consciousness or souls within a human experience; we are not human beings living through a spiritual experience, but rather divine beings having a human experience. Therefore, we are not a body with a spirit but a spirit using a body, developing an immortal divine essence, a perfect soul created by God.

Consciousness is not human but uses what is human; it is both *daughter and son of God and passes through* the realms of the Universe —animal, vegetable, mineral— with the purpose of taking information from the Absolute which is implicit and imprinted upon each kingdom. But consciousness is not animal, vegetable or mineral, nor is it human but rather a divine spark using bodies within which it immerses itself to extract information.

God is in all forms, without being any of them. It is not a person but an absolute spiritual essence —not physical— from an extremely high dimension which we call *ground zero*, that is, without time or space. There is no need to ask "who is God?" but "what is God?" We can call him different things: using a technical term, we could call him the *absolute file of the Universe*, the absolute information. What information is there in that file? What is necessary for creation, to manage it, to teach it; for the process of administration and of creation, besides the personal process for each of the children of God who are of the very essence of being ("I am"), which is in each of us and in all beings in the world. Ultimately, God is the original *essence of everything that exists and takes place* in the Universe.

Consciousness is never human, rather it assimilates human experience from personality —but it is the son/daughter of God and will never cease to be so. Consciousness —or the soul— has to live through the human experience, inevitably, to build its own evolution.

Let's take an example to better understand the term consciousness and what we human beings are:

"Consciousness comes into the world to live through a human experience. When it arrives, it buys a car and hires a driver. The car is the body and the driver is the personality; the belief system; the ego.

Consciousness says to the driver: "Take this notebook —which is the empty mind— and walk along this path; I need you to take me from this point to this other one —that will be the passage of life— and in this book note down everything you learn on the way. While you're doing so, I'm going to take a nap." Consciousness then goes into the back seat and sleeps peacefully. The passenger only wakes up when the journey ends — what we call "death"— and takes the notebook, dismisses the driver — that's to say, the personality is dissolved— and returns the vehicle: the body. The consciousness is only left with the understanding, which the driver learned the way with. In the next human experience, it will hire another driver and another vehicle, until it completes all truths.

The driver, after having travelled a good part of the way and having struggled, insulted and suffered as the road presents difficulties, as other drivers cross his path —or because the engine broke down and had to be repaired— or, in short, due to any problem that arises, gets out the notebook and writes, for example: "X miles along the road, I understood something I hadn't understood until then: that my suffering due to the road is useless because the only thing that resolved these situations was what I did to keep on going; therefore, instead of suffering, I could have acted in total inner peace."

1.2 What files do human beings possess?

To better understand the purpose of human experience, we need to know how human beings are formed. For the purposes of this discussion, we are going to consider the terms "archive", "body", "field" or "file" to be synonymous (see Glossary).

The human Self or Being is made up of several files that vibrate at different frequencies and have different dimensions:

- 1. A physical body** or genetic archive, which is a perfect creation of God, however it breaks down. The Teachers, or Masters, call the body the "experiential vehicle" or "biological entity".
- 2. A mental field**, which is the perfect laboratory where the information is processed, and it is also termed the *temporary personality archive*. It is

what enables us to experience life. This field has three levels of information:

- a. The *unconscious* part, where our defense system is.
 - b. The *conscious* part where our belief system is, also called ego or personality.
 - c. The *spiritual* or *understanding* part, which is the result of the verification of the information through experience, applying knowledge. Likewise, this can be called temporary consciousness.
- 3.** A divine **spiritual field** that is gradually filled with the right information, which is processed in the mind after our experiences; this archive is the *permanent consciousness archive*. We can also call this the "Christ-like Being" archive or the "inner child".

The body only supports the mind physically: that is its purpose. And it makes experience possible with three-dimensional worlds, although the mind is not three-dimensional. But who does the work, who conducts the whole process? It is the mind, the mental field; in it experiences are had; the Laws are discovered; understanding is built, from it love or ignorance is expressed, depending on what it contains; and, of course, in the mind all the conflicts and human problems originate, as well as their solutions. Everything that happens, then, is within our mental field.

The day that consciousness awakens, we no longer need body or mind, because it will take over everything. And this can occur at any time, in any shape or form, in any body, place and circumstance, because *consciousness is absolutely divine and immortal*.

While this is happening, let us enjoy what is happening in our mind, directing it voluntarily. This wonderful instrument, transmitter and receiver of thought waves, is much more powerful and surprising than we suppose.

Consciousness is, therefore, the archive which collects the truth we discovered throughout our entire evolutionary experience.

Everything that happens is perfect and necessary.

To lay the foundations of a new civilization with a higher level of satisfaction for everyone, we must begin by attuning ourselves. Doing this inevitably entails studying the Universal Laws and applying the principles that lead to wisdom; taking into account, moreover, that only through constant practice and discarding theories and concepts that prove to be wrong, will we truly reach wisdom. This way we can develop peace and harmony directly on the ground, with the teaching of daily life, as this is the best school and nature is the best teacher.

To become efficient we only have to stop confronting 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 have suffered enough, we are ready to understand these Laws. To stop the external contest, first the internal contest must end, and for this to happen, we must accept that everything that exists and happens is perfect and necessary because it has a purpose of love. In short, the study and understanding of why things happen and exist can lead us to the recognition of Laws that create a better future for all mankind.

1.3 The seven Laws of the Universe

There are *seven Universal Laws* that govern all the processes of creation, management and evolution of the Universe. Of the seven, four are fundamental: they govern and control all the processes of development and evolution of consciousness within the human species, anywhere in the Universe. These four Laws constitute the lower triangle, and the Law of Evolution is the superior Law which governs the lower triangle also called "triangle of hell", which constitutes the lower part of the Universal Laws.

Table 1. The four specific Laws which govern the human experience

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: mental blocks, dissatisfaction, difficulty in achieving success in what we do, wearisome battles against the circumstances of life, inability to accept one's life, fears, anxiousness, constant frustrations ...</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>

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 we say that in fact human beings do not dictate laws, but rules; and we call them "human laws", however they are rules because they can be abolished, are temporary and one-off.

Table 2. Characteristics of the four Laws which govern human experience

LAWS	CHARACTERISTICS	GOVERNS	FUNCTION/DECIDES
Nature	Law of natural selection. It enables balance between everything that exists. Everything outside perfection will be destroyed. There is no compassion, forgiveness or feelings.	The physical structures.	To produce and maintain matter and living organisms in perfect working order. All cycles of nature have specific functions.
Harmony	Feelings appear and seek balance between the forces of nature. This can be represented by scales. It has to do with the Law of Cause and Effect (action and reaction). It is the Law of Education of the Universe.	The relations between beings and structures.	It is possible to decide to coexist at peace, respecting all human beings and their experiences. The best teacher is learning by example.
Correspondence	It leads us to accepting that every process has a perfect objective. If we find a block this means that we are violating it. We produce every circumstance ourselves. Nobody is to blame.	The place that corresponds to each species and human experience.	Where, when, how and who should learn it. Every situation is a learning experience and has an objective of love.
Evolution	Law of Learning, Law of Internal Change or Transformation. Nobody is harmful or beneficial to us. It takes us from confrontation with life to the ability to make the most (value and enjoy) of what life teaches us.	The process of spiritual development of human beings.	What consciousness has not yet learned (destiny). What has to be learned: happiness, peace and love.

The Law of Evolution confronts us with what we need to learn and, of course, this corresponds exactly to situations that we cannot handle, which we find difficult. So the Law of Evolution permits wars, disease, aggression, conflicts, disputes, interference; and it permits this in order that we learn to recognize the Law, in order that we become saturated with suffering and decide to obey it.

Free will is the right to make mistakes, the tool of evolution. It is necessary and inevitable to make mistakes to be able to discover the Law. These mistakes are not outside of the Law, but rather form part of the educational process.

We recognize these Laws by observing the results. If we find ourselves suffering, we experience blockages, shortage or illness, our relationships do not flow or there is violence or aggression. All these results show that we have come out of the Law. When this happens there is a painful result, whereas when we obey the Law, the results are satisfactory and bring happiness. They are not, in fact, rewards or punishments, simply painful results or satisfactory ones.

A perfect example of how the higher Laws admit issues that the lower Laws do not allow is the topic of homosexual relations. The Law of Nature does not accept some aspects of homosexuality; however, the Law of Harmony does fully accept it, for this law it is entirely valid because *every living being has the right to be happy, to enjoy balance and satisfaction even if they cannot procreate*. For its part, the Law of Correspondence, as it is above this, can upset the balance of the Law of Harmony, so that the experience of imbalance is recognized. So, according to this, we could say: "We need to have a conflict here in order that people learn to respect each other."

1.4 The three inner virtues

We have come to the planet Earth to develop three inner virtues: happiness, peace and love.



Figure 1. Internal virtues and external results

These virtues must be used to relate to the external world. Learning to be happy, to have peace and love —and the ability to serve— is the real purpose that brought us to the physical world of matter.

Table 3. The three virtues and their characteristics

Virtues	Characteristics	Ways of achieving them	Represents/ Is developed in
Happiness	0% suffering 100% understanding and self-assessment	Acceptance	Function
Peace	0% conflicts 0% reactivity 0% confrontation 100% respect	Accepting life with wisdom	Destiny
Love	100% capacity for service 0% resistance 0% fear 100% adaptation 100% commitment	Loving Unconditionally	Mission

Happiness, peace and love are principles of the divine essence; they have no polarity, they are immutable and unchanging.

1.4.1 Learning to be happy

To learn how to be happy ...

- ✓ We just have to deal with everything that we believe robs us of happiness.
- ✓ We do not need anything external, only understanding and mental attitude.
- ✓ We have to accept that non-acceptance is the only cause of suffering, and stop trying to oppose reality.
- ✓ We have to stop working on others, and work solely on ourselves, changing inside ourselves what annoys us (the ego).
- ✓ If there is suffering, there is only one question we need to ask: "What is it that I'm not accepting?"; there the answer will be found.

Everyone, without exception, has what they need to be happy; but very few know how to be happy with what they have.

1.4.2 Learning to be peaceful

To learn how to be at peace we must know that ...

- ✓ There is no one thing or person that provides peace.
- ✓ Inner peace is the result of one's own spiritual development, not a gift.
- ✓ Handling peace requires clear and accurate information to understand that life is a process of love and that evil does not exist, nor does the ability to handle vital energy; this requires training.
- ✓ If a loss of peace occurs, one must ask oneself: "What am I resisting?; what do I want to change?, who am I blaming?".

1.4.3 Learning to love one's neighbor as oneself

To learn to love one another ...

- ✓ We just need to involve ourselves or share with people who have very different forms of behavior from ours, so that we learn to love and respect them as they are.
- ✓ Keep in mind that love is not likely to be offended, and that it is invulnerable, immutable, universal, invariable and neutral.
- ✓ We need to understand that love is complete understanding of the Universe, which is a way of being and not needing an "object" in which to project ourselves.
- ✓ It is also important to consider that love is not a force but a tool.
- ✓ It should be understood that love is not a feeling.
- ✓ We must think that love is always to give the best of ourselves.
- ✓ If we feel demotivated, we ought to think, "How can I let this limit me?"; and the fact is that we all have the ability to serve but we often restrict this to external events.

In developing the three inner virtues we obtain excellent external results in the four areas: relationships, resources, health and adjustment to the environment.

1.5 The five elements of human experience

The following five elements are present in the experience of any human being: purpose, destiny, mission, function and intention.

1.5.1 Purpose

There is a *purpose* of love that brought us to the world of matter; it is the perfect way to learn two things:

- a) Being happy in ourselves, i.e., not depending on anything or anyone to have inner peace and happiness.
- b) To love one's neighbor as oneself, i.e., to respect the rights of all beings in the Universe.

But how do we learn this? This is where we are going to see the perfection of the pedagogical design of Divinity. First, for the exercise of *learning to be happy in ourselves* we need to live in a place with some people and in some circumstances where everything that happens around us is more or less aggressive for us to realize that the problem is not what is going on around us, but rather the way we relate to this, the rejection and resistance which is put up.

To learn the second part of what it means to love your neighbor, *respecting them as they are*, not wanting to change them; not putting up resistance to others. We must live in a place where the people around us think differently, have different customs and create different things; thus we learn to love them as they are, without judging or condemning them. Thus the purpose of love is fulfilled: the reason why we are on this planet.

More than 2,000 years ago, the Master Jesus taught us this when he said: "Love your enemies"; because they are not enemies but people who think differently.

Being happy means experiencing zero suffering at events, and love means putting up zero resistance to others. Wisdom is the same as love, not feeling. People who have love care a lot about others, but do not suffer; people who have no wisdom but kindness care a lot about others but suffer a lot; and those who do

not care about others: the indolent and indifferent, have neither wisdom nor goodness.

1.5.2 Destiny

Destiny is what we came to learn about the world of matter, to handle the seven tools of love to enjoy invulnerable love; it is a great opportunity to learn what we are missing.

We all bring with us an inevitable and valuable destiny. Culture teaches us to try to avoid it rather than using it. But human beings have the ability to enjoy whatever we do because that capacity is intrinsic to our human condition. So for example, when someone tells their child: "Always do what you feel like doing," they cause a big mental block.

Destiny is an instructive design whose purpose is to enable us to check and find out the information that governs the Universe and its perfect order. Therefore, destiny is our best chance to transcend all human limitation. Instead of complaining about life's hardships, we should make the most of them as a great opportunity to transcend them, because then they will disappear forever. If we do not learn from difficulties, far from disappearing, they will become more complicated; they will remain and become permanent because we are not learning from them.

Trauma does not originate from past life experiences, but rather at the present moment; we do not bring traumas from past experience, since our personality is completely new in every experience. What we do bring, because this has a direct bearing on past experience, is the design of destiny; it is renewed in each life experience but has a direct connection with previous experience.

1.5.3 Mission

The *mission* is what we teach in the world of matter. We have to enjoy it intensely, whether part of the function itself or not.

The mission remains to retrieve the energy that we invest in the course of learning to be happy. Our mission is what we already understand, what we already know; therefore, we can use it to serve others and enjoy it intensely.

Both our mission and our destiny are represented in our personality: the destiny as the belief system, and the mission as understanding. To the extent that we gradually transmute ignorance into understanding and wisdom, we increasingly possess more mission and more satisfaction.

1.5.4 Function

Our *function* or role is what we do to earn our livelihood. We know that all living beings have a function within the order of the Universe. We need wisdom to take this on with joy, enthusiasm and total capacity for action and service, although this is not part of the mission. The function is not to "make a living" —we do not earn our lives; this is a God-given gift—; what we earn is the sustenance of this biological entity, the body.

Sustenance, then, we are 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.

1.5.5 Intention

Intention is what we want for ourselves or for others. It is important to guide intention so as not to interfere with the destinies of others or try to avoid destiny.

Intention is the most complex element of human experience, because feeling, and the idea of goodness and other ideas that culture has transmitted, leads us to constantly interfere in the destiny of others. If we accept that fate is something extraordinary, and not something "bad", which is the best opportunity to fulfill what we came to do the world, then we would cease to be in conflict with the destiny of others.

But what happens, for example, if we have at our side an old man who does not want to take his medicine or take care of himself the way we think he should? What can we do to avoid interfering? Within the limits of medical ethics —respect for human life— there is a very wide margin, and the problem is that we always want things to work the way we think is appropriate. Thus, according to this example, we believe that the elderly should take care of themselves so as to keep us company for longer, regardless of their quality of life. But patients should have the option not to undergo aggressive therapies; similarly, someone who has smoked all their life may also prefer to continue smoking in their later years; or someone who has been prescribed complete rest may prefer to walk and live their own way, even if this is for less time. That is, people might think about a totally different possibility, like the one they had to follow through in this life; their opportunities for action and learning. These came to an end and what they really prefer is to leave in order to start to renew all their structures. Then egos come into play: we want them to be in our company longer; we want them to get better; to "be happy" ... Those "I wants" are the cause of suffering.

Therefore, what could be more wise and loving in this case? Say something like this to your old relative: "What matters most to me is you, not me —that would be a principle of love. What matters most is not that you accompany me to satisfy my ego, but that you find your way in the Universe; therefore count on me to bring you everything in my power, and you also have my respect, so that you use only what you decide to use."

Continuing the example, if they do not want to eat or take their medicine, who are we to force them? And why do we do this? The condition that has impaired that person's health is part of their own process, not ours, so why can't we respect it? Because what comes into play is the "I want", also called unconscious *selfishness*. Wanting others to be happy according to our own criteria is selfish behavior. Instead, we should tell them something else from love: "I can be happy accepting you as you are, not the way I want you to be."

To be clear about the purpose; to take advantage of destiny; to enjoy the mission; to accept the role and handle the intention of not interfering in the destiny of others, wisdom requires such aspects to be practiced in thought, word and deed.

Chapter 2. The seven levels of human evolution

The *seven levels of evolution* correspond to the color bars of light and also the seven tones of the scale of sound. Each color bar or sound manifests a considerable increase in the vibration frequency compared to the level immediately below. This also means a greater amount of true information accumulated in the individual's consciousness, and tallies exactly with the kind of life experiences that each person must go through, wherever they are and whatever level they have reached.

Table 4. The seven levels of evolution and their correspondences

External evolutionary correspondences	49 (7x7) levels of consciousness	Light correspondences	Sound correspondences	Universal Laws
Love	7	Violet	TI	Love
Perfect understanding of the universal order	6	Indigo	LA	Manifestation
Lack of property and boundaries	5	Blue	SOL	Polarity
More harmonious social and economic systems	4	Green	FA	Evolution
Commerce, individualism, boundaries	3	Yellow	MI	Correspondence
Money, toxins, religions	2	Orange	RE	Harmony
Slavery, wars, ignorance, instinct	1	Red	DO	Nature

The levels of evolution are measured within us according to the development of consciousness. In the consciousness archive there is innocence —absence of information— and wisdom or purity —information on the truth encoded through verification— but not ignorance.

The *levels of consciousness* match different levels of accumulation of truth in the consciousness archive: if there is little accumulation, this is the first level; if it is average, this will be the third or fourth level; and if the archive is almost completely full of truth, we are at the seventh level. Therefore the information on wisdom accumulated in the consciousness forms the levels of consciousness. The consciousness does not fully develop over one lifetime, but instead began doing so thousands of years of experiences ago.

Table 5. The levels of consciousness

Level of consciousness	Personal human experience
1 First level	Confrontation from the instinct to subsist within the law of natural selection
2 Second level	Dispute over power within the law of the jungle
3 Third level	Confrontation to survive economically, competing against others
4 Fourth level	Learning to free oneself from the struggle for subsistence.
5 Fifth level	Peaceful and harmonious coexistence with the order of the Universe
6 Sixth level	Release from dependence on matter to be able to evolve
7 Seventh level	Achievement of immortality and the end of experiences within human form

Our consciousness is currently in a human form because it needs to extract information from this experience through the personality. *The kingdom of centaurs* includes up to the third level of consciousness, and is characterized by behavior of duality between what is animal and what is human. *The kingdom of humans*, properly speaking, begins at the fourth level.

When consciousness first enters the human field it is located on the first level of development and is virtually empty of human information; that is, it is innocent. As people, we begin the path of evolution in a state of innocence, and at the end of the route our consciousness will be fully developed. This step taken by human experience lasts approximately 40,000 years; but before this, our consciousness, rising up through all the "floors" of the Universe, has already acquired information from the mineral, vegetable and animal kingdoms, over the course of a process that lasts thousands of years. The level of our consciousness has a very broad capacity to store information, which is why the Masters of Wisdom say that about a thousand personalities may be required to complete the human information in the consciousness. We talk of 40,000 years of experiences lived through, although not chronologically because they do not count between lives. To better understand this, we could compare it to a school year: the time we are on holiday does not count in academic terms: only the period of instruction and examinations.

We are in a state of *automatic development* as we go through certain experiences without knowing what we are learning from the situation. At the fourth level we reach the *voluntary development* phase, where we know exactly what we are learning from each situation and understand that everything depends on ourselves, not on what happens externally. Entering this fourth level of consciousness involves transcending evolution; after that we go straight to the *upper triangle of the Laws of the Universe*, and at that point our conflicts come to an end.

When consciousness goes up to the fourth level, we also say that it enters *superior civilizations*. On completing its development, it reaches the seventh level and there ends the human experience for the consciousness. From that moment, the consciousness "leaves" human experience and is renamed as the immortal Master, "Big Brother". It will spend another 40,000 years fulfilling a different function, which will not be the learning but the teaching function for the remainder of the levels, to enable people coming up from the first level to reach the seventh. Once this function is completed, it will have completed its task within human experience, and will move on to another level called ascended Master —and here the term "ascended" refers to the fact that it is above human experiences.

Table 6. Main correspondences with the levels of evolution

	Educational	Technical	Nutritional	Architectural	Ecological	Psychological
7	Perception	Leaves no trace	Ether	Electromagnetics	Does not alter the environment	Love
6	Consciousness	Handles Matter	Energy matter	Recyclable	Harmonious coexistence	Peace
5	Harmonious unification	Non-contaminating	Complete cycle	Rotating Groups	Reconstruction of the environment	Trust
4	Community Cooperation	Computerized	Naturalism	Community Groups	Environmental Protection	Loyalty
3	Individualized	Electro-mechanics	Toxic	Cities	Ecological destruction	Ego
2	Violence	Mechanical	Animal origin	Houses	Colonization	Hate
1	Savagery	Primitive	Cannibalism	Huts, Caves	Natural	Lack of feelings

We cannot move up a level of consciousness until we have understood what the present level is teaching. Yet we can postpone this ascent, ask for more time, and decide that this year "we're not going to study"; but if we do, the next year we will still face the same tasks that we had postponed. There is an inner force that drives us constantly towards God, and it is what allows us to resume our processes, even if we had postponed them, as we cannot go onto the next course unless we pass with top marks! Here, just passing a subject is not enough!

Situations that we always have to deal with are easier for us, and the ones we do not have to deal with, however much we want them, simply do not come up. We always have what we need to fulfill our destiny, not what we want; we must be very clear about that. The situations that people face in life are the ones that they, and nobody else, are meant to face; none of us can compare ourselves with anyone else because the lessons are individual. So, given a task we have to deal with, we have two choices: to do it now or put it off until later, but there is no way to avoid it.

When a task has been put off too many times, there comes a time when the Universe announces: "There's no more time to spare: you've put it off too long." This leads us to a situation of *unpostponable destiny* where, even if we want to, we cannot postpone the task any longer, because life leaves us no option other than to deal with it.

Developing consciousness goes through all races, cultures, social systems and human civilizations. The *civilization of Big Brothers*, for example, represents the last stage of the development of consciousness within the human form; so we can call it "the last society". Here is where the transition between mortal human beings —sleeping consciousness— and immortal human beings —awake consciousness— takes place.

Everyone's life experiences exactly match the level of information from truth which has accumulated in their consciousness.

Table 7. Human characteristics depending on the level of consciousness

	Brothers	Wave	Frequency	Field	Characteristics
7	Elder	Ultra-short	Ultra-high	Artistic	Teachers at all levels of human evolution. Handling the matter through permanent consciousness.
6		Short	Activation	Intuitive	Perfect harmony with the Law and the order of the Universe. There is no external control.
5	Understanding			Private property and frontiers disappear. Freedom and ease to travel.	
4	Superior	Medium	Medium	Intellectual	Peaceful coexistence. We learn to serve unconditionally. Social imbalances disappear. The Laws are recognized and confrontation with them is rejected. Different forms of compensation other than money.
3				Sentimental	Encoded laws, the empire of money, individualism, a contest within free competition.
2	Younger	Long	Low	Emotional	Law of the Jungle; law of "an eye for an eye".
1				Physical	With no feelings, cannibalism Extreme ignorance.

For the consciousness or spirit which has already reached immortality it is not that matter does not exist, but that it does not need it. Matter is required to experience the discovery of the Laws and to achieve the inner transformation of the consciousness' development. After reaching immortality, matter is only necessary for others; the person is not lost, but begins a mission of service. An immortal being may enter matter but will do so voluntarily and can leave it just as easily. All this it will do with a purpose of love and service.

Experience is an instructive design of the Teachers or Masters of Law. This is like saying that when children go to school for the first time, they are going to find a number of explanations and experiences they need to have and that their teachers have already designed. The same thing happens in the Universe: when our consciousness first enters the first level of human experience, the situations have been designed by teachers of the Universe, who we call the Teachers of Law, and which are immortal.

There are two processes for the entire Universe: *descent* and *ascent*. First we descend from the absolute centre, in order to reach "the bottom", where we can learn; then we ascend, learning to rebuild what has been damaged. This is the usual process of the Universe for everything: nature, the body, social structures, and the consciousness. For example, consciousness descends from its Father, from the 40th dimension, as far as the dimension of minerals, and begins its ascent learning. In the descent phase, there is no development but innocent beings gain in density and matter. On the contrary, when it ascends, it does develop, i.e., it gains in spirituality and understanding: the Laws are discovered, it trains, consciousness develops, and wisdom is acquired.

The process, therefore, is as follows: first, destruction of what was delivered to the person in perfect health, to discover the Laws. Secondly, verification of the result of having destroyed this, and the beginning of reconstruction in order to learn. Thirdly, when the person finishes rebuilding, they learn to maintain what has been achieved without destroying again.

For individual human beings, this process takes about 18 years; for civilization about 13,000 years, and 40,000 years for the soul. The only thing that changes is the time it takes, but the process is the same, regardless of the scale at which this occurs.

On the fifth level there is still body, and this may last some 1,200 years. When we enter the sixth level ageing stops and the process starts to reverse, i.e., we go back to being young, as if we were about 25 years old. At the seventh level we learn to enter and leave the body.

*Above the perception of the physical senses
begins the world of metaphysics and relativity.*

Above the ultraviolet frequencies begins a nonphysical, invisible, intangible and imperceptible world through the five physical senses; that is, the world of metaphysics and relativity begins, whose vibrational frequencies are above the fourth dimension. The higher dimensions can perceive the lower ones, but the opposite is quite unlikely. Our physical senses, for example, only perceive three dimensions, but the intangible worlds are real and perceptible by other senses that can be awoken to the extent that our consciousness develops through meditation, concentration, in dreams etc. The non-physical worlds are called *the non-manifest*, and the entire physical *world*, which is organized with one form, is called the manifested world.

Reality is where we can act. If a person is in the tenth dimension, that is the real dimension to that person, and if they are in the third, that will be their reality. Everything is real and at the same time everything is imaginary, depending on one's own perspective.

From the frequencies that are beginning to be invisible to the physical senses of human beings, the process of acceleration of the vibrational frequencies continues, and the shortening of wavelengths, which creates a dimensional phenomenon such that time and space gradually contract. When the acceleration reaches its maximum speed or vibrational frequency, we reach *zero time*. This zero point, where there is no before or after, beginning or end, or limitations of any kind, is the point of eternity; it is also called *Absolute* and is located in dimension 40.

Furthermore, time is not static but varies as does speed. If speed increases to infinity, time will be zero and distance will cease to exist. The formula is: $\text{Distance/Speed} = \text{Time}$; if speed doubles, time is reduced by half.

The Universe is divided into 40 dimensions, there being only one possible form of measurement used by the Teachers, but there may be other different ones. From the fourth dimension we can talk about non-physical worlds. This means that there are 37 non-physical dimensions and only three physical ones. Dimensions are fields of vibrational frequency, so that the higher vibrational frequency or speed, the more the dimensional changes, and the more relative time will be.

The *Absolute*, or *absolute essence of Self* contains all the information for the processes of creating, maintaining and operating the Universe and everything

that exists and happens in it. The Absolute contains everything within itself and is eternal and timeless.

Everything in the Universe has a logic and order, and everything can be explained; we only need to expand our mental field well beyond the boundaries and barriers that culture has imposed on us; to release our minds and our thinking towards other dimensions to begin to understand that everything has a perfect purpose.

It may be that right now we do not perceive that what we are learning about the Universe serves any purpose in our lives; but it is certain that to gain acceptance, which is a science that gives us happiness; to use the tool of "acceptance" that will give us absolute peace; or to use unconditionality, which helps us to develop love, we will need support from metaphysics, in everything our senses so far have failed to perceive.

Chapter 3. The being and the non-being in Mankind

Human beings, in their long evolution through life, are rarely aware of their Self, their true divine essence, because they live immersed in their own world, in their reality and fantasy, created by their physical senses, which offer them a world limited to their powers of perception, and which make them believe that the only existing reality is the physical world. For this reason they do not understand how or why certain events, situations or phenomena occur, which are incomprehensible to them.

The Self that dwells within each of us is the immortal essence emanating from the Absolute, which gives meaning to our existence and brightens up our life, giving us the assurance that our efforts to understand and be better human beings every day are not a futile effort against the law of life and death but another stepping stone on the way upwards towards the perfecting of consciousness.

It is not correct to say that a person has "lost their life"; it is correct to state that they "lost the form and ignorance of personality". Life cannot be lost because it is eternal as an emanation of God. The essence of Self in us contains the absolute information, which is not subject to changes because it is already perfect; it is wisdom and love. The "non-Self" is everything that undergoes changes and can be changed; within it evolution takes place

*The Self manifests itself spontaneously
when the personality ceases to interfere.*

The Self that makes us animate, that gives us life, lives within us in the dimension of the non-manifest, which is not perceptible by the physical senses, and spontaneously manifests itself only through the consciousness when personality ceases to interfere —that is to say, in states of intuition, meditation and abstraction. The Self has no possibility of variation, since it belongs to the *level of absolute perfection*.

When does personality cease to interfere? When there is no interior reactivity or duality. Remember that all duality is part of the personality; in contrast, understanding has no duality because it consists of what has already been verified.

In the state of Self, there is no duality, it is neutral. If a difficulty arises: "What a tremendous opportunity for growth"; and if it is something very satisfying: "What a wonderful thing!" Everything is always extraordinary and wonderful in such a state of absence of duality, which is also called the *maximum state of human mental efficiency*.

When we drive personality, the Self manifests itself because consciousness (i.e., understanding) is not part of the personality but the mind; as is the ego, but it shapes the personality, whereas understanding forms the divine essence. When we say: "You have no personality, where were you brainwashed?", that someone might answer: "What an extraordinary thing, I've finally managed it. What happiness!"

The Self can only manifest itself through consciousness, while the non-Self does this through personality. As consciousness develops, the Self will increasingly manifest itself. Its essence in each person may come to express itself as it really is: a perfect balance in any situation or circumstance, which does not alter in the least its absolute condition of Self.

With regard to the essence of Self, we do not talk of development because it simply "is". The essence of Self in each of us is a small proportion of the total information in the Universe, however it is perfect and complete for what each one of us needs as a human being. It is not that we are the Self, but that the Self is in us; it is our "father", and we are the "son". The son is another archive containing a certain amount of information, but not all; it is that part that is growing within us, which is in the process of development.

The consciousness collects information from all the previous personalities of each individual. About a thousand personalities are needed to "fill" an archive of consciousness. This does not experience anything by itself; it only assimilates what each personality produces.

*The Self manifests itself from consciousness;
the non-Self does so from the personality.*

The ability of the Self does not react; it simply manifests itself with wisdom, as the consequent and precise action which corresponds to any circumstance. The Self does not reason, since it does not use analysis; on the contrary, the thoughts emanating from the Self are intuitive and free from the influence of concepts. They are vertical thoughts totally without oscillation and, therefore, always correspond to the truth.

*Thoughts emanating from the Self are intuitive
and free from the influence of concepts.*

Intuition is the line of thought emanating directly from the Self, and to perceive it requires a complete absence of reasoning. This is because the slightest doubt produces oscillatory movements of horizontal thinking, which immediately interrupts the direct perception of the Self. The same applies to other typical manifestations of the Self, such as faith and love, which do not admit analysis, doubt, fear or reasoning.

Unlike the Self, the non-Self, based upon ignorance and ego, reacts to every moment with all sorts of extremist, positive or negative manifestations, but never does so with harmony and love.

*Perceiving the thought of the Self
requires the mind to be free of reasoning.*

When we find ourselves mired in the state of non-Self we do not really have an identity of our own because we always react automatically, according to the impressions we receive from the outside world perceived through the senses. Normally we are manipulated by what happens outside us, so that there is no opportunity to manifest our real Self. People's moods are usually subject to those around them, or circumstances which affect them. So, when people around us are in a good mood, it is normal to be infected by their joy; if someone praises us, we are happy; but if others are frustrated or upset, our mood is depressed, and if someone insults us, the most common reaction is for us to be angry and we may answer back the same way. Very often, relationships deteriorate, businesses collapse and friendships die, simply because "we are nothing", so we identify with everything that "is not".

The reader, at this point, will be wondering how we can know what is "not" and what "is". It is simple: when everything that happens around us determines our own behavior, then "we are not." What happens externally manipulates our own life and leads people to that lamentable state called "not being ourselves."

The process of spiritual development intends us to learn to be ourselves, reaching an inner state of spiritual independence; that is, a state in which our own behavior, decisions, thoughts and feelings do not depend on what happens around us, but on what we choose to do with it. And if decisions are supported by the understanding of love and in the essence of Self, they will be totally balanced

and will lead to a state of inner, imperturbable and invulnerable peace; the state that characterizes a Teacher of Wisdom.

The mental state of the non-Self is identified with everything that does not come from wisdom.

It is important to differentiate between *action* and *reaction*. Our proposal is not to react but to act calmly in the face of situations that life presents us with. While we react, we will not "be"; however, when we learn to act calmly and wisely, we can say that "we are ourselves"; this is the status of spiritual development.

The non-Self has to analyze all the ideas that come to mind in order to reach a conclusion; to do so, it resorts to comparing concepts or preconceived ideas that do not always correspond to the truth. That is why it is not wise to make snap judgments about people or circumstances around us, based solely on the conclusion of our reasoning. It is far better to turn to the wisdom of knowledge of the Laws of the Universe.

The mental state of non-Self enslaves human beings and is the cause of all suffering.

The state of non-Self chains human beings to low frequency-type situations, enslaving them through fear, doubt, mistrust and limitations, and is the cause of all suffering. The non-Self's reactions cause tremendous anxiety and huge inner suffering, which often help to trigger physical ailments, but even then do not help at all to change external circumstances. Therefore we can categorically say that *suffering is useless as an element of action in the face of external circumstances*. However, it does play an important role in the development of consciousness, as it allows us to recognize and measure our levels of ego and internal constraints, and to understand that it is, in itself, outside the state of being.

In short, the state of non-Self is identified with everything that is not harmony, and the constant suffering of the ego is due to this; because it is always focused on any external element that is not harmonious, and that leads to rejection, along with internal reactions of duality, suffering, aggression and crisis, accompanied by all the human processes that do not produce satisfactory results.

The mortifying external circumstances which torment us daily are the "school of consciousness"; it is the ones that, through patience and understanding, finally deliver to the Self the reins of that previously "untamed steed" — the

conceptualized and selfish mind. When this happens, the mind, submissive and obedient, is guided by the Lord of the Law, and thus will be able to abandon the school of suffering forever. The knowledge of the Laws of the Universe eliminates the fear and frees us from suffering, but wisdom comes only through the development of consciousness. Finally, this development is what allows the Self to manifest itself and remove all internal conflict, transcending the Law of Opposites, and the result of all this is a state of inner peace, serenity, harmony and happiness which is unalterable by any cause or external event.

*Constant and patient work to achieve the state of Self
will free us definitively from suffering.*

In the face of any event there is a necessary action. Let's do whatever we have to do efficiently, but also with love; i.e., with no reaction, indictment or any kind of duality; without suffering — simply enjoying what we have to do, and doing our best. This is fair, balanced behavior, and it is the work that we want to carry out in our inner self: to make the Self become a constant expression in us. If we do not choose the love option, it is because we lack information, energy or training.

In this situation, *horizontal* and *vertical thinking* come into play. While thought remains under the influence of positive or negative analysis, it will not find the information about the essence. Vertical thinking is the type that captures the information from the higher spheres and takes it to the personality; this can be achieved by training. The process of swinging back and forth between the negative and positive Self is done by reasoning. Only when we manage to focus and stop reasoning, do we come into contact with the information. The external influences on behavior can be positive or negative, but in both cases "I am not."

As noted above, if we are in the company of people who behave excellently and have great relationships, we imitate and behave like them because we are allowing their peace to act upon us; but as soon as we run into an angry person, we will become irascible. The problem is that if we fail to voluntarily manage our own positive mental states, we will not succeed either in negative ones, and we will fail to turn them into positive from within, due to the influence of something external.

Vertical thoughts do not vibrate; they are intuitive, while the horizontal ones are associated with analysis and, therefore, have duality. They are subject to comparison. When we are analyzing, we compare elements or situations that seem good or bad, and look for a point of conclusion or synthesis; but once we

have reached that point, we stop analyzing, and the conclusions are the ones which are stored as wisdom. When they are used again, we do not have to analyze them again. Simply, they have already been understood and therefore are used without any further analysis. So, little by little, the ego is turned into wisdom, until finally all of our behavior comes from love. During the process there is a duality between ego-based behavior and that of Self.

Action is indispensable; the Universe does not respond to inaction or inertia. In the face of inaction there is no positive result. When we manage to steer from understanding what we still need to learn, we start being efficient human beings because, whenever a conflict arises or we feel bad about someone, rather than look for someone to blame, we ask ourselves, "What do I still need to learn?; What did I do to get to this situation?; Where did I lose the energy? At what point did I go wrong?" And we will thank life, people or circumstances that allow us to recognize that we still make mistakes because, thanks to this, we can understand what we do not yet know.

In the state of Self, there is no duality, as it is neutral. Whenever a difficulty arises, we say "What a tremendous opportunity to grow!" and if it is something very satisfying, "What a wonderful thing!" Everything is always extraordinary and wonderful in this state of absence of duality, also called the *maximum state of human mental efficiency*.

The non-Self identifies itself with everything that "is not". For example, if we think that someone is not behaving properly, our inner reaction is negative. So we try to change them in order to so feel good ourselves. That is the typical response of the "non-Self", which identifies with what "is not from love" because we say to ourselves, "That person is behaving badly, improperly, inappropriately" or worse, "that person is causing me harm or is a nuisance." Such claims are the result of ignorance about a situation that is a wonderful opportunity to learn and respect; but as we are unable to see it that way, we express selfishness, which is the typical behavior of the "non-Self".

3.1 Selfishness

The definition of selfishness that culture has taught us is totally distorted and has nothing to do with reality. According to our cultural heritage, selfishness is thinking about oneself rather than others; we are told, however, that our actions should be selfless. This is nothing but ignorance because there is no selfless action. Meanwhile, real selfishness struts around us everywhere; it is what we do every day believing this is virtuous behavior.

Selfishness occurs when someone tries to change others, mainly for two reasons: because he does not accept them as they are and because he wants to stop feeling bad about them.

Therefore, the true definition of selfishness would be: *attitude shown by a person who wants to change others or sacrifice them to be able to feel good without working within himself*. This we do every day under the guise of love. For example, when we tell our child: "Don't go out because I feel bad if you do" or "Take care of your health, because if you fall ill, I'll feel bad", we are facing the false mask of love; i.e., we think and/or say: "As I love you so much, I don't want anything to happen to you or for you to suffer." Actually, this is the height of falsehood: what we do not want is to suffer ourselves if something happens to the other person, or lose them because we are attached and depend on them, given that we are not free. We prefer to sacrifice the other person, their potential and their behavior, in order to avoid suffering ourselves.

"I can't live without you" is a perfect expression of selfishness and we use it in such a romantic way ... "I love living with you"; that is an expression of love. The opposite means: "I'm going to tie you down, I'll restrict you, I won't let you do what you want; and if you're not there, I'll suffer a lot." All these arguments are full of selfishness and ignorance. And the mask remains there, proclaiming: "What a good person I am!"

Selfishness means not being able to accept others or respect their experiences, but trying to force them to change, to feel at peace. This leads to disastrous results in human relations, and to the state of non-Self and situations that are not from wisdom. The state of Self, however, assesses everything with wisdom, and respects and loves.

3.2 Forms of human behavior

From all this we can conclude that human beings express two types of behavior:

- ✓ What comes from the Self.
- ✓ What is not from the Self but the ego.

The behavior of the non-Self, the ego, is full of duality, reactivity. It causes suffering, confusion, conflict, drama, conflict with the outside, and tries to change everything to feel good. By contrast, the behavior of the Self accepts everything as perfect, but not through resignation; that is, it is not a question of "holding on"

but simply "accepting" because it has understood that what happens is perfect and has a very valuable purpose of love; therefore, it does not try to change anything external and knows that everything that needs to be changed is in its inner self and is called the duality of the reactivity of the ego.

From the understanding of Self, we understand that what we commonly call problems are nothing but perfect learning opportunities; that the results we obtain, whether satisfactory or not, are also perfect to recognize what causes them. The behavior of the Self, in short, is what enables us to contemplate the perfection of everything that happens and deeply appreciate it.

This is an exercise that requires having:

- 1. Information** from wisdom which we can re-program the mind with.
- 2. Energy** sufficient to handle that information.
- 3. Constant training** to achieve success through the exercise of desensitization, facing daily life with total peace, without any pain and in a state of profound understanding.

The behavior of the Self never looks for someone to blame, only solutions, and values experience as a learning opportunity.

We should not forget that we all have Divinity within us, and that this is distributed in different proportions. We have a small amount of *essence* of Self which is active in us. It lies in the mental field and can be used here and now — although sometimes we do not use it; sometimes it is awake: then it is called understanding and is conscious in us. It is towards this that we are going through spiritual development; the aim is to extend understanding so that it becomes strong enough to transcend the limits of the ego which is still holding out in our minds. To the extent that we succeed in this, information and very superior forces, well above what we might suspect even existed, will begin to manifest themselves.

When we succeed in cleansing our mental field of limitations, this will begin to express itself through us what is accumulating in our divine consciousness, which has been collecting information for thousands of years; moreover, the essence of Self, the divine spark, may manifest itself in us. It is something so formidable that we cannot manage to imagine that there is such a degree of power in us; it is the power of directing and governing matter. This would mean

not only completely reconstituting our body but also giving it some shape or feature, and also entering or leaving it. The physical body would become a sort of suit that could be taken off and put on, and changed for another without any problem. The word "impossible" would disappear from our minds; nothing is impossible in the Universe. The correct statement is: "I cannot do it yet or do not know how to yet."

Insofar as we have started working with the essence of Self, at least what is active in the mind, we will start to obtain results immediately.

The differences between humans have to do with personality; no two personalities are alike. They are just different types of ignorance.

However, the essence of Self is the same in everyone, obviously, with more or less content. For this reason we compare it to water, an element that is contained in everything, but not always in the same proportion. Its maximum content is in the oceans but everything has moisture and, therefore, the same essence: water.

The same applies to the essence of Self in us: understanding, love —no matter in what proportion it exists in a person— is the same as what any other possesses. Obviously, if the proportions are small they will be insufficient to produce certain results but they also come from love.

3.3 Tools for the expression of Self

The tools we can use in order that the essence of Self is expressed are:

- ✓ **Patience**, that is, giving something time. If a seed is sown, it will not be reaped tomorrow. We have to wait for the plant to grow; things do not happen instantly, everything in the Universe is part of a process. Patience is a virtue that we need to cultivate because it enables us to respect the rhythms of the Universe with confidence. It involves cherishing an internal conscious peace. We do not achieve things more quickly by being impatient.
- ✓ **Acceptance** to understand that everything follows a perfect rhythm and every situation is perfect for discovering what it reveals in itself.
- ✓ **Inner peace** to maintain the state of Self without reactivity. In order to develop absolute peace we need to be in a place where no-one is at peace.
- ✓ **Deep respect** in relationships with others.

The mental state of non-Self is the cause of all human suffering. It is possible to leave this state, seizing opportunities, not running away from them. Faced with those situations that we call "problems" we must be prepared to use our energy to pass the test and never go back.

Welcome to challenges, welcome to coaches, welcome to difficulties! We do not have to look for them but seize the ones life offers us and not waste them.

3.4 Self as opposed to non-Self

Table 8. The Being vs. the non-Being

The Self (state of mental efficiency)	The non-Self (ego, ignorance)
Immortal essence emanating from the Absolute	Manifested through the personality
Wisdom	Conflicts, dramas, egotism
Contains the absolute information	Beliefs
Manifests itself through states of intuition, mediation and abstraction	Inappropriate behavior
We "are" not the Self, rather the Self "is" in us	Duality
Vertical thinking: Being intuitive, not analyzing	Horizontal thinking: Analyses everything to reach conclusions
Does not seek a guilty party	Seeks a guilty party
It is understanding of love	There is no harmony or love
Accepts: Has inner peace and deep respect (0% reactivity)	Reacts: Negatively or positively
Total happiness (0% suffering)	We depend on what happens externally to be happy; suffering

Our mental field is initially innocent, and later it fills full of disorganized information from the culture and the environment which we know under various names: *system of beliefs or archive of ignorance*; this information makes up the ego. They will cease to be beliefs when we are able to verify the reality or the falseness of the information that has come into our mind. When we have not yet verified it, we continue in the state of "I am not", which means that our behavior depends on what is external; therefore, we are extremely susceptible and can be manipulated, and we acknowledge this in our feelings. Actually, we allow external situations to affect us because we do not know how not to; because this is something we do not understand or accept, or because something seems right according to our beliefs.

To reach the state of "I am" we need to find truth, love, an internal field which is absolutely invulnerable, which cannot be manipulated or is able to take offence, and which does not contain beliefs but wisdom; recognized and proven truths.

To the extent that each one of us puts into practice the exercise of untangling their beliefs, coming out of ignorance and cleansing the ego, and gradually transforming all that into wisdom, mental information gradually changes and becomes new information which is called *understanding*. This is part of the essence of the "I am" and the result of direct experience with everyday situations where we gradually discover what works —what is built upon truth— and what does not work: what we try to do from the falseness of beliefs.

In the state of "I am" we can control what happens inside us, how we think, act, behave, communicate, relate to others because this depends on ourselves, but we cannot control others or what happens around us.

Conclusions

- ✓ To accelerate the development of consciousness it is necessary to increase the area of understanding and treasure fewer beliefs and more wisdom.
- ✓ When you understand something, there is a quantum change.
- ✓ The faster we evolve, the sooner suffering is transcended.
- ✓ Everyone is their own Teacher; it is useless to follow any Teacher; what can be followed is their teaching.
- ✓ The development of consciousness leads to immortality.
- ✓ Evolution is the successive accumulation of information of truth in the archive of consciousness.
- ✓ Our bodies age due to the energy loss we experience. Old age is an energy state, not a level of chronological measurement of time.
- ✓ Learning becomes understanding only through constant practice and the verification of results.
- ✓ Learning is synonymous with attaining love and happiness.
- ✓ Life is a journey and the changes take place in the walkers, not in the road.
- ✓ What happens in the Universe is neither good nor bad, it is simply necessary.
- ✓ The life experiences of each person exactly match the level of information from truth which has accumulated in their consciousness.
- ✓ Our human consciousness is eternal and never goes backwards. It always accumulates information from wisdom. This is evolution.

- ✓ Everything that happens is perfect for a specific purpose, and each of us is exactly what we are; and what we are is perfect. Therefore, we should not compare ourselves to anyone, only enjoy what we are and improve this.
- ✓ Wisdom unites science and philosophy to find balance.
- ✓ The purpose of spiritual development is to learn to Be; that is, that one's thoughts, feelings and behavior do not depend at all on what happens around us, but what one decides to do with them.
- ✓ He who lives, breathes; he who reads, learns; he who acts, understands; he who practices, knows.

Nothing should be believed, nothing should be taken as true or fact; *we must practice* and verify whether in our own lives this information works and produces satisfactory results. Action is essential because the Universe does not respond to inaction or inertia. Inaction produces no positive result.

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

Mental fasting exercise

This proposal is quite a challenge. For 40 days, renounce any form of conflict, criticism or protest, any thoughts that disturb your inner peace, and always think with love.

If after those 40 days, the result is very powerful, continue for the next 40, and so on, successively.

Mental reprogramming to shorten the development time

Beliefs make us inefficient, whereas wisdom makes us efficient. Mentally repeat the following phrases:

"I declare myself in a total state of peace, and I will cease to face life to start enjoying it."

"My happiness depends only on me; I renounce suffering completely from what happens around me."

"No external situation can affect my happiness, my peace and my love."

"I renounce definitively changing anything external to myself."

An exercise for maximum efficiency

To achieve balance and maximum efficiency, apply the *principle of action-recovery*. Every day we need to recover the energy invested, and we do so by getting enough sleep, through meditation techniques or directed thought, all in the right proportions.

When we have enough energy, what we call problems become opportunities and challenges for the evolution of our consciousness; these are our training sessions.

Whatever you do not know how to do, set yourself the goal to learn it, and whatever you do not know how to handle, set as a goal to train yourself. This is what the exercise of spiritual development consists of.

An exercise to develop intuition

An analysis is basically a comparison of ideas which are usually opposed to each other but the process of analysis needs to conclude, i.e., to reach a conclusion and synthesis, which is the neutral point of the analysis. In other words, opposites complement each other in an experience which is necessary to discover a truth which reconciles them, that is, the neutral point.

After analyzing enough in the search for an answer, stop thinking so that the information can come through "revelation"; this is what is called *intuition*. You can gradually practice this every time you have to take a decision.

An exercise of Self

Direct your emotions and feelings through your thoughts.

Observe your thoughts to prevent what is external from exerting an influence on what happens inside you; rather, try to make your inner self exert a powerful, satisfactory and beneficial influence on the outside world. This way you will rid yourself of duality and conflict and start to be yourself.