Glossary of Terms

This glossary lists the terms used in the Foundation's materials, along with the specific definitions assigned to them in this context. Some of these definitions differ from common usage or from the definitions found in dictionaries, so we recommend consulting it as a reference when reading the Foundation's materials.

The glossary was compiled to establish precise language for topics related to inner development and to make it easier to understand the principles that form the basis of the teaching.

TERM OF THE DAY

Understanding

The ability to recognize the existence of the Law and to obey it. It represents the evolution of the human being, freeing them from suffering and conflict. It sets the mind to work to seek answers, using verification tools. If one wishes to reach acceptance, it is first necessary to deeply understand the Laws that govern the Universe and the principles that regulate relationships, as well as to know that everything that happens in the Universe is perfect and necessary and has a purpose of love, directed specifically toward the experience that each person needs to live. Understanding is identified with wisdom, love, and spiritual development.

All terms

The 232 terms in the glossary, from A to Z.

A

Absolute

The point of eternity, the zero point, where there is no before or after, no beginning or end, and no limitations of any kind. It is located in the 40th dimension and contains all the information in the Universe. It is God. It is also called the “Absolute Essence of Being,” the “Eternal Unmanifest,” or the “Unmanifest Absolute.”

Abundance

The natural state of the Universe, characterized by the capacity it grants to offer those who possess it everything necessary for the perfect growth of their souls. The capacity to have everything necessary to be happy, and to be happy with what one has. Growth that occurs both individually and collectively.

Acceptance

A deep understanding of the importance of not resisting the events that unfold in the external manifestation. This understanding includes the knowledge that everything that happens is perfect and has a purpose of love. When you accept, you are contributing to your own spiritual development. Accepting is different from agreeing, and also from resigning yourself.

Acceptology

A “science” that studies acceptance as the foundation for the inner liberation of the human being. Acceptance unfolds within the order of the Universe, governed by its Laws. Acceptology is the “science” that enables inner liberation from suffering by following the order of the Universe.

Act

Doing the best we can in every situation, renouncing aggression in thought, word, and deed.

Adapt

Understanding that the place and circumstances we find ourselves in are perfect for our learning. This understanding allows us to enjoy them and let go of the struggle.

Affection

Energy that is generated within us and that we radiate in situations that embody harmony. Where there is no harmony, there is no affection.

Aggression

A mental limitation resulting from ignorance.

Agreement

A commitment that we are willing to honor voluntarily.

Alchemy (of Thought)

The “science” of inner transformation, or a technique for learning to think. It leads us from ignorance to wisdom through voluntary, sustained thought, directed with information of love.

Analysis

A characteristic of one of the functions performed by the left hemisphere of the brain. The detailed examination of the various stimuli carried out by our mental body.

Androgynous

An essential characteristic of our inner nature, consisting of the union of the traits of both sexes in one person, where everything that is not physical is a perfect androgyne. This is the case with our mind and consciousness, which can voluntarily adopt both feminine (receptive) and masculine (transmitting) characteristics.

Angels

Innocent, non-physical beings who work on our thoughts and inspire them in us.

Appreciate

To appreciate the result obtained from an activity; to enjoy intensely everything you have and everything you do; to express only the virtues of others.

Attachment

An inclination of the human being based on the fear of loss. It is sustained by the false belief in owning or possessing things and/or people. Both beliefs are born of the ego. In reality, we own nothing and no one.

Authoritarianism

It involves imposing one's own customs and ideas on others; therefore, when someone is authoritarian, the other person is not allowed to take charge of or value their own life. It leads to self-neglect, dependence on others, low self-esteem…

Authority

Moral strength grounded in truth; it should not be confused with authoritarianism. A person's authority is shown by example, because they know how to achieve results.

B

Bad guy (the)

A person who doesn't care about others and doesn't suffer. We call the mistakes of ignorance evil, so an evil person is an ignorant person without feelings.

Beasts

Human beings who behave in an instinctive, irrational, and aggressive way.

Belief

Information that has been learned but has not yet been verified. A subjective, internal conception of one's own mind. It does not usually generate satisfaction or happiness.

Blockage

A situation that arises when a person acts outside the Law, or when there is no congruence between what they think, what they say, and what they do.

Boss

A person who orders, commands, imposes, compels, punishes, and sanctions. This is different from a leader.

Brotherhood

A deep bond in human relationships, comparable only to true love; it has nothing to do with “blood” siblings.

Businessperson

A person who knows how to generate, manage, and sustain resources and, for that very reason, can create opportunities for other people who are learning.

C

Caress

A nutrient that strengthens the immune system; a natural way to generate inner energy.

Centaur

A level of human development in which behavior is sometimes instinctive and sometimes rational.

Chakras

Internal energy generators that govern the balance of the biological entity. This balance depends on how one thinks and acts. There are seven main chakras.

Character

Part of a person's personality that develops throughout their life based on their individual experiences and the culture in which they are immersed, encompassing both what is innate and what is learned through social experience. It can be modified.

Charisma

A gift that enables a person to do what is appealing to others in some way.

Charity

A deep understanding of another person's suffering and the ability to provide the information needed for that suffering to disappear. Charity gives the other person the information that allows them to transcend their difficulty. Information, unlike help, should always be given when the moment is right.

Coach

A person through whom we are given the opportunity to learn to love, to be flexible, to adapt, to respect… usually through situations we interpret as difficulties.

Commitment

The ability to share one's own inner values, without any restrictions or conditions. It involves no obligation whatsoever, because it is a behavior one decides on for oneself.

Compassion

The understanding that the experiences we go through are neither good nor bad, but rather opportunities for learning. Therefore, if we have compassion, we do not feel pity, anguish, or suffering; rather, it is about understanding the cause of another's suffering.

Compatible people

Those with mental flexibility, who easily come to an agreement despite having different tastes, beliefs, and customs.

Conscious limitations

Everything that has been learned but not yet verified, such as culture, knowledge, concepts, ideologies, habits, rules, etc.

Conscious observation

Observation that avoids acting automatically; one observes thoughts, feelings, emotions, sensations, relationships, circumstances, difficulties, satisfactions, indecisions, reactions, decisions, actions, etc.

Consciousness

A faculty or characteristic of the human being that allows us to know ourselves and understand the Laws of the Universe and of life. Thanks to it, we can verify the truths of life and transform false beliefs into understanding. The Akashic field, in which we are all connected.

Corresponding With, To Be

Having done inner work (or not) leads a human being to experience (or not) certain situations that contribute to their spiritual growth.

Corruption

Activity outside the Law carried out by people who believe they hold rights that they do not actually have.

Creativity

An excellent teaching tool that is worth awakening at any age, not just in childhood, and that builds what already exists in a different way.

Culture

The successive transmission of crystallized concepts that keep producing the same result, usually a negative one.

D

De-sensitized

A person who has completed the process of desensitization. Such a person is characterized by a capacity to serve and an inability to suffer; they do not suffer because they understand that their spiritual development passes through the difficulties/opportunities of their destiny.

Decoding

A mental cleansing exercise that requires a certain intellectual development in order to dismantle the negative programs installed in us in childhood. It is also called recoding or mental transmutation.

Depression

A mental state produced by a drop in vital energy.

Desensitization

A process in which feeling stops dominating and gives way to obedience to the Laws, especially respect and acceptance, so as not to interfere.

Desire

A longing to satisfy a craving; the term is used for everything related to a need posed by the body, to distinguish it from something we “want,” which is related to the mental field.

Destiny

An instructional design aimed at learning what one does not know. A need, specific to each person, to face certain difficulties/opportunities in order to grow spiritually. Once understood, destiny becomes a mission.

Difficulty

An opportunity for spiritual learning; an obstacle to overcome; it resides within people and is caused by a lack of information or training. (See “Learning opportunity” and “Problem”).

Dimensions

Magnitudes that serve to contain a certain vibrational frequency and, therefore, a different amount of information. They can be divided into physical (3), mental (6), spiritual (30), and the Absolute (1). That makes 40 levels, although we must remember that the division is merely a guide.

Disciple

Someone who has already received information revealed by the Masters and begins to verify it through results. The disciple accepts (that is, obeys the Laws of the Universe) and takes charge of their life.

Disloyal

A person who commits to something they cannot fulfill. Being disloyal means breaking agreements one has committed to.

Disobeying

To break imposed rules.

Divine Spark

A particle that emanates from the Absolute; a particle of light and energy.

Divine Word

It is the thought of God, the creative thought.

Doing good

Setting an example of neutrality and respect in all situations; providing information rooted in wisdom.

Drama

A situation that one handles out of ignorance or feeling, instead of through understanding.

E

Edible

Anything you can put in your mouth, even if it isn't nutritious.

Education

Information that fills the mind of the human being, usually from childhood. If this information is one of love, it will make it easier for them to adapt to the world.

Educators

Those who design the processes through which our consciousness develops.

Efficiency

The ability to fulfill a mission. It belongs to those who have a planned, not spontaneous, organization and use the appropriate information to carry it out.

Ego

A file of ignorance and suffering; learned limitation; excessive and subjective regard for oneself.

Emotions

Automatic, essentially instinctive psychophysiological reactions resulting from the presence or absence of people or things; they can involve attraction or rejection, and can be pleasant or unpleasant.

Enemy

The label that culture gives to anyone who radically opposes you. In reality, enemies do not exist; there are only different people who should be respected and loved.

Error

A cultural concept referring to a mistaken judgment, something that doesn't work. It is part of our learning process for discovering the Law, so it is always an opportunity to learn.

Evaluating

Learning to recognize the value of every result.

Evil

Absence of good. In our culture, an abstract idea of whatever departs from what is good or just. It is a false concept, since it is nothing but a mental limitation born of ignorance.

Evolution

Development of consciousness through the experience of the personality, acquiring information about the truth, called “wisdom.”

Evolutionary Spiral

Development of consciousness that consists of the accumulation of information; it brings an increase in vibrational frequency, which in turn gives rise to dimensional changes.

Exclusivity

An imposed norm that serves to protect one's own fears and inhibit the ability to love universally. It produces frustration, jealousy, infidelity, dissatisfaction, resignation, and an inability to value others.

F

Failure

The situation we arrive at when, instead of using tools of love, we resort to selfishness, prohibition, imposition, aggression, etc.

Faith

Belief in a person or a doctrine. Faith is not understanding but belief. It can be replaced by acceptance once the Laws that govern the Universe have been verified in one’s own life.

Falling in Love

A joyful emotional state of attraction to another person, rooted in instinct. It is natural and can be a trap of attraction that needs to be complemented by the mental realm. A relationship in which there is only infatuation is shallow and will not last.

False

The opposite of truth. Anything we think or feel that brings suffering, anguish, fear, or frustration.

Fear

A mental limitation that involves losing inner peace at the possibility that an evil not yet present in our lives may arrive.

Feeling

A mood or emotion. A tool that allows us to know ourselves, because it is our own personal interpretation of an event; its main characteristic is duality—it shifts quickly from positive to negative—and we usually suffer because of it.

Feminine

Everything that can perceive, receive, or contain, from a philosophical standpoint.

File, Field, Body, Plane

Terms used interchangeably to refer to the physical, mental, and spiritual archives. The reason for using different words is to practice mental flexibility and to give everyone the option of choosing the one they prefer.

Final judgment

A process of self-assessing one's own state of spiritual development.

Firmness

A virtue of love. It is not aggressive, but it does not allow others to violate the Law. It does not take on the consequences of another person’s decision, so as not to harm them.

Food

Everything that can nourish the physical body so that it remains in a healthy state.

Free

A person who is capable of being happy on their own, without blaming anyone for what happens in their life.

Free will

The right to make mistakes, which are our tool for evolving spiritually.

Freedom

The inner capacity to make our own decisions and take responsibility for the results; an inner state in which we don't depend on what happens externally in order to be happy.

Function

The social activity of service that a person carries out in life to earn a living. It is the activity one performs that gives one the right to use what one needs to fulfill it.

G

Game

A fun activity that involves the use of skills; a teaching method established by the Divine.

God

The Absolute, the origin of everything, the force that originates and directs the Universe; timeless and eternal.

Golden thread

A central vertical line or channel through which the information of the Universe flows. It is the line of harmony and truth.

Good (the)

A person who cares about others but cannot help them, either because they are suffering or because doing so interferes with their destinies, which keeps them from learning. We call the successes of ignorance kindness. The good person is an ignorant person with feelings.

Gratitude

One of the most powerful tools for mental healing. We should be grateful for difficulties because they are opportunities that life gives us to learn.

Guilty

The term our culture uses for someone who is ignorant or who makes a mistake. This figure does not exist in the Universe; what does exist, however, is the figure of the ignorant person.

H

Happiness

A state of deep bliss; fruitfulness arising from an inner virtue in which there is total understanding and no suffering. It is a balanced state of mind from which one has the capacity to appreciate, make the most of, and enjoy everything that exists and happens in our lives.

Harmony

A balance that produces satisfaction, stimulates creativity, awakens enthusiasm, improves communication, facilitates participation, and creates an environment conducive to achieving excellent results in any area.

Hatred

A feeling that arises when we blame others for what happens to us. (See the term “Resentment.”)

Heaven

A state of mind that determines an inner condition and an attitude toward life of acceptance and joy, in which each person creates a perfect correspondence with the place where they live and the circumstances around them.

Hell

A state of mind—one of perdition, in our culture—that determines an inner condition and an attitude toward life marked by suffering and conflict.

Heterogeneous group

A group of people who present a high degree of diversity. When applied to people at different levels of consciousness, they are usually people with whom agreements cannot be reached.

Hierarchies

Different levels in the handling of the Universe's information.

Human

A person whose behavior is rational and who recognizes that instinct is only a tool for preserving the species and maintaining health.

Humility

A virtue opposite to pride. A humble person has overcome the ego—because they understand that change must always be internal—and has developed a great capacity for service. A humble person is one who is able to acknowledge a mistake and learn from it.

Hypnotism

A therapeutic technique that consists of inducing suggestion in the unconscious mind, bypassing the opposition and resistance presented by the conscious mind.

I

I

Conscious, immortal divine essence.

Ignorance

A situation in which a person believes they know, even though their mind contains false information, usually based on beliefs. In our culture, the ignorant person is called “the bad guy.”

Imagination

The mental capacity to create; a mental exercise aimed at managing vital energy.

Incompatibles

People who cannot come to an agreement.

Indifference

Absence of feelings.

Individuality

A process of understanding that each person must undertake based on their own experience; our individuality sets us apart from others and, in turn, gives us the ability to share without attachments.

Injustice

Absence of justice, according to our culture. However, in this context injustice does not exist, because only processes governed by perfect Laws take place, such as the Law of Correspondence or the Law of Affinity.

Inner Change

The change that is necessary within us in order to be happy; what is outside is always perfect.

Inner maturity

Taking responsibility for the results of one's own decisions.

Inner strength

The ability to control and change our own desires. We act with inner strength when we find “enjoyment” in what we don’t like.

Innocent

In our culture, a person free of guilt. In this context, the innocent person is someone who lacks information and, therefore, does not know.

Insecurity

A situation that originates in not knowing our own abilities to succeed in life.

Instinct

An archive of information necessary for the survival of the species.

Intention

A deep thought that exists within oneself; the reason why a person does something. There is no such thing as bad intention, only ignorance and a lack of information.

Intuition

Direct information, free of reasoning, that does not pass through the intellect —though it draws on it—and corresponds to the truth. When an intuition is doubted, it is interrupted. Culture has often been mistaken in teaching us that this way of grasping information is not valid.

Invocation

An exercise that allows us to receive information—through our normal senses of perception—from higher Guides or Masters. In a meditative state, between wakefulness and sleep, this exercise consists of mentally invoking the presence of these Masters of wisdom.

Isolation

A state that helps us be at peace and recover energy, but not to “have” peace, since as soon as we leave isolation, we can easily lose that peace, because it does not exist permanently within us.

J

Just person (the)

A person who cares about others and does not suffer. This is someone who acts from wisdom and knowledge of the Law; they teach others to fish rather than handing over the fish, and they teach by example.

Justice (doing)

Putting revenge into practice, because nothing is unjust—only what corresponds.

L

Leader

A person capable of inspiring commitment, expressing gratitude, encouraging, and fostering the development and self-confidence of the people they interact with, within a process of mutual agreement.

Learning opportunity

Any difficulty or obstacle that allows us to grow spiritually. Spiritual growth involves learning to be happy, to maintain peace, and to develop the capacity for service. Our inner attitude allows us to be aware of when learning opportunities arise in our lives. (See “Difficulty”).

Levels of consciousness

Levels of accumulation of truth in our permanent archive of consciousness.

Lie

A skill we acquire in childhood to defend ourselves against ignorance, in the form of aggression, prohibition, imposition, or interference.

Life

Immortal divine essence that animates matter; that is, information of the being that animates the structures of matter. It is eternal.

Love

A total understanding of the Universe, where there is no room for resistance or fear. It is the capacity for service and one-hundred-percent commitment. It is not a feeling, but a decision. Love frees us from suffering. It is the essence of Being, the goal of life.

Love Therapy

A technique for lovingly redirecting the behavior of a child or adolescent, recommended in place of punishment.

Loyalty

A virtue; a spiritual state of understanding related to a deep commitment of love. It can only exist when clear agreements have been established.

M

Magic (performing)

To create internally, through thoughts of love, a correspondence that will later manifest in the physical world. It is the art of mastery, that is, the highest human quality that can be attained in the art of living.

Manage

Providing information of wisdom and teaching.

Manifested world

The physical world, which is organized in a specific form.

Manipulation

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

Mantra

A word or phrase that is repeated or chanted, mentally or aloud, for the purpose of isolating the mind from any thought that could contaminate it.

Masculine

Everything that can emit, give, or teach, from a philosophical point of view.

Master

One who can teach something to another so that they may understand. A master is a being who teaches how to flow with the order of the Universe because they operate from deep understanding, not feelings. Synonymous with “just” or “wise.” They transmit wisdom, mainly through the example of their own life.

Matter

The main component of bodies, capable of taking on all kinds of forms and undergoing change, characterized by a set of physical and chemical properties perceptible through the senses. The material or physical part of reality, as opposed to spirit. An eternal emanation of particles that can be organized and disorganized. It is made up of three elementary particles: the proton, the electron, and the neutron. It is a point where energy becomes denser. The matter of the Universe neither increases nor decreases; it only transforms. It is eternal.

Meditation

An activity that brings the mind into a state of contemplation, increasing inner peace; it allows you to accumulate energy.

Meek

A person who has decided to live in peace.

Mental Cleansing

A process that leads human beings to become peaceful in thought, word, and deed; this process allows a person to stop suffering.

Mental Fasting

Renouncing any form of conflict or protest, any thought that disturbs inner peace, and any expression that is not one of love. “Don’t say it unless it is true, necessary, and kind.”

Mental Flexibility

The ability to voluntarily modify the concepts one has learned; the ability to yield. People with mental flexibility build good relationships and businesses, adapt to the world, and do not suffer.

Mental gap

A sudden and unexpected drop in vital energy that blocks memory files; it originates in thoughts of fear, pride, dependence on others, lack of freedom, ego…

Mental Reprogramming

It involves consciously and consistently repeating phrases of wisdom, using sight, hearing—listening to yourself—and thought as well. Reprogramming switches off fear and behaviors of aggression and violence, raises self-esteem, and brings about many satisfying results.

Mental Rigidity

The inability to accept something that differs from one's beliefs or thoughts, or from one's tastes or customs. Mental rigidity always ends in total failure.

Mind

Human intellectual capacity related to brain activity. A device that transmits and receives frequency waves. It can be used to perceive, think, and intuit.

Mission

Everything we can teach, whatever comes easily to us.

N

Norm

A rule of our culture that can be modified.

Normalization

A process that maintains the established order—norms, customs, and traditions—and produces a loss of self-worth, mental rigidity, and fanaticism.

O

Objective

That which one wants to achieve based on one's desires and inclinations; therefore, it is self-limiting, unlike purpose, which entails total flexibility and openness to Providence.

Orgasm

A physical phenomenon that distributes energy internally.

P

Pain

A localized sensory perception that manifests in the body; it is what the body feels when it is injured or wants to send a signal that it needs care.

Participate

Giving the best of yourself while valuing the result.

Patience

A virtue we need to cultivate, because it allows us to respect the rhythms of the Universe with serenity. Having patience means having conscious inner peace.

Peace

An inner virtue that is reflected outwardly when no conflicts are experienced and others are fully respected. Having peace increases vital energy, mental clarity, and, therefore, understanding. The more peace a person has, the greater their spiritual development; and vice versa.

Perception

A characteristic of one of the functions performed by the right hemisphere of the brain, also called the “feminine” hemisphere.

Permanent Consciousness

An information archive where the truth discovered in each experience of evolution is accumulated. It is an uncontaminable and eternal archive.

Personal Appeal

An inner quality unrelated to aesthetic connotations and grounded in spiritual development. The result of a person developing their inner virtues is that they become extremely attractive.

Personality

A belief system that forms in the mind through the information we acquire and that gives rise to our behavior; it is temporary in nature.

Poor

A person with little spiritual development and many mental limitations, who spends their life wanting what they don't have. A person who refuses to serve but is always open to asking. (Keep in mind that, in this context, this term has nothing to do with the amount of money one possesses.)

Possessiveness

Being possessive means believing you own something or someone; it serves to limit the freedom of others and to maintain selfishness; it produces frustration, inability, insecurity, rejection, and annoyance toward the other person.

Power

The ability to achieve satisfactory results.

Pride

A trait that prevents a person from changing; it creates the need for others to adapt to their demands. The opposite of humility; it involves a fear of losing power.

Problem

A learning opportunity; sometimes it is the result of our own mistakes. Problems that arise at one level of consciousness are resolved at the next level. (See "Learning opportunity" and "Difficulty".)

Procreation

One function of sexuality, but neither the only one nor the main one.

Prosperity

The ability to meet one's own needs excellently, regardless of what one does.

Protectionism

The ultimate expression of pride, not love; it consists of wanting to protect another person so much that you end up erasing them. It is a kind of selfishness disguised as love.

Psychosomatic Effect

The effect the mind has on the body.

Punishment

Revenge by the ego for what it believes was done to it. It is not at all educational and always generates lies, evasion, and violence.

Purpose

What we have come here to do in life: fundamentally, to learn to be happy, to develop inner peace, and to love. To do our best and accept the outcome. Each person's purpose is to discover their own path.

R

Rancor

A negative feeling that originates in a past situation we have not understood, which enslaves the mind with a desire for revenge that drains our vital energy. Rancor makes us blame other people for what has happened to us.

Reaction

An element of instinct; it is emotional and blocks and damages relationships.

Reality (the)

The place where each of us can act; at this very moment, any place where you are not is imaginary; reality is what happens on any dimensional plane, even if we cannot see it.

Recreation

To create anew while having fun; if it isn't fun, it isn't educational; if it's educational, it will be fun.

Related

Individuals with compatible and similar personality traits, attitudes, and behaviors.

Relaxation

A state of total stillness of the body that leads to a mental state conducive to rest and the recovery of energy.

Resentment

A negative feeling that arises in a person who blames society, civilization, or governments for their own problems, because they believe they have been harmed by them.

Resignation

A state in which a person is unable to enter into conflict because they see they have no chance of success, yet do not understand that the process is perfect. A person does not carry out their spiritual development if all they have is resignation.

Respectful

A person capable of accepting everyone as they are, without trying to change them, without criticizing or judging others, and without interfering with their destinies; this is someone who understands that others have the right to their own way of thinking or acting, even if it differs from their own. A respectful person is able to live alongside others in harmony and peace.

Rich

A person who has everything needed to be happy, regardless of how much money they have. (Remember that, in this context, this term has nothing to do with the amount of money a person has.)

Right Choice

Verification of the truth learned through error.

S

Saturation

A point of no return at which the mind can no longer bear any more suffering; it makes it possible to break through the belief system, begin a conscious process of spiritual development, and make way for inner peace.

Security

The capacity for respect and peaceful coexistence.

Self-Worth

Valuing yourself, which makes it possible to find the inner resources needed to serve and value others. When you deserve and have the best, you have a great deal to offer in serving others.

Selfishness

Acting in one’s own interest, guided by the ego. We are selfish when we try to change others because we do not accept them as they are, or when we want to stop feeling bad about them by refusing to do inner work. It means wanting others to do what one needs in order to feel good.

Sensitive

A person who cares about others but can't help them because they are suffering. In this context, being sensitive isn't the best option.

Serious

Something very harmful or damaging, according to our culture. In reality, there are no serious situations, only events that are necessary for each person’s spiritual growth.

Service

The ability to always give your best in thought, word, and deed. Service as information and service as action both generate wealth.

Sexuality

A great tool for integration and satisfaction in a couple when love acts upon sexuality; it fosters the upkeep and balance of life.

Shyness

A mental limitation that causes, among other things, fear of taking action and of serving.

Sin

A mistake; it does not provoke guilt, but learning. In our culture we speak of “original sin” because the personality is born innocent, and the innocent make mistakes; later, innocence turns into ignorance through the information it receives from culture, and then into wisdom when it verifies and understands.

Sincerity

A way of expressing yourself without lies or pretense, but also without wisdom (in this context); in this sense, it is a mental limitation. It consists of clearly, openly, and directly telling the other person what you feel and think about them, from your own ignorance and ego.

Skin

A highly specialized organ that absorbs energy and internally picks up stimuli.

Slavery

Mental attitude. If we accept what we go through as part of our learning, we stop being slaves, because we become independent of what others say or do, free to make our own decisions and take on their results, and also free to respect others.

Spirit

An intelligent, immaterial being, therefore not physical, that enters and leaves matter.

Spiritual development

A process of evolution in understanding, love, and wisdom. It takes place in the mental field, turning life into an extraordinary experience in every sense and helping us learn to be happy, to have peace, and to fill ourselves with love.

Spiritual gym

The set of everyday-life experiences that confront us with situations we cannot handle and teach us to develop inner peace so that we become invulnerable.

Spiritual independence

The ability to be happy, to have invulnerable peace, and to love on our own, without depending on anything or anyone around us.

Spirituality

The “science” of the human spirit (soul) and the ability to handle situations without losing peace, happiness, or an attitude of service. Living it brings an increase in understanding that opens you to a higher state of consciousness. It means anchoring yourself in the whole rather than in individuality. Spirituality is a profound mental understanding.

Stress

A psychological state of fear and inner insecurity. Once a person makes a decision, the inner conflict disappears and their mind rests. Stress does not change the external situation, but it does reduce the possibility of finding a solution.

Stubbornness

It means insisting on something more than seven times. Sometimes, when we're stubborn, we get what we want, not what we need. Stubbornness leads us to face more difficult learning situations.

Success

The result of inner work and a commitment to what one does. It is experienced by the person who is able to be happy with what they have and to make the most of what life gives them. It means being able to meet one's own needs.

Suffering

A feeling (in the mind) in response to something it cannot accept. Physical pain can exist without mental suffering—in which case vital energy does not drop—and suffering can exist without pain, in which case vital energy does drop. Suffering is based on not accepting something that has already happened in our lives.

T

Teacher

One who imparts knowledge—not wisdom, which is what the Master imparts.

Teaching

A learning interaction that involves allowing a valuable experience. To provide teaching, you need to give sufficient, efficient, and timely information.

Telling the Truth

Giving information of love. The events that happen should not be confused with the truth; telling the truth means giving information that frees us from suffering and provides peace.

Temperament

Part of the personality; genetic and instinctive, although it can be modified—like character—by choice, through deep mental work based on understanding, using deliberate, directed, and sustained thought.

Temporary Consciousness

The spiritual part of the mental field. It is made up of the active, awakened understanding of a human being, with understanding meaning what is verified as truth. It is bound to the body.

Thoughts

Waves of variable frequency. At their lowest level, they are merely sensory perceptions; at the middle level, they are relationships, judgments, comparisons, etc.; and at their highest level, they are intuitions—that is, they grasp what is real without interference from the personality or the ego. Thoughts can generate peace or unease; mastery consists in generating truthful thoughts of peace, voluntarily and consistently. (See “Alchemy”).

To Assume

Understand that only you create the circumstances that arise in your life, without blaming anyone for them. By taking responsibility for the outcome of our decisions, we transform our destiny into a mission.

To Criticize

To see and express what is not there, unlike evaluating, which consists of seeing what is there.

To govern

To lead with authority, dictating rules and imposing them by force.

To Help

Doing something for another person that they cannot do for themselves but that it is up to them to do.

To interfere

Doing something for someone who is actually capable of doing it for themselves, or doing it when it is not one's place to do so or when help has not been requested.

To Love

Being happy in another's happiness, seeking the best for yourself and for others; expressing peace and harmony with total freedom. To love universally is to understand, value, accept, respect, be grateful…

Touchy

A person who is easily offended.

Transmute

To transform your own destiny—what is difficult—into a mission—something easy. This requires information rooted in wisdom, managing your own energy, and training. To transmute the mind is to cleanse it of false beliefs.

Trauma

False information that becomes imprinted on the unconscious; an unconscious protective imprint generated by the survival instinct.

Trust

An inner value that gives access to abundance and prosperity. It entails zero aggression and zero touchiness.

Truth

It is (in this context) everything that functions in a harmonious and perfect way and that has been verified, through your own experience, in a result of peace, satisfaction, and appreciation.

U

Unconditionality

The ability to always be ready to serve with joy and enthusiasm, in any circumstance and toward any person.

Unconscious limitations

Unconscious associations between an external event and an involuntary internal reaction. Fears and phobias are examples of this.

Understanding

The ability to recognize the existence of the Law and to obey it. It represents the evolution of the human being, freeing them from suffering and conflict. It sets the mind to work to seek answers, using verification tools. If one wishes to reach acceptance, it is first necessary to deeply understand the Laws that govern the Universe and the principles that regulate relationships, as well as to know that everything that happens in the Universe is perfect and necessary and has a purpose of love, directed specifically toward the experience that each person needs to live. Understanding is identified with wisdom, love, and spiritual development.

Unfeeling

A person who does not care about the suffering of others, is unable to identify with their needs, and does not suffer for them; in reality, their own life is full of suffering.

Universal law

A principle that governs a process of creation, administration, or functioning of the Universe. It is immutable, has been verified, and always produces the same result when applied.

Universality

A deep understanding of love; it means loving all people equally, recognizing that the only difference lies in the kinds of agreements we establish with each one; it produces acceptance, support, and respect in relationships.

Unmanifested Beings

Spiritual beings that we cannot access. The fact that we cannot perceive them with our five physical senses does not mean they do not exist. The Eternal Unmanifested is the Absolute.

V

Value (treasure)

Anything that, when used, produces results of gratitude and satisfaction. If the results are negative, it is because one is not using values, but concepts or beliefs.

Vital Energy

Energy that sustains our mental capacity. There are three stages of energy: the mental zone of light—when there is a lot of energy—the twilight zone, and the zone of darkness—when energy drops. Energy increases or decreases according to how each person manages their emotions, feelings, and thoughts.

W

Wailing wall

(fig.) A place where we can vent any negative emotion or feeling to release adrenaline without harming anyone. Keep in mind that it is understood this way in this context, and with all due respect to the real Wailing Wall in Jerusalem.

We need (what)

Exactly what we have for our spiritual growth.

We want (what)

Exactly what we don't have; it implies unconscious selfishness and a direct connection to the ego, which is never satisfied with what it has. When we don't get what we want, and we are aware of it, we learn to recognize the Law. What we "want" has to do with the mental realm (remember that desire is linked to instinct).

Wisdom

The result of learning from mistakes and gaining a deep understanding of love. It contains all the other tools of love—acting, adapting, giving thanks, taking responsibility, respecting, valuing, and accepting—and consists of knowing how to make the most of what life gives so that you are happy and prosperous, live in peace, and express love, seeing every difficulty that comes as an opportunity to learn.

Wise

One who is skilled at living happily, who understands the Law and flows with it.