

# LEARNING TO RESPECT WITHOUT JUDGING

**Foundation for Consciousness Development**

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## **Context. What is the purpose of the human experience?**

Before embarking on the next theme, we ought to outline a context that presents a new way of looking at life, a new paradigm; one that lets us be happier and understand human beings. You don't have to agree with everything that follows, or to believe anything, because we are not talking about beliefs. All you have to do is to see how your own life changes after applying this information, to see if it works for you.

If the results inside you are happiness, peace and harmony, you'll find this information to be true; and if the external results, in terms of relationships, health, resources and how you adapt to your environment improve, you'll verify that that this information is wisdom.

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

Spiritual development is an internal, and so absolutely individual and personal task. Nobody can do it for anyone else, yet nor can we do it "without another"; in other words, we need to interact and share experiences with other people in order to achieve our own development —to know ourselves—. Sometimes, instead of getting on with our own development, we try to interfere with other people's, and instead of learning from them we try to change them. All this does is to distort the learning, or attempt to distort it, and this complicates life itself.

Only if we understand this can we be efficient by asking ourselves what life wants to teach us in each situation, because each is part of a learning process. In short, we have to learn to turn ignorance into wisdom.

When we notice that suffering is disappearing, that our inner peace is becoming invulnerable and that our own capacity to create, love and serve is expressed without any condition or restriction, it means that we have achieved wisdom.

In order to lay the foundations for a new civilization that will bring a greater level of satisfaction for everyone, we must start by harmonizing ourselves. To do

this it is essential to study the Universal Laws and apply the principles that lead to wisdom. We should bear in mind that only by sustained practice and discarding theories and ideas that prove to be mistaken can we really achieve wisdom. This way we can develop peace and harmony directly on the ground, with the teaching of daily life, because life is the best school and nature the best teacher.

All we need to achieve efficiency is to stop arguing with the perfect order of the Universe; mental inefficiency is necessary in order to discover, through saturation, that the Laws of the Universe exist. When we reach the point where we have suffered enough, we are ready to understand the Laws. Internal opposition must stop before external opposition can, and for this to happen we have to have accepted that everything that exists and everything that happens is perfect and necessary, because its purpose is one of Love.

Studying and understanding why things exist and why they happen can lead us to recognize the Laws, which in turn make it possible to create a better future for Mankind.

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

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

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

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

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

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

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

<b>LAW</b>	<b>POSTULATES</b>	<b>EFFECTS OF VIOLATING THE LAW</b>
<b>CORRESPONDENCE</b>	<ol style="list-style-type: none"> <li>1. Every situation is a learning experience.</li> <li>2. Every circumstance is generated by oneself.</li> <li>3. All events happen to whom they are meant to happen.</li> <li>4. We are always exactly where we are meant to be.</li> <li>5. We come to life with what we need to live it.</li> <li>6. Only what needs to happen, happens.</li> <li>7. We only give or have what we need.</li> </ol>	<p>Upsets in the individual environment: mental blocks, dissatisfaction, difficulty in achieving success in what we do, wearisome battles against the circumstances of life, inability to accept one's life, fears, anxiousness, constant frustrations, etc.</p>

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

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

It is important not to confuse the Universal Laws with human laws or rules; the Universal Laws are immutable and non-repealable, their origin lies in the wisdom of the Absolute or Divinity and therefore they are absolute; they cannot be amended or negotiated, and disobeying them brings a negative outcome—in the sense of unpleasant—, and also a positive outcome—in the sense of it being a learning experience—. That is why it is said that in fact human beings do not construct laws, what we do is issue rules; we call them *human laws*, but they are rules, because they are repealable, transitory and useful for a given moment.



We have come to planet Earth to develop three inner virtues: Happiness, inner Peace, and Love or Service to others. This development brings with it excellent results in all four fields of: Relationships, Resources, Health, and Adaptation to the environment:



The idea is to use these virtues to interact with what is around us. To learn to be happy, to be peaceful, and to love is the true purpose that has brought human beings to the physical world of matter.

<b>VIRTUES</b>	<b>CHARACTERISTICS</b>	<b>SCIENCE IN WHICH IT IS STUDIED</b>	<b>IT REPRESENTS OR IS DEVELOPED IN</b>
<b>Happiness</b>	0% suffering 100% understanding 100% self-worth	Acceptance	Function
<b>Peace</b>	0% conflicts 0% reactivity 0% confrontation 100% respect	Accepting life with wisdom	Destiny
<b>Love</b>	100% capacity for service 0% resistance 0% fear 100% adaptation 100% commitment	Unconditionality	Mission

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

#### Learning to **be happy**:

- ✓ To learn to be happy we have only to face up to all that we believe takes our happiness away.
- ✓ To be happy we do not need anything outside of us, just understanding and a certain attitude of mind.
- ✓ Non-acceptance is the only cause of suffering; we must stop arguing with reality.
- ✓ It is essential to stop working on others, and work only and exclusively on ourselves, changing what it is inside us that is annoying (the ego) so that it stops doing it.
- ✓ If there is suffering, then just one question needs to be asked: what is it that I am not accepting?; that is where the answer is to be found.
- ✓ Everyone, without exception, has what they need to be happy; however, very few people know how to be happy with what they have.

#### Learning to **be peaceful**:

- ✓ Nothing and no one brings peace.
- ✓ Inner peace is the result of one's own spiritual development, not a gift.
- ✓ Handling peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist, the skill to manage one's own vital energy, and training.
- ✓ If peace is lost, we must ask ourselves: "What am I resisting?; what do I want to change?; who am I blaming?"

## Learning to **love one's neighbor as oneself**:

- ✓ All this requires is to be involved or share time with people whose behavior is very different to our own, to learn to love and respect them just as they are.
- ✓ Love cannot be offended, because it is invulnerable, immutable, universal and neutral.
- ✓ Love signifies total understanding of the Universe; it is a way of being and does not need an "object" on which to project itself.
- ✓ Love is not a force, it is a tool.
- ✓ Love is not a feeling.
- ✓ Love is always giving the best of oneself.
- ✓ If there is a lack of motivation the best thing is to wonder why I am allowing the specific situation to limit my capacity for service, which in reality should not depend on external events.

By developing the three inner virtues excellent outer results are obtained in all four spheres:

- ✓ In relationships.
- ✓ In resources.
- ✓ In health.
- ✓ In adapting to the environment.

In the life experience of any human being five elements are present: purpose, destiny, mission, function and intention.

### **1. Purpose**

There is a purpose of love that brought us to the world of matter; it is the perfect objective of learning two things:

- a) To be happy within oneself, i.e., not to depend on anything or anyone in order to enjoy inner peace and happiness.

b) To love one's neighbor as oneself, i.e., to respect the rights of all beings in the Universe.

And how do we learn this? Here we can see the perfection of the Absolute's educational design. To perform the exercise of learning to be happy within ourselves we need to live in a place, with certain people and circumstances where everything that happens around us is more or less aggressive. In this way we will realize that our problem does not lie in what is happening around us, but in how we relate to it, and the rejection and resistance that we set in motion.

As for the second part, loving one's neighbor as oneself, this means respecting them just as they are, not seeking to change them, not putting up resistance to others. We need to live in a place where the people around us think differently, have varying customs, and create different things. That way, we will learn to love them as they are, without judging them or condemning them. This is how the purpose of love is fulfilled; it is the real reason why we human beings are here on planet Earth.

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

Being happy means experiencing zero suffering about what happens; and loving means offering zero resistance to others. Wisdom is the same as love, not feeling. Those who have love care deeply about others, but they do not suffer; however, those who possess goodness but not wisdom care deeply about others, but they suffer enormously. Those who do not care, the indolent, the indifferent, possess neither wisdom nor goodness.

## **2. Destiny**

This is what we come to learn from the world of matter —how to manage the seven tools of love to attain invulnerable peace—; it is a great opportunity to learn what we are missing.

All of us bring to the world a destiny that is inevitable and highly valuable. Our culture teaches us to try and avoid destiny instead of showing us how to harness it. The key to harnessing destiny is: "You have the capacity to enjoy whatever you do, because that capacity is within you". However, if someone says to their child: "You must always do what you like", this will generate a huge block in them.

Destiny is an educational design whose purpose is to enable human beings to verify and discover information that governs the Universe and its perfect order. It is therefore the best opportunity for transcending all human limitations. Instead of complaining about the difficulties that we face in life, we must take advantage of them as a great opportunity for transcending them; then they will disappear for good. If we do not learn from difficulties, far from disappearing, they will become more complicated, they will persist and they will become permanent.

### **3. Mission**

This is what we can teach in the world of matter. We should enjoy our mission intensely, whether or not it is part of our function.

Our mission enables us to recuperate a large amount of the vital energy invested in the exercise of learning to be happy. Our mission is what we already understand, what we already know; it can therefore be used to serve others while bringing enormous enjoyment.

Both our mission and our destiny are represented in our personality: the latter through our belief system and the former through understanding. As we progressively transmute our ignorance into understanding and wisdom, we will increasingly have a bigger mission and therefore more satisfaction.

### **4. Function**

This is what each individual does to support themselves; it consists in putting all possible enthusiasm, joy and love into what one does, even if it is not part of one's mission.

We know that all living beings have a function within the order of the Universe. It takes wisdom to accept it with joy, enthusiasm, and total capacity for action and service. One's function does not consist in "earning one's living"; living is not "earned" because it is a divine gift. What one earns is what supports this biological entity, this body.

Thus, our support is guaranteed as a result of our function. Those who are happy and enjoy what they do will always have an abundance of resources at their disposal.

## 5. Intention

This is what we want for ourselves or for others. Intention must be directed in a way that does not interfere with the destinies of others nor seek to avoid our own destiny.

Intention is the most complex element for human beings today, because feelings, the idea of kindness and the other ideas that our culture has erroneously conveyed to us lead us continually to try and interfere in the destinies of others. If we were to accept that destiny is something extraordinary and not "bad", that it is the best opportunity we have to fulfill what we came to the world to do, we would stop trying to change the destiny of others.

When a son or daughter wants to fly the nest and their parents object to it, how should we act so as not to interfere? We always want things to go our way. In this case, the parents consider that it is not the right moment for their son or daughter because they do not have a steady job, for example, and they do not want them to leave home. The "I want's" are the cause of suffering. An "I want" is also unconscious selfishness because we want others to be happy doing what we want them to do.

What would be the wise and loving thing to do in this case? To say to the son or daughter: "What matters most to us is for you to be happy and find your way, so we respect your decision. We want you to know that if you want to come back the door will always be open."

In short, wisdom means being clear about our purpose, taking advantage of our destiny, enjoying our mission, accepting the function and holding the intention of not interfering in the destiny of others. All this must be practiced in thought, word and deed.

## Chapter 1. Respect as a tool of love

Respect means using differences to the full as a form of mutual support for interior growth and adaptation. The development of respect is achieved by giving up trying to impose one's own behavior and habits, and invading the territory of others.

We will have absolute peace if we respect everyone's ideas, customs, beliefs and behavior, as well as their right to make their own decisions; i.e., if we give up criticizing, judging, discrediting, condemning and punishing any person for any reason, since we understand that everyone does the best they can with what they know best, and it is not up to us to judge.

*Harmonious coexistence is the result of learning to respect.*

We cannot change others, but we do have the ability to change ourselves to be able to live in peace and harmony. We can always improve our lives and succeed in everything we do, if we are willing to work with the tools of love.

To enjoy excellent relations with others we must always be ready to provide support and value the relationships over and above personal tastes. The theme entitled *Learning to have peace* is very helpful in this respect, because it gives specific examples of the most appropriate communication to improve relations, avoiding aggressive communication.

Relationships with others help us to understand our inner world and give us the opportunity to strengthen the expression of love.

The purpose of relationships is to learn to live in harmony with all living beings and their job is to maintain a balance, enabling individual satisfaction through integration with others.

Relationships are a constant learning process through which we finally succeed in moving from those marked by fear (instinct) and suffering (selfishness), to love relationships (understanding), where there is always mutual satisfaction. We can measure our ignorance and understanding based on the result of our selfish behavior—the behavior which arises from the ego or limitations— or our loving behavior.

The external result that a person can obtain speaks clearly of the internal methods they use to achieve this; it shows whether the person used a false belief

or a true one, which they turned into wisdom. If our behavior is selfish, we will produce totally undesirable results. This is so because this behavior originates in internal constraints, not virtues, which prevents harmonious, loving relationships or behavior from being established.

*Table 1. Results of selfish behavior*

<b>Behavior of a selfish person</b>	<b>Result produced in others</b>
Inconsiderate	Abandonment & Loneliness
Grumbling	Distancing & Annoyance & Weariness
Bad-tempered	Distance
Impatient	Anxiety & Bad temper
Unforgiving	Isolation
Controlling	Rejection & Abandonment
Imposing	Rebellion & Resentment
Hypercritical	Controversy & Distance & Loneliness
Aggressive	Defense
Possessive	Irritation & Separation
Loud	Discord & Displeasure
Stingy	Annoyance & Distance & Irritation

If people have many internal limitations, the best option will be to start working on them, as they cannot exert any influence on others, only on themselves.

If we aspire to creating loving relationships, we must put down our weapons of selfishness and use the tools of love, i.e., the behavior of a loving person. This is what we call *spiritual development*. To the extent that we strengthen our tools and weaken our weapons, we turn into a creature of peaceful coexistence;



otherwise, we will be rather aggressive, and due to the Law of Cause and Effect, that very same law will turn against him.

*Table 2. Results of loving behavior*

<b>Behavior of loving person</b>	<b>Result produced in others</b>
Understanding	Closeness
Respectful	Friendship
Considerate	Admiration
Adaptable	Harmonious coexistence
Thoughtful	Dialogue & Communication
Helpful	Support & Integration
Affectionate	Tenderness
Calm	Peacefulness & Harmony
Patient	Company
Flexible	Desire to share
Neutral	Trust
Joyful	Enthusiasm

The inability manifested by human beings today to interact harmoniously determines the existence of borders, qualities and individual limits that prevent us from adequately using existing resources. This creates an unbalanced and chaotic society, where everyone tries desperately to reach a relatively safe position which enables them to meet their individual needs. Yet we do not realize that the real problem lies within each individual; not knowing how to relate to others, we nullify our possibilities of sharing the existing wealth and finding full satisfaction for our physical, social and spiritual needs, which would bring us peace, harmony and happiness.

The different types of relationships that we human beings establish throughout our lives not only determine the social structure but also enable us to

fairly accurately describe the characteristics of the limitations learned by the human personality. On this basis, relations become an important tool for development, since, as well as being the "building element" of civilization, they help individuals to transcend their own conceptual and traumatic limitations. This is due to the fact that each individual in their constant attempt to find satisfaction in relationships, finally discovers the principles of love —beyond their learned conceptions and limitations— and recognizing *love as the only and true inner guide to reach personal happiness* and the construction of a new civilization where neither personal conflicts nor wars exist.

If we isolate ourselves and do not establish relationships, we can neither know ourselves nor work on our limitations. Thus, relationships with others are essential for personal growth.

$$\text{Peace} = \text{Zero conflict} = \text{Respect}$$

If we increase our peace, our vital energy also increases; this, in turn, enables us to increase our understanding, as we will enjoy greater mental clarity. On the contrary, if we are full of conflicts and we have no peace, we will uselessly exhaust our vital energy and will enter the *area* of mental darkness, so our understanding will diminish. If any of this triad's three elements are missing, balance will not work, since this is a process of continuous movement.

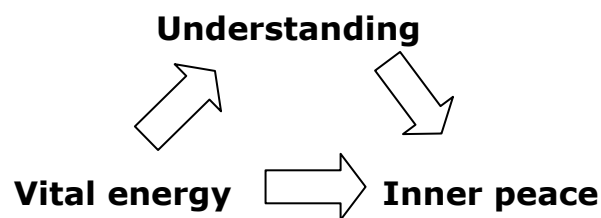


Figure 1. The triad of balance

If we have no understanding, we will have no spiritual freedom or independence; that is, we will be vulnerable. Nor will we have peace, or be able to respect; therefore, we will be full of conflicts. This is the same as saying that if we do not respect, we will not be free in our inner selves, as we will not have understood, and therefore will not be at peace.

Another important function of relationships is to manage *internal vital energy* levels. This aspect can easily be seen in moods that are experienced when

establishing relationships that are based on selfishness and ignorance, or, conversely, when creating them on the basis of love and harmony. The way we manage relationships determines the internal energy levels that we will enjoy. Vital energy is produced constantly within us, and is normally consumed in the different daily activities we have: when we maintain a state of inner peace, we consume less vital energy than the amount we produce, so it increases, which manifests itself in a state of peace, understanding, satisfaction and inner wellbeing that makes it easier to express love. On the contrary, when internal states are in permanent conflict, the consumption of vital energy is very great and so this drops, manifesting itself in states of apathy, sadness, depression, anxiety, confusion, fear, despair, etc. Hence the importance of always managing our relationships (lovingly), from understanding and harmony.

## Chapter 2. What prevents us from respecting?

### 2.1 How to establish relationships of love

Currently, one of the biggest obstacles for human beings to establish and maintain *relationships of love* —and thus achieve true satisfaction, harmony and mutual growth in sharing with others— originates in the conceptual interpretation that each of us makes of the intentions, feelings, attitudes and behavior of others. These interpretations often lead individuals to blame, judge (not respect) and condemn others and, of course, the deterioration of most relationships. And all this happens as a result of not realizing that their interpretations may be far from the truth.

We will now analyze the elements used by the mind to interpret the intentions, feelings, attitudes and behavior of others.

*Table 3. Elements the mind uses to interpret others*

<b>Information</b>	Received from a harmonious social environment or not
<b>Beliefs</b>	They limit happiness and relationships
<b>Traumas</b>	Traces of suffering that prevent peace
<b>Fear</b>	Of losing or not managing to obtain
<b>Knowledge</b>	Concepts learned, not yet verified
<b>Analysis</b>	Conceptual reasoning
<b>Logic</b>	Conclusion from reasoning

We can see from the above table that the elements that the mind uses to interpret the different situations in life and relationships, when we are not trained to live from love, rarely contain real principles of love, such as understanding, acceptance, appreciation, gratitude and respect. Therefore, the interpretation made by the mind is not real; it does not come from love; it does not produce satisfaction and usually deteriorates most relationships. This is resolved when we begin to live from the basis of the true understanding of love.

*We only suffer from our false beliefs and interpretations.*

If we "believe" then we have not verified what we believe. As long we have not verified information, our beliefs will come from ignorance, since we will not even know if they are true or false. Actually, we all have beliefs; the question is how to distinguish false ones from those which are associated to a truth.

*The ignorant mind tries stubbornly to defend everything it believes in.*

The idea of good and evil is closely linked to beliefs; however, the truth is something different. For example, slaughtering cows is banned in India, but not in the West where, instead, it is well looked upon. This is an example of the fact that different beliefs determine how we consider what is "good" and "bad". To free ourselves from the conflict and stop being part of the vicious circle of hatred & revenge & bitterness & resentment & incrimination, we need to understand that truth has nothing to do with belief.

To find out which beliefs are true, we will have to verify them against the internal results they produce —either happiness and peace, or suffering— and also against external results —of relationships, health, resources and adaptation to the environment. *There is only one **true belief**: the one that fills us with peace and makes us happy*, because truth sets us free from suffering, ignorance, disease, conflict, fear, want, etc.

Truth is neutral; it does not interpret, it does not judge, it does not condemn anyone, it does not blame anyone and, therefore, it is absolutely liberating of all conflict. When an event is viewed from truth, it is understood to be necessary, regardless of whether it is listed by some as dramatic, or satisfactory or pleasant. Apart from that, every event is necessary, since if it were not, it would not be able to exist.

The first exercise to keep a balance within us is to understand that external events, as they are neutral, cannot cause us any harm. However, we do, in fact, do ourselves a lot of damage when we interpret events from ignorance. The result is that everyone hurts themselves by interpreting external events or the attitudes or behavior of others, and then blames others. But as long as we blame, there will be no peace or good relations.

If we understand events from truth, we can use them to the full. In other words, if an event confronts our feelings and, from truth, we see it as an

opportunity to learn something new, we will find in it a value and it will cease to be painful or confrontational to become satisfactory, so that we will learn from it. At that point, we will already be seeing life from truth.

True enthusiasm comes when one has enough information to know how to do something, without any beliefs and with wisdom.

*Those who have expectations will find disappointment.*

Expectations do not come from wisdom, only from our ignorance. It is therefore essential not to have them, but to enjoy every moment of life; that is all we have to do.

*The only truth is love.*

If we grow in understanding within love, we will also grow in truth and find inner peace, serenity and happiness; because love and the truth will make us free. Thus, every relationship which is fully satisfying is always governed by the Law of Love.

Any concept that does not come from love is false, a learned limitation which comes from ignorance. For this reason it will always bring dissatisfaction, separation, pain and suffering because nothing other than that can be expected of ignorance.

All the results we get in life come from the Law. Therefore, the only thing which is modifiable and interpretable is the cause that has produced this result. If we change the cause, we can obtain a different result. But what has already been obtained cannot be changed; learning from it is what enables us to recognize the Law.

So, we can say that the results verify the law: they are not interpreted. The interpretation of the causes is the great mistake made by ignorance. This will be better understood with an example: two vehicles have crashed and two people are injured. This result is not interpretable but verifiable. A person or persons made a mistake, and the result is two crushed vehicles and two people injured. But in most cases we will interpret: Who was at fault? Who caused it? What will the punishment be? A wise person does not make any kind of interpretation but says: "There is a result that shows us a Law, and there is simply a need for

learning". From wisdom one can wonder: What do we need to learn? This is really what it means to be in a loving relationship or not.

The origin of something undesirable will always be a mistake which, in turn, is an opportunity to learn something, so as not to do it again. We must try to learn rather than lay the blame or make accusations. In any conflict both parties learn; everyone learns what they lack: the victim, not to blame the aggressor, not to judge, and to discard what he does not need, through acceptance. The assailant learns to respect, not to attack, and to verify the Law of Cause and Effect.

To work on the conceptual interpretation and observe how we interpret life, we are going to judge, or rather assess, two characters. We need to obtain a verdict, and only two are possible for each one: they are either innocent or guilty—in our terms, as there is no culprit, we say he is "not innocent" or needs to accept the result of what he is accused of.

## **2.2 Two ways of forming unsatisfying relationships**

### **2.2.1 Story of the first character, Martin**

Martin is reputed to have been the biggest manipulator who has ever lived. He was the third child of a family of five children. He was a very cheerful, friendly, attractive, very uncomplicated child; he easily won the affection of others, everyone spoiled him and he became the "favorite" of the family. Martin realized he had the ability to attract others, and thought he did not need to work since his parents had money and he simply had to use it and enjoy it.

Martin acted as follows: he never opposed his parents; he manipulated his teachers at school and managed to get excellent grades without studying; he was, then, a model student. He thought about marrying a rich woman and having two children to look after him when he was old. In the end, Martin stayed at home with his parents; he looked after them when they were older and inherited 50% of their assets. The other half was divided among the four remaining brothers.

After he died, he was accused of malicious intent—for trying to keep all the inheritance of his parents—, of falsehood—because he manipulated and tricked everyone around him to achieve his objectives— and dishonesty and opportunism.

### **2.2.2 Story of the second character, Michael**

Michael is the antithesis of Martin. He is an up-standing, honest character who obeys the law and standards; the perfectionist. Things had always to be perfect, or they were not done. He was also born into a wealthy family, as the eldest of three brothers. Michael was totally unable to think of manipulating anyone to make a profit. He was a perfectionist and got angry easily if something was not perfect; he did not allow any mistake to be made by his younger siblings or his parents, and criticized anything that was not well done. He was annoying, since he told everyone a few home truths and always pointed out to them what they had done wrong.

Due to all this Michael had few friends. The relationship with his parents and siblings was bad, since they found him quite unbearable. He was also a model student, and never allowed anyone to help him or do any of his work. As an adult he succeeded in business, thanks to his integrity. He married, had two children and continued to be very demanding; nobody pleased him. He later separated; one of his sons committed suicide at age 18; and the other daughter disappeared. His parents died without him having forgiven them for their lack of character and firmness. His brothers had no more dealings with him and he was left alone.

When he died, he was accused of injuring, destroying, harming and nullifying the life and happiness of others.

### **2.2.3 Evaluation and reflections**

Reflecting on these two characters we can see what we usually do in our conflictive relationships: conceptual interpretations of real events can be enormously varied, the confusion caused within us is great, and our methods of evaluation are confusing. Often we judge, evaluate or interpret from false beliefs, not from true understanding. No matter how long we have taken to gain this understanding; once acquired, we are healed from our entire past. But the problem is to interpret the causes rather than observe the results. By accusing people, governments or circumstances, all we achieve is to show our ignorance.

Think about the stories of Martin and Michael from a position of wisdom by asking ourselves these questions:

1. Are they innocent or not? Both characters are innocent, since ignorance is not a crime. The *innocence of the mental field* can make mistakes, and



the ignorant must learn not to make them. How do we know that this is a mistake? From the results obtained by each person. So, Martin obtained excellent results; when coming to judge the supposed tools he used to achieve these results, we make a mistake in interpretation with our false beliefs. The case of Michael is totally different, but he is also innocent because he thought that by being demanding and perfectionist he would achieve great results, but did not get them because he made the mistake of judging and criticizing everything everyone else said or did.

2. Was his intention good or "bad"? Everyone has good intentions; no-one does things badly on purpose as everyone does the best they can. Martin's apparent "bad intentions" are simply interpretations of our own; he did not have them. He may be accused of obtaining everything without working; that comes from wisdom, as this is simply a question of meeting a commitment while thoroughly enjoying oneself. Martin provides a service to his family and obtains satisfactory results. For his part, Michael has good intentions, as he wanted to do everything perfectly and tried to get others to be as perfect as he was.
3. Do they deserve to go to "heaven" or "hell"? If we had only seen the results, we would realize that Martin achieves an extraordinary life, which we call "heaven", as he learned to express his values, at first unwittingly, and then with greater understanding, and the means he used were all loving: he never fought with anyone but rather collaborated, supported, served, and committed himself. In contrast, Michael goes to "hell" since the results obtained show that he "did not know"; he did not learn what life was teaching him. Therefore, he remained in the lower *triangle* of the Laws of the Universe, known by the name of "hell" with the learning still pending.

Hell is actually what each of us creates within ourselves in situations we do not understand; these confrontational situations occur in the early stages of evolution, which is what we call the *lower triangle*.

The Laws of Affinity and Cause and Effect are derived from the Law of Correspondence. The first basically says that what we store in our interior is what we will find outside— love with love, violence with violence. For its part, the Law of Cause and Effect means that everything that is thrown outwards comes back with the same burden as it was thrown out with.

*The result we obtain shows what we have inside.*

The Law of Correspondence, for its part, says that everything is in its rightful place, and that every event has its place and a specific event in the Universe corresponds to it. Therefore, we reap what we sow where we live and in the experiences we have daily. Absolutely everything that happens in the life of a human being has been created by himself, and he will not have to blame anybody for this, not even himself. If we have produced certain events, we have done so for the purpose of learning and discovering the laws that govern the Universe. Therefore, we do this from a need to learn.

Until we understand this, we will continue to have troubled relationships which arise from conceptual interpretations. This consists of changing what we do not understand and accommodating it to what we "want" to understand, and we human beings have a great ability to do this.

In our examples, Martin verified the Law of Harmony, and followed the principle of love that governs satisfactory results. Therefore, he could become a teacher and teach what he discovered. For his part, Michael verified the Law of Evolution and the presence of the *clash of opposites*, —which is very confrontational— and became aware of his own ignorance. Therefore, to come out of this, he needs to learn in the *lower triangle* (or hell).

The Law of Evolution allows mistakes, and that of Correspondence determines where, when and under what circumstances the mistake is made. The first designs the learning processes and the second places the person in the "first grade", "second grade", etc.

According to the Laws of Affinity and Cause and Effect, if we are full of hatred, we will find violence externally. This effect will multiply, since from this correspondence comes the culprit: if we believe that there is a culprit, we will think about the punishment and the need for justice, and this in turn will generate revenge. To come out of this vicious circle and change the correspondence we need to totally and definitively renounce responding to violence with hatred and hatred with violence.

The results enable us to verify these laws. Whether the result is satisfactory or not, the question that everyone needs to ask themselves, from wisdom is: "What did I do to achieve this result?" And if this is satisfactory, the next question will be: "What can I do to repeat it?" If it is unsatisfactory, the question will be: "How can I learn not to repeat the same mistake?"

When someone, or we ourselves, make a mistake, we need only to ask ourselves one question: "What do I learn from my own or another person's mistake?". In contrast, the question: "Who's to blame?" leads to disaster, since assigning blame only leads to punishment, and this in turn to violence, resentment, hatred and revenge. This explains what is happening on the Planet; it is not possible to resolve relationships where there is a culprit, punishment and aggression.

Most of us, instead of using self-assessment, which gives excellent results, use self-deception. We use this because we think we know what others need. But if we do not even know what we need ourselves, we will know even less what others need. The subtle self-deception of the ego comes from thinking that we are "good" and therefore we think of others, and act on behalf of others. But the truth is that we do it for ourselves—either to seek approval, or so that others recognize our own values; and, of course, since we love to "serve" others. The typical phrase might be: "I'm right, and I think about others because I know what's right." But how can we know what is right if the result itself shows otherwise? Results are a much better indication than we think.

Another delusion is to think that we can help others to change. We can provide them with information or tools but it is others who change themselves: we ourselves cannot change anyone else. We need to accept other people as they are.

Another self-deception lies in the belief that we would be happy if everything was done the way we say. In fact, the ego cannot be satisfied, since it always wants what we do not have and, no matter how much we have, we will invent something that is missing.

It is also a form of self-deception to believe that you can bring happiness to others or that others can make us happy. On the contrary, we can learn to be happy by ourselves and to share happiness with others, but nothing more. "My happiness depends on myself only."

As we intend to learn to establish relationships with a high level of satisfaction with all beings in the Universe, the first being we need to learn to build this kind of relationship with is ourselves. If we have nothing inside, we cannot offer anything to anyone. The process begins with our own mindset.

## Chapter 3. The origin of human behavior

Human behavior originates from three different internal archives that we can learn to recognize and consciously manage. Behavior can be classified as follows:

- 1. Natural behavior** (survival and selection). This is termed *innocent*, since it is based on the role of instinct; this is expressed through the selection of the best qualities and the genetic match for procreation, and its fundamental purpose is to *sustain life*. In the field of relationships, this behavior is basically insensitive to the needs of others: the individual is concerned only with himself, so we interpret him as being selfish. This is, therefore, purely instinctive behavior, which has to do with survival, and is unconscious, automatic and devoid of feeling.
- 2. Learned behavior** (cultural and intellectual condition). This is called *ignorant*, since it is based on constricting traumas acquired by experiences which are not understood, and in all kinds of learned knowledge but not yet verified, which the intellect experiences through analysis, research, conclusion and obtaining results that can be verified as understanding. Its main purpose is to *experience life*. Learned behavior makes relationships more difficult due to their interpretive nature, which leads to conceptual assumptions and beliefs; this leads the individual to develop a certain susceptibility associated with feeling.
- 3. Correspondent behavior** (level of consciousness). This is called *conscious*, since it is based on an understanding of the different aspects of life and levels of development, as well as the recognition of the Laws governing the Universe and Life itself. Its main function is the expression of love, through which the limitations arising in the other two archives are overcome. Its main *purpose is to understand life*. Relationships based on "correspondent" behavior function smoothly, without any mishaps and achieve amazing levels of human and social satisfaction, since this brings the full development of acceptance.

In the table on the next page, the left-hand column lists the permanent characteristics; the temporary ones, i.e., which we can transcend or stop using; what the results are; the way to recognize the presence of each of these archives internally in ourselves; and what the features of their organization are, i.e., the starting point for the information organized by each center.

Table 4. Evolution of behavior through human beings' internal archives

<b>Instinct (Genetic file)</b>	<b>Learning (Personality)</b>	<b>Understanding (Spiritual part)</b>
Maintaining life	Experiencing life	Understanding life
Physical balance	Investigating the Laws	Recognizing the Law
Compatibility & Attraction	Analyzing & Interpreting	Knowing how to get results
Selection & Adaptation	Conclusion & Logic	Verifying the Law
Making most of moment	Expectation & Disappointment	Appreciation & Gratefulness
State of alertness	Anxiety & Stress	Security & Peace of Mind
Being irritable & Fleeing	Mistrust & Loneliness	Confidence & Integration
Territoriality	Individualism	Sharing
Aggression & Defense	Controversy & Fanaticism	Corresponding action
Possessiveness	Exclusivity & Attachment	Freedom
Physical desires	"I wants" & Frustrations	Acceptance and obeying Law
Fear	Trauma	Inner peace
Possessing or subjecting	Competition	Participating and serving
Living or dying	Winning or losing	Permanent integration
Automatism	Judging and condemning	Understood decision
React	Criticism & Bitterness & Guilt	Accept & Internalize & Act
Pain	Sufferance	Enjoyment
Pleasure	Satisfaction & Pride	Happiness
Emotions	Feelings	Love & Harmony
Sensations	Passions	Admiration & Ecstasy
Genetic	Cultural & Learned	Corresponding understanding
From birth	Acquired personality	Trained consciousness (internal)
Innocent	Ignorance & Beliefs	Verified truths
Flock	Society	Fraternity & Brotherhood
Unconscious law	Rules & Agreements	Recognized Law & Unanimity

The conclusion drawn from this is that if we do not overcome the transitory characteristics of instinct and personality, it is unlikely that we will succeed in building relationships of love.

Furthermore:

1. Instinctive behavior (an animal characteristic) dominates a person when the person has not yet developed another archive or higher centre that could guide new behavior. When the personality archive or learning centre is activated, instinct should be reduced to its basic permanent function, that is, producing and sustaining life; but this does not occur, since what is learned is not able to understand the basic Law of Nature, so it introduces concepts of how to maintain life within its pattern of learned behavior.
2. When the lower centers (instinct and personality) become the "leaders" of behavior, life becomes a permanent inner conflict which is reflected in disharmony in relationships. This will always be the result of aggression, defense and conceptualization. Learned (conceptual) behavior and the result of dissatisfaction and suffering is inevitable as long as the archive of the higher centre of understanding (consciousness) remains non-operational, even if only partially. When this happens, the center of learning is reduced to its basic function: to experience life and obtain verified results to nurture the development of consciousness.
3. Behavior which is correspondent with the Law and also with harmony has as its centre of control the archive of understanding (consciousness); this is not unaware of the importance of the other two centers in their basic complementary functions, for the development of understanding. However, human behavior originates in other centers that do not have the information or characteristics necessary for the expression of love. Therefore, until we achieve behavior based on the centre of understanding, people cannot find happiness in their relationships or satisfaction in life. And just as we cannot express feelings through instinct, it is not possible to express love through concepts and interpretations arising from ignorance either.

*If our centre of control is not the archive of understanding,  
we can never experience happiness.*

As long as we have a body, the permanent characteristics are constant and we need to address them with wisdom, from understanding. Temporary characteristics are necessary until we have developed sufficient understanding; then we will stop using them. This is because everything that is not perfect is temporary, and the only thing that is eternal is perfect.

Physical desires, which are normal and natural, become "I wants" and frustrations on the mental level, and accept and obey the Law in understanding. We human beings obey the Law of Nature as regards maintaining life; the Law of Harmony in relationships; and the Law of Love in respect.

Instinct is not a conscious archive but a purely automatic one; it reacts instantly to any external, positive or negative stimulus; it is not rational. In contrast, judging or condemning is, indeed, rational, but is associated to false beliefs. This is what makes up the personality, since each archive has its equivalent in another which is superior to it.

Thought, which comes from wisdom, should be a voluntary tool, not an automatic one; this is why we call it voluntary, directed and sustained thought, and in this way it transforms the mental field.

The voluntary repetition of a procedure creates a habit. The ultimate goal of this process is to develop the habits of peace, coexistence, respect, non-reaction. But that is after going through a voluntary process; if this is left "on automatic", our behavior will remain instinctive or learned & cultural.

As for the results, instinct reacts with pain when the body is injured; this is its defense for the body. For its part, the mental field reacts with suffering; that is the defense of the ego. Lastly, in understanding there is no possibility of suffering but a decision to enjoy every experience in understanding; that is what keeps the structure of love within us.

Feelings, just as they move automatically towards the positive side, can also move to the negative side, depending on external events. What does not show any degree of oscillation is understanding. When we understand that we direct our feelings ourselves, and that they are not determined by what happens outside ourselves, they cease to be automatic and become voluntary.



Along the *same lines as understanding, peace & love & happiness* are voluntary thought and behavior. This is a question of us voluntarily being able to take a decision or create a feeling or positive emotion "from above". However, if this happens "from beneath" it will be automatic and therefore subject to duality.

Feelings are associated with beliefs. Thus, if our own beliefs lead us to believe that something is good, the resulting feeling is satisfactory; but if the opposite happens, a negative feeling will be produced. In short, feelings are a great tool for self-knowledge. However, on reaching the level of understanding, there is no more feeling, only the voluntary decision of wisdom.

We will see now what the procedure is for disposing of the characteristics of instinct and learning that they are transitory, as are their results. This can be done through three techniques:

- 1. Wisdom information.** This has to be sufficient, efficient and timely information. In order that we are ready to receive new information —since human minds are new but the culture-based information is very old; a few thousand years old— we need to reach a state called the saturation of suffering. When we do not want to suffer any more, our mind opens up to new information to overcome that suffering.
- 2. Mind reprogramming.** Once the mind is filled with information which is verified by ourselves as individuals, we will use it to re-program, which will totally change our mindset. This is what is done with voluntary thinking, directed and sustained, using verified information. We should observe how we talk to ourselves, since verbs and thinking constantly re-program the mental field. We should treat each other with love and if we make a mistake, say: "I'm getting better, next time I'll do it better."
- 3. Desensitizing feeling or trauma.** This enables the person to remain free: when we manage to remember the trauma without suffering, we are cured.

We all have some level of understanding. Encouraging it to manage our relations on the basis of love, peace and happiness will provide the highest level of satisfaction in our relationships.

Managing our instincts is achieved through mental reprogramming, while managing the ego is done by agreements directed from understanding, and mental flexibility.

As already mentioned, the codes of instinct are automatic, not rational; i.e., they have nothing to do with the mental field. People do not decide to fall in love; they may decide to establish a relationship, but falling in love just happens. Then, from the mental field, they have to decide what to do with what has happened, following their instinct.

Consequently, relationships are not built from instinct; if this were the case, they would not have a permanent basis but a temporary one. Instinct is not able to maintain a relationship beyond three years, and we, as people, want to build relationships of love in order that they are stable.

Therefore, a relationship of this type (permanent and stable) must necessarily arise from an understanding of the mental field, a conscious decision. Look at the following example: a person makes a commitment from the field of understanding; this commitment is valid for those who have acquired it by mutual agreement and therefore it has a value and people who have acquired it are willing to be loyal to it. Someone may experience twenty crushes at the same time but will not pay any attention to them; they will simply see that it is normal that their emotions, spontaneously and naturally, just as they become heightened, also return to an equilibrium and that is all that happens. It is understanding that decides not to break a commitment because of a temporary situation caused by instinct and genetics; although it is true that it cannot deny that the situation exists.

It is not necessary to cut short the experience; we simply have to let it pass of its own accord. The cycle of falling in love is temporary, and this is one of the main problems for most couples, who think they will be in love forever. That is not true; it comes from false beliefs. Love is for one's whole life, not relationships—because if a person has loved, they can never stop loving, regardless of whether or not the relationship still exists. When we say we have "run out of love," we are not telling the truth; we have run out of affection, feeling, but not love, which is permanent.

Nor is it true that we suffer because of love: we only suffer because of our feelings, due to personality and ego. So, when we talk about love we refer to something that is beyond human conception, which extends only to the level of belief; from there it is pure understanding. There is no concept.

In short, all relationships will be healthy if we establish them on the basis of clear agreements. We can seek to supplement our lives in different ways, through

different types of relationships: friendship, integration, partners, brotherhoods, a couple, etc., but there must always be an agreement between the parties.

### **Mistakes that harm relationships**

- ✓ *Aggression*, which usually originates in our instinct to defend ourselves.
- ✓ *False beliefs*, that originate from learned culture.
- ✓ *Assumptions*, which are based on personality.
- ✓ *Spontaneity*, which also comes from personality. Usually, if something does not arise spontaneously, people do not value it.
- ✓ In general, all *automatic reactions* are destructive to relationships, since they generate guilt, bitterness, resentment, over-sensitivity, etc.

The solution for getting rid of all this is to reject aggression, assumptions, automatic reactions, spontaneity, ego, guilt, resentment and susceptibility. What are we left with then? With understanding.

### **Behavior that improves relationships**

- ✓ The *ability to love others* by serving them; committing ourselves to them; reaching clear and precise agreements with them.
- ✓ The *modes of behavior based on the seven tools of love* provide excellent results:
  - **Accepting:** we give up trying to oppose or change others and accept that we can be happy, regardless of the behavior of others.
  - **Acting:** we give up attacking others in thought, word or deed.
  - **Adapting:** we stop fleeing from where we are or the situations that we have to experience.
  - **Thanking:** we reject suffering in the face of difficulties.
  - **Taking responsibility:** we give up blaming since no-one is to blame for the experience we need to live through.

- Respecting: we give up criticizing, judging, condemning or punishing.
- Valuing: we give up complaining about what we have.

With these tools loving relationships are built, since the seven relinquishments weaken the ego. In any event, handling these tools requires constant training. The proposal we make is to do mental reprogramming with these tools and give them up.

From the archives of understanding we can leverage relationships as an extraordinary opportunity to learn to love, be happy and respect the experiences of all others.

The process of harmonious and peaceful coexistence between human beings depends on each of us acquiring the ability to respect differences rather than trying to change others. Our capacity to love appears when we respect limitations, when we realize that we learn from them, without coming into conflict, only knowing how to reconcile and accept these.

In the case of a relationship, at first we see many virtues in the other person. But it is wise also to observe what their limitations are defects are; the mistakes that typically human beings make. So one must ask a simple question: "Can I handle this?" If the answer is no, then we should not establish a relationship with that person, as that will mean a real conflict. But if the answer is yes, this will indicate a capacity for acceptance, reconciliation and respect for differences, and so, this way, relationships *can* be built. If this is also mutual, then it will be exceptional.

## Chapter 4. Breaking down limitations

When we try to relate to each other from our fears, resentment, guilt and attachments, our relationships will be disastrous. Therefore, to find true happiness we need to rid ourselves of the constraints arising from our ignorance and begin to relate to each other from understanding and love.

To get rid of internal constraints that do not allow the expression of love, it is essential to understand a few simple philosophical principles about the purpose of life for all human beings; this is nothing other than having an experience in our personality, which leads us to understanding why all the events that happen in our lives actually take place. That is, learning to be happy with ourselves to obtain peace of mind, and to love our neighbor as we love ourselves.

Let us break down the false beliefs to replace them with the following truths:

1. *We ourselves create danger from our ignorance.* Is it dangerous to fly a plane? If you know how to, it is not. Rather than dealing with what there is, we just have to work to escape from ignorance; then the danger will cease to exist. In fact, the danger is ignorance combined with a situation which we do not know how to handle. There are no dangers, only people who simply do not know how to do something.
2. *We produce disease ourselves.* Our bodies are given to us by nature, and they get sick when we, as individuals, decide to attack them with our thoughts, resentment, guilt and/or attitudes of rejecting life. We become ill because we move away from the Law of Nature by rejecting life, thinking badly of things, filling ourselves with bitterness and suffering; because all this weakens the immune system. We can avoid this by placing ourselves within the order of the Universe and always thinking the best from love. We must also know that there may be so-called diseases of "destiny" or "karmic" diseases which do not originate in negative thoughts but rather from a plan designed for self-improvement; of correspondence.
3. *No-one can lose what they need for experiencing life.* Experience is the product of our decisions, actions and attitudes. The experience that leads to understanding is the goal of life, and certain circumstances correspond to this in order that we can experience them. Since it is not possible to lose the elements necessary for experience, it is useless to waste time, life,

energy and health becoming attached to, holding on, protecting and defending everything that is already part of ourselves, blaming others for decisions we take, or blaming ourselves for learning experiences that we necessarily came to understand.

What can we do in order that what we need is increasingly satisfying for our lives? The answer is: value everything we have and what life gives us, whether this is material wealth, relationships, knowledge, health etc., because those who complain about what they have are on the way to losing what they need.

4. *Nobody does anything for us, what happens to us is what we decide ourselves.* Sometimes we are the instrument for other people to experience what they themselves design; sometimes others are instrumental in us experiencing what we ourselves design. We should not blame others for our own designs; they are our very own, nobody else's. Understanding is making our relationships with people and life easier.
5. *We have not done anything to anyone; they decided it that way.* The Generation Law explains these last two sections: under this Law, "no-one has ever hurt me. Everything that has happened in my life before, what's happening now, and what will happen in the future is something that I, and only I, produce. And just as no-one has ever hurt me, I haven't hurt anyone." Understanding this would enable us to completely eliminate from our lives bitterness, resentment, hatred, the desire for revenge and more than 80% of human problems, knowing that in theory problems do not exist but are growth opportunities which might seem distasteful to our ego.

We can recognize the existence of two types of human beings:

1. Those who, in their **ignorance**, live as slaves of fear, resentment, guilt and attachment.
2. Those who, from **understanding**, live free in acceptance, decision to act (accepting the consequence of their decisions) and love (reaching agreements).

Table 5. Ignorant human beings

<b>Ignorant human beings</b>	
<b>Fear</b>	Of losing what they have and not getting what they want
<b>Bitterness &amp; Guilt</b>	From the harm done to them or which they did, or due to the injustices of life
<b>Attachment</b>	To people because they need these to feel good. To things because they need these for their comfort.

Table 6. The change towards understanding

<b>Change of attitude to life</b>	
Fear is driven away by ...	<b>understanding</b> life
Bitterness and guilt are driven away by ...	<b>acceptance</b> of experiences
Attachments are driven away by ...	<b>love</b> , by sharing life

Table 7. The conscious human being

<b>Conscious human beings</b>	
<b>Understanding</b>	Of what they are, what they have, and what they need
<b>Acceptance</b>	Of others' experience and of their own Of life, as it gives them what they need
<b>Love</b>	Of others because of the harmony they share Of things because of the purpose they serve

What is *resentment*? It is believing that someone hurt us, and blaming that person for what we do or feel. And *resentment*? This is the belief that an external situation affects us. And what is *blame*? It means believing that we have hurt someone. And *susceptibility*? It means thinking that we are likely to be offended, angry, and that we have to "walk on eggshells". What is *hate*? It is thinking that someone has caused us a serious problem and we want revenge against them.

In short, what is all this? It is blaming others —because what we feel depends on ourselves, our beliefs, not on what others do or say. If we understood that, we would remain in a state of extraordinary peace and would begin to accept our lives.

*We should not blame others, nor blame ourselves;  
we only learn what life teaches us.*

The definition of **forgiveness** is as follows: giving up revenge for what we "believe" was done to us. As for **mental cleansing**, this is understanding that others have not done anything to us, just that we were at the receiving end of another person's or other people's mistake. We have to thank them for what they enabled us to learn. Remembering with gratitude, instead of suffering, is an attitude of wisdom.

The ego needs to forgive and be forgiven, but not love. The ego loves to be apologized to, since it believes that it has been offended by others. If someone said to a Master: "Sorry, Master, because I have offended you", he would answer: "I cannot forgive you, since you have never done anything to me and I have never felt bad about you; however, I can understand what you say and accept that you do not need to feel bad". A Master does not get offended. But if you say that to the ego, he will answer: "I love the fact that you have acknowledged your mistake". The important thing is that we should know whether we are working from the ego or from love.

Everything is within us and depends on us: it is in our own hands. Nobody is to blame for what happens to us or how we feel. And blaming ourselves is wrong. We interpret, from the ego, what other people do. If we do this wrongly, we are filled with suffering, anguish, fears. Why? Because we are blaming others. Of course we could stop doing this, and interpret this from love; from truth; and not



suffer. It is us who decide to be in conflict with life or flow with it in harmony. It is us who are the ones who decide to think negatively or within love.

Each of us determines exactly how we think, act and feel, and this creates a two-way response or correspondence between life and the outside world, which we produced ourselves. If this correspondence is not satisfactory, we can change it by changing our way of thinking, feeling and acting.

**Detachment** is a question of letting go, not complaining or blaming.

Why do we cling to a person, a place, a job, or material goods? For fear of losing, since we believe that these elements, relationships or people make us happy. But it is precisely our fears that do not let us be happy.

Now that we have this new information which comes from wisdom, we will use *reprogramming* to "install" this in our mind. In order to do so, it is necessary:

- ✓ Mentally repeat the information.
- ✓ View a fact in the light of that same phrase.
- ✓ Feel, by doing it.

After reprogramming comes the time for everyday experience, training; this way, the mind begins to accept and verify information.

If we want to re-program our minds, it will give us excellent results if we record the *phrases of wisdom* and the *seven tools of love*. The phrases we want to put into our minds are recorded and placed near the bed, on a DVD, and set to come on more or less one hour later, or when we calculate we will be asleep. Then the mind begins to listen, and the information penetrates more easily into the unconscious than when we are awake. It is important, in any case, that the phrases are spoken in our own voice, so that it is our own understanding of ourselves that is installed.

Whatever we decide to do voluntarily —which is different from what we normally do—will change our personality. Merely changing our speech transforms our personality, and that is what we are looking for to learn to respect without judging and achieving excellent relationships. This is because those who express what is best express the truth; and *expressing the best* means recognizing the qualities of love in everyone. The wise focus directly on the values which they recognize in people and express these to them, while the ignorant focus on limitations, and this is what they express.

## Conclusions

The following conclusions can be drawn from this theme:

- ✓ External peace is the result of respect.
- ✓ There is no bad will.
- ✓ Only the ignorant dare to judge and condemn, due to their mental limitations.
- ✓ Interpretation brings suffering since we interpret from misconceptions.
- ✓ We can be happy with others if we accept them as they are, respect them, do not attack, overrule or blame them; then it is possible to have excellent relationships and enjoy harmonious and peaceful coexistence.
- ✓ Judging, criticizing, condemning and punishing produces low self-esteem, bitterness, hate and resentment,
- ✓ Loving relationships cannot be established on the basis of interpretations which come from ignorance.
- ✓ There is nothing to judge, there is only a great deal to understand.
- ✓ Love is learning to respect differences.

We should not believe just anything; we should not take anything for granted or as a fact; we must practice and verify whether in our own lives this information works and produces satisfactory results.

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

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

# Training exercises

## Mental reprogramming for respect

Learn these phrases of wisdom:

- ✓ *Respect everyone in their ideas, customs, beliefs, and behavior, as well as their right to make their own decisions.*
- ✓ *I renounce criticizing, discrediting, judging, condemning and punishing people for any reason.*
- ✓ *Everyone does the best they can in the best way they know how to, and it is not up to me to judge them.*
- ✓ *I choose to love and respect all living beings, recognizing the perfection that each manifests.*
- ✓ *I decide to fully respect the experience of others and gain their trust.*

Observe your thoughts, words and behavior.

Avoid criticizing, discrediting, judging, condemning or punishing others. This way each day we will achieve more harmonious and peaceful relationships.

If we want truly satisfactory results in our lives, we must give up working on others, and concentrate on working on ourselves.

We cannot build a new life on top of old concepts.

If we always do the same thing, with the same attitude, we will always get the same results. Change the information, change the attitude and you will change the results.