TOPICS · TOPIC 01

The Evolution of Consciousness

Examines the concept of the evolution of consciousness as the goal of human experience, describing the process of transforming ignorance into wisdom and the development of the inner virtues of happiness, peace, and love.

- Consciousness and the Laws of the Universe

Chapter 1. The Human Experience in the New Paradigm

This topic, dedicated to the evolution of consciousness, presents a new way of looking at life, a new paradigm that will allow us to be happier and to understand human beings. You may wonder whether you are willing to read it without prejudice. This information may already sound familiar to you or, on the contrary, this may be the first time you have read anything like it. If it feels familiar, you will have no trouble delving deeper into the topic; and if it feels surprising and new, we encourage you to discover something very valuable for improving your life.

You don't have to agree with everything written here, nor do you have to believe any of it. You simply need to see for yourself, in your own life, what happens when you apply this information, to determine whether it is valid for you.

The main scientific method for measuring knowledge is results. If the internal results are happiness, peace, and harmony, you will verify that this information is true. Likewise, if the external results in terms of relationships, health, resources, and adaptation to the environment improve, you will verify that this information is wisdom. Learning only becomes understanding through constant practice and the verification of results; it is these results that allow us to measure whether a person knows or does not know.

The *purpose of the human experience is to evolve*: to live our own development of consciousness so that we may be filled with wisdom and love. All of us, without exception, have come into this world to work on our spiritual development, sharing and

taking part in experiences with other human beings. Life is a formidable educational process of the Universe; Earth is our "spiritual school," and each life experience can be compared to an academic year.

Spiritual development is inner work, absolutely individual and personal; no one can do it for another, but neither can it be done without others. We need interaction and experience with other people to achieve our own development; in other words, to get to know ourselves. Sometimes, instead of taking responsibility for our own development, we try to interfere with that of others, and instead of learning from them, we try to change them. In doing so, we distort the educational process, and that is what makes life complicated.

If we understand this, we can be effective in asking ourselves what life is trying to teach us in every situation, since each one is a learning experience that helps us transmute ignorance into wisdom. Right now, most of us *suffer* through the learning experience instead of *enjoying* it; but learning is not synonymous with suffering. It means attaining love and happiness.

When you notice that your suffering is fading away, that your inner peace has become unshakable, and that your ability to create, act, love, and serve is expressed without condition or restriction, it means you *are in wisdom*.

Both human beings and everything that happens in the Universe function, originate, and are created from information. And to evolve is to acquire information that one does not yet possess. Evolution is, therefore, the development of consciousness through the experience of the personality, and it is the personality that can transform a belief into truth after verifying it, or discard it if it finds that it is not true. This is called *understanding*, and it is what consciousness assimilates.

Therefore, beliefs do not penetrate consciousness; rather, it is a repository designed to assimilate solely and exclusively truths that have been verified and experienced within the realm of form. We can understand consciousness as a repository of information that assimilates the truths of the Universe and stores them in a permanent and immortal way. Consciousness is, therefore, an eternal repository that cannot be contaminated.

The amount of information that consciousness can store is trillions of times greater than what the personality is capable of storing. Evolution occurs through forms, but it is not the form that evolves; it is the consciousness within it. When we do not have a body, there is no evolution, because evolution occurs solely and exclusively when the being is involved with matter. Afterward, consciousness will continue to evolve.

On the surface, it seems as though the outside world is changing, but that is not the case: in reality, it is we who are evolving, we who are changing from within. There is a

way to live in social structures that are far more harmonious and fulfilling than the current ones, and it does not come from altering the present social situation, but from bringing about an inner change. As we build our spiritual development, each of us gradually becomes aligned with a different kind of civilization.

Life is a path, and there are travelers at every point along it. Whether you find yourself at the beginning or the end depends on you, and the further you go along the path, the more extraordinary things you discover. Thus, the changes occur within the travelers, not in the path.

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

We must grow simultaneously in our ability to manage energy, because without wisdom it is also impossible to accumulate energy; it slips away through our fears, conflicts, and suffering. Therefore, it is essential to learn to manage energy in the same proportion in which we develop wisdom.

Wisdom is gained when we face the educational design called *destiny*. Anything that presents some difficulty for us is an opportunity for learning, for gaining the wisdom associated with our destiny.

Consciousness develops through *cycles of life and death*. The first represents the active part of the process, in which learning experiences are lived, beginning with innocence (a lack of information), moving through ignorance (false information in the mind, beliefs, when one “thinks one knows”), and finally reaching wisdom (that is, the information of truth, or understanding). For its part, the cycle of death represents the passive part of the process, in which the developments of consciousness that have been achieved are evaluated, energy is recovered, and all processes are renewed for the next life cycle.

What we have just explained is not enough for the mind to grasp after reading it just once. The adult mind, in order to encode and integrate any information, needs it to be repeated at least thirty times. It is important to keep this in mind so that you don’t get discouraged if, at first, you don’t understand anything or don’t agree with the information presented here, because all change takes time.

We can perceive how each individual is evolving by their inclination or interest in information about spiritual development, since a certain level of development is necessary for information about love to resonate and be of interest.

1.1 Who Are We?

Are we a body, or do we have a body? In reality, human beings are divine consciousnesses, or souls, within a human experience; we are not human beings living a spiritual experience, but divine beings living a human experience. Therefore, we are not a body with a spirit, but a spirit using a body: an immortal divine essence in development, a perfect soul created by God.

Consciousness is not human, but it uses the human; it is both *daughter and son of God, and it passes* through the realms of the Universe (mineral, plant, animal…) in order to gather the information of the Absolute that is implicit and imprinted in each realm. But consciousness is not mineral, plant, or animal; nor is it human. It is a divine spark that uses bodies, immersing itself in them to extract information.

God is in all forms without being any of them. God is not a person, but an absolute spiritual essence—not physical—of a very high dimension that we call the *zero point*, that is, without time or space. We should not ask, "*Who* is God?" but rather, "*What* is God?" We can call it by different names: using a technological term, we can call it the *absolute archive of the Universe*, the absolute information. And what information is in that archive? The information needed for creation, for the administration of creation, for the pedagogy of creation, for the process of administration and creation, as well as for the personal process of each of God's children, who share the same essence of being ("I am") that is in each of us and in all beings that exist. In short, God is the *original essence of everything that exists and happens* in the Universe.

Consciousness is never human; rather, it assimilates the human experience through the personality, but it is a child of God and will never cease to be one. Consciousness—or the soul—must inevitably live the human experience in order to build its evolution.

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

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

> *Consciousness says to the driver: "Take this notebook—which is the blank mind—and travel this road; I need you to take me from this point to that one—that will be the passing of life—and in this notebook, write down everything you learn along the way. While you're driving, I'm going to take a nap." Consciousness then moves to the back seat and falls peacefully asleep. The passenger only wakes up when the journey ends—what we call "death." Then it takes the notebook, dismisses the*

> *driver—that is, the personality dissolves—and returns the car—the body. Consciousness keeps only the understanding, what the driver learned along the way. In the next human experience, it will hire another driver and another vehicle, until it is complete with truths.*

> *The driver, after having traveled a good part of the way and having fought, cursed, and suffered—because the road presents difficulties, because other drivers cut him off, or because his engine broke down and he had to repair it, or, in short, because of whatever setback he encounters—picks up his notebook and writes, for example: "At such-and-such kilometer of the road, I understood something I hadn't understood in the previous kilometers: that my suffering over the road is pointless, because the only things that resolved the situations that arose were the actions I took in order to continue; therefore, instead of suffering, I could have acted with complete inner peace."*

1.2 What archives does the human being have?

To better understand the purpose of the human experience, it is necessary to know how human beings are constituted. For the purposes of this explanation, we will treat the terms "body," "field," and "archive" as synonyms (see Glossary).

The human being is made up of several archives that vibrate at different frequencies and have different dimensions:

1. A **physical body** or genetic archive, which is a perfect creation of God but which deteriorates. The Masters call the body an "experiential vehicle," "God's garment," or "biological entity."
2. A **mental field**, which is the perfect laboratory where information is processed, also called the *temporary personality archive*. It is what allows us to experience life. This field has three levels of information:
3. The *unconscious* part, where our defense system resides.
4. The *conscious* part, where our belief system resides, also called the ego or personality.
5. The *spiritual* or *understanding* part, which is the result of verifying information through experience, through the application of knowledge. It can also be called temporal consciousness.
6. A divine **spiritual field** that gradually fills with the information of truth, the information that is processed in the mind after lived experiences; it is the *permanent consciousness archive*. We can also call this archive "the Christ-like being," the "God

child," or the "inner child." The body only supports the mind: that is its purpose. And it enables experience within the three-dimensional worlds, even though the mind is not three-dimensional. But the one who does the work, the one who carries out the entire process, is the mind, the mental field; it is in the mind that experiences are lived, the Laws are discovered, and understanding is built; it is from the mind that love or ignorance is expressed, depending on what it contains; and, of course, it is in the mind that all human conflicts and problems originate, as well as their solutions. Everything that happens, then, is within our mental field. The day consciousness awakens, we will no longer need a body or a mind, because consciousness will take on everything. And it will be able to manifest at any moment, taking any form, in any body, place, and circumstance, because *consciousness is absolutely divine and immortal*. Until that happens, let us enjoy what happens in our mind, directing it voluntarily. This marvelous instrument, a transmitter and receiver of thought-frequency waves, is far more powerful and surprising than we realize. Consciousness is, therefore, the archive where the truth we discover throughout our experience of evolution accumulates. *Everything that happens is perfect and necessary.* To lay the foundations for a new civilization with a higher level of fulfillment for all people, we must begin by bringing ourselves into harmony; to do so, it is essential to study the universal laws and apply the principles that lead to wisdom, bearing in mind that only through constant practice, and by discarding the theories and concepts that prove to be mistaken, will we truly reach wisdom. In this way, we can develop peace and harmony right on the ground, through the lessons of daily life, since this is the best school, and nature is the best teacher. To become efficient, we only need to stop resisting the perfect order of the Universe. Mental inefficiency is necessary in order to discover, through saturation, that the Laws of the Universe exist. Once we have suffered enough, we are ready to understand those Laws. For our own outer struggle to cease, the inner one must first end, and for that, we must have accepted that everything that exists and happens is perfect and necessary, because it has a purpose of love. Ultimately, studying and understanding why things exist and happen can lead us to recognize the Laws that make it possible to create a better future for all of humanity.

1.3 The Seven Laws of the Universe

There are *seven universal laws* that govern all the processes of creation, administration, and evolution of the Universe. Of the seven, four are fundamental: they govern and control all the processes of development and evolution of consciousness within the human species, anywhere in the Universe. These four Laws form the lower triangle, and the Law of Evolution is the higher Law that governs the lower triangle—also called the "triangle of hell," because it constitutes the lower part of the universal laws.

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
NATURE	1. Everything complementary attracts one another. 2. Every living being requires the specific food for its species. 3. Every natural manifestation requires the right conditions. 4. Every living being has, by instinct, a sense of the Law. 5. All of nature's cycles have specific functions. 6. Every violation of the Law produces serious consequences. 7. Every living being has its function.	Physical ailments: malnutrition, disease, addictions, degeneration, misery, hunger, physical and mental defects, physical malformations, ecological imbalance, erosion, pests, shortened lifespan…

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

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
HARMONY	1. Everything that is emitted acts, reacts, and returns. 2. Whatever is attacked defends itself. 3. Whatever is pleasing is accepted. 4. Only love can transform beasts into people. 5. Only understanding prevents destruction. 6. We must manage situations, not be managed by them. 7. Example is the best teacher.	Psychological distress and relationship problems: mistrust, fear, distancing, isolation, individualism, loneliness, sadness, depression, fights, shyness, lack of communication, disunity, barriers, trauma, complexes…

Table 1. The four specific Laws that govern the human experience (continued)

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
CORRESPONDENCE	1. Every situation is a lesson. 2. Every circumstance is generated by oneself. 3. There is no event that does not correspond to the person who experiences it. 4. We are each placed exactly where we are meant to be. 5. We come into life with everything we need to live it. 6. Only what has to happen happens. 7. We only give or have what is necessary.	Discomforts in one's individual life environment: blockages, dissatisfaction, difficulty succeeding in what one does, draining struggles against life's circumstances, inability to take charge of one's own life, fears, anxieties, constant frustrations...

Table 1. The four specific Laws that govern the human experience (continued)

LAW	POSTULATES	EFFECTS OF VIOLATING THE LAW
EVOLUTION	1. Only experience makes it possible to understand the truth. 2. Only opposites foster the development of consciousness. 3. You only move up a level through the corresponding transformation. 4. You are only the result of yourself. 5. We only face the situations we have not understood. 6. The need for understanding alone is the reason for physical existence. 7. Only through imbalance can balance be recognized.	Social unrest: rebellion, anarchy, or self-destruction, when the experiences yet to be lived are limited; wars, strikes, violence, revolutions, crime, hatred, and conflicts, when human concepts are imposed.

Table 1. The four specific Laws that govern the human experience (continued)

We must not confuse universal laws with human laws, or with rules. The Laws of the Universe are immutable and cannot be repealed; they originate in the wisdom of the Divine and are absolute. Therefore, they cannot be modified or negotiated, and disobeying them leads to a negative result—in the sense of being unpleasant—and also a positive one—in the sense that it brings learning. That is why we say that, in reality, human beings do not enact Laws, but rules, and we call them "human laws," yet they are rules, because they can be repealed, are temporary, and apply only to specific situations.

LAWS	CHARACTERISTICS	GOVERN	FUNCTION/DECIDE
Nature	Law of natural selection. It maintains balance among all that exists. Anything that falls short of perfection will be destroyed. There is no compassion, forgiveness, or sentiment	Physical structures	To generate and maintain matter and living organisms in perfect working order. All of nature's cycles have specific functions
Harmony	Feelings arise and seek balance among the forces of nature. This can be represented by a balance scale. It relates to the Law of Cause and Effect (action and reaction). It is the Law of Education of the Universe	The relationships between beings and structures	It is possible to choose to live together peacefully, respecting all beings and their experiences Example is the best teacher
Correspondence	It leads us to accept that every process has a perfect purpose. If we encounter blocks, it means we are violating this law. Every circumstance is generated by oneself; no one is to blame	The place that corresponds to each species and human experience	Where, when, how, and by whom it is meant to be learned. Every situation is a learning experience and has a purpose of love
Evolution	The Law of Learning, the Law of Inner Change, or the Law of Transformation. No one harms us or benefits us. It leads us from a state of conflict with life to the ability to make the most of (appreciate and enjoy) what life teaches us	The process of the human being's spiritual development	What consciousness still has to learn (destiny). What needs to be learned: happiness, peace, and love

Table 2. Characteristics of the four laws that govern the human experience

The Law of Evolution confronts us with what we need to learn and, of course, this corresponds exactly to the situations we don't handle well, the ones we find difficult. That is why the Law of Evolution allows wars, illness, aggression, conflicts, disputes, and interference. It allows them so that we learn to recognize the Law, so that we have had our fill of suffering and decide to obey it.

Free will is the right to make mistakes; it is the tool of evolution. Making mistakes is necessary and inevitable in order to discover the Law. Mistakes are not outside the Law; rather, they are part of our learning process.

We recognize the Laws by observing the results. If we find ourselves immersed in a situation of suffering, experience blockages, scarcity, or illness, if our relationships don't flow, or if there is violence or aggression, all these results show us that we have strayed from the Law. When this happens, the result is painful, whereas when we obey the Law, the results are satisfying and bring happiness. They are not, in reality, rewards or punishments; they are simply satisfying or painful results.

A perfect example of how the higher Laws allow things that the lower ones do not is the topic of homosexual relationships. The Law of Nature does not accept some aspects of homosexuality; however, the Law of Harmony accepts it completely, and for it, it is entirely valid because *every living being has the right to be happy, to enjoy balance and fulfillment even if it cannot procreate*. For its part, the Law of Correspondence, being higher, can break the balance of the Law of Harmony so that the experience of imbalance can be recognized. Thus, according to it, one could say: "We need a conflict here so that people learn to respect one another."

1.4 The Three Inner Virtues

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

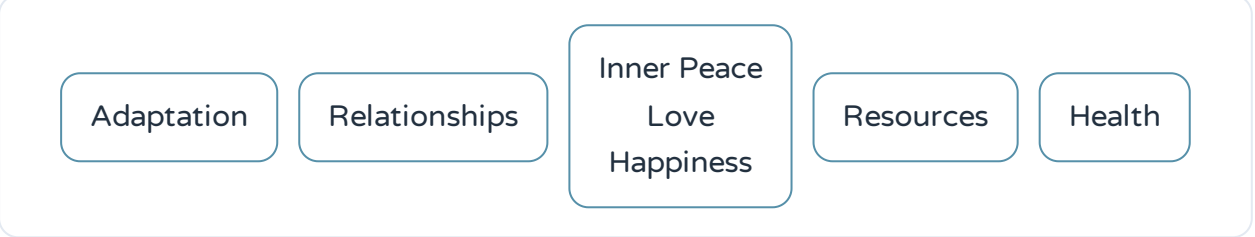


Figure 1. Inner Virtues and External Results

These virtues are to be used in relating to the external world. Learning to be happy, to have peace, and to love—as a capacity for service—is the true purpose that brought us into the physical world of matter.

Virtues	Characteristics	How to achieve them	Represents/ Develops in
Happiness	0% suffering 100% understanding and self-worth	Acceptance	The function
Peace	0% conflict 0% reactivity 0% confrontation 100% respect	Embracing life with wisdom	The destiny
Love	100% capacity for service 0% resistance 0% fear 100% adaptability 100% commitment	Loving unconditionally	The mission

Table 3. The Three Virtues and Their Characteristics

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

1.4.1 Learning to Be Happy

To learn to be happy…

- You just have to face whatever you believe takes your happiness away.
- You don't need anything external, just understanding and the right mindset.
- You need to recognize that non-acceptance is the only cause of suffering, and stop fighting reality.
- You need to stop working on others and work solely and exclusively on yourself, changing within yourself whatever bothers you (the ego).
- If there is suffering, ask yourself just one question: "What am I not accepting?" There you will find the answer. *Everyone, without exception, has what it takes to be happy, but very few know how to be happy with what they have.*

1.4.2 Learning to Have Peace

To learn to have peace, you need to know that…

- There is no thing or person that gives peace.
- Inner peace is the result of one's own spiritual development; it is not a gift.
- Managing peace requires clear and precise information in order to understand that life is a process of love and that evil does not exist, as well as the ability to manage vital energy; this requires training.
- If you lose your peace, ask yourself: “What am I resisting? What do I want to change? Whom am I blaming?”

1.4.3 Learning to Love Your Neighbor as Yourself

To learn to love your neighbor…

- You just have to engage with or spend time with people whose behavior is very different from your own, so that you learn to love and respect them just as they are.
- Keep in mind that love cannot be offended, and that it is invulnerable, immutable, universal, unchanging, and neutral.
- You need to understand that love is a complete understanding of the Universe; it is a way of being and does not need an “object” onto which to project itself.
- It's also important to consider that love is not a force, but a tool.
- You need to understand that love is not a feeling.
- Think of loving as always giving the best of yourself.
- If you feel unmotivated, ask yourself: “How can I allow myself to be limited by this?” The fact is that we all have a capacity for service, but we often restrict it in the face of external events. As we develop the three inner virtues, we obtain excellent external results in four areas: relationships, resources, health, and adaptation to the environment.

1.5 The Five Elements of Human Experience

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

1.5.1 Purpose

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

1. To be happy on your own, that is, not to depend on anything or anyone for inner peace and happiness.
2. To love your neighbor as yourself, that is, to respect the rights of all beings in the Universe. But how is this learned? Here we will see the perfection of the Divinity's pedagogical design. First, to practice *learning to be happy on your own*, you need to live in a place, with certain people, and in circumstances where everything that happens around you is more or less aggressive, so that you realize the problem is not what happens around you, but the way you relate to it, the rejection and resistance you exert. To learn the second part of what loving your neighbor involves—*respecting them just as they are*, not wanting to change them, not resisting others—you need to live in a place where the people around you think differently, have different customs, and believe different things. In this way we learn to love them as they are, without judging or condemning them. This is how the purpose of love is fulfilled, the reason we are on this planet. More than 2,000 years ago, the Master Jesus taught us this when he said:

"Love your enemies," because they are not enemies, but people who think differently.

Being happy means experiencing zero suffering over what happens, and loving means offering zero resistance to others. Wisdom is equal to love, not to sentiment. A person who has love cares deeply about others but does not suffer; a person who lacks wisdom but has kindness cares deeply about others but suffers greatly; and one who does not care, the callous and indifferent, has neither wisdom nor kindness.

1.5.2 Destiny

Our *destiny* is what we came here to learn from the material world: to master the seven tools of love so that we may enjoy invulnerable peace. It is a great opportunity to learn what we are lacking.

We all carry with us an inevitable and valuable destiny. Our culture teaches us to try to avoid it rather than to make the most of it. But as human beings, we have the capacity to enjoy whatever we do, because that capacity is intrinsic to our human condition. So when a person, for example, tells their child, "You always have to do what you like," it creates an immense block in that child.

Destiny is a pedagogical design whose purpose is to allow us to verify and discover the information that governs the Universe and its perfect order. Therefore, destiny is our best opportunity to transcend all human limitations. Instead of complaining about the difficulties life presents us with, let's use them as a great opportunity to transcend them, because then they will disappear forever. If we do not learn from these difficulties, far

from disappearing, they will become more complicated, persist, and become permanent because we are not learning from them.

Trauma does not originate from past-life experiences, but rather in the present moment; we do not carry trauma from previous experiences, since our personality is entirely new in each experience. What we do bring with us, because it is directly related to previous experiences, is the design of destiny. It is renewed in every life experience but has a direct connection to the previous one.

1.5.3 The Mission

Our *mission* is what we can teach in the material world. We must enjoy it intensely, whether or not it is part of our own function.

A mission allows you to recover the energy you invest in the process of learning to be happy. A mission is what you have already understood, what you already know; therefore, you can use it to serve others, and you enjoy it intensely.

Both our mission and our destiny are represented in our personality: destiny as our belief system, and mission as our understanding. As we gradually transmute ignorance into understanding and wisdom, we have more and more mission and more and more satisfaction.

1.5.4 The Function

Our *function* is what we do to earn our livelihood. We know that all living beings have a function within the order of the Universe. We need wisdom to embrace it with joy, enthusiasm, and a full capacity for action and service, even if it is not part of our own mission. Our function is not to "earn a living"—life is not something to be earned, because it is a divine gift—; what we earn is the sustenance of this biological entity, of this body.

Our livelihood, then, is guaranteed as a result of our function. Those who are happy and enjoy what they do will always have an abundance of resources.

1.5.5 The Intention

Intention is what we want for ourselves or for others. It is important to direct our intention in such a way that it does not interfere with the destinies of others or attempt to avoid our own destiny.

Intention is the most complex element of the human experience, because our feelings—as well as the idea of goodness and the other ideas our culture has instilled in us—

constantly lead us to try to interfere with the destinies of others. If we could accept that destiny is something extraordinary—and not something "bad"—that offers us the best opportunity we have to fulfill what we came into the world to do, then we would no longer be in conflict with other people's destinies.

But what happens, for example, if we have an elderly person by our side who doesn't want to take their medication or take care of themselves the way we think they should? What can we do to avoid interfering? Within the bounds of medical ethics—respect for human life—there is a very broad margin, and the problem lies in the fact that we always want things to work out the way we think is right. Thus, in this example, we believe the elderly person should take care of themselves so they can stay with us longer, without considering their quality of life. But the patient must have the option to decline aggressive treatments; similarly, a lifelong smoker might prefer to continue smoking even in their final years; or someone prescribed complete bed rest might prefer to walk and live authentically, even if it means a shorter life. In other words, the person may be considering a completely different possibility—such as that what they were meant to do in this life, their opportunities for action or learning, have already come to an end, and that they would rather depart in order to renew all their structures. That's when our egos come into play: we want them to spend more time with us; we want them to get well; we want them to "be happy"… These "wants" are the cause of suffering.

So, what would be wiser and more loving in this case? To say something like this to the elderly person: "To me, the most important thing is you, not me—this would be a principle of love. What matters most is not that you keep me company to satisfy my ego, but that you find your path in the Universe; therefore, count on me to provide you with everything within my reach, and count also on my respect, so that you use only what you decide to use."

Continuing with the example, if this person doesn't want to eat or take their medicine, who are the rest of us to force them? And why would we do that? The condition that has led to this person's declining health is part of their own process, not ours, so why shouldn't we respect it? Because "I want" comes into play—also known as *unconscious selfishness*. Wanting the other person to be happy in our way is selfish behavior. Instead, we should say something else to them out of love: "I am capable of being happy by accepting you as you are, not in my way."

To be clear about our purpose, make the most of our destiny, enjoy our mission, take on our function, and manage our intention not to interfere with the destinies of others, wisdom requires that these aspects be put into practice in thought, word, and deed.

Chapter 2. The Seven Levels of Human Evolution

The *seven evolutionary levels* correspond to the color bands of light and also to the seven tones of the sound scale. Each color or sound band shows a considerable increase in vibrational frequency compared to the band immediately below it. This also implies a greater amount of truth accumulated in the individual's consciousness, and it corresponds exactly to the kind of life experiences each person is meant to live in the place and at the level where they find themselves.

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

Table 4. The Seven Evolutionary Levels and Their Correspondences

Evolutionary levels are measured within us according to the development of consciousness. In the archive of consciousness, there is innocence—the absence of information—and wisdom or purity—information of the truth encoded through verification—but there is no ignorance.

The *levels of consciousness* correspond to the different levels of accumulation of truth in the archive of consciousness: if the accumulation is scant, it is the first level; if it is moderate, it will be the third or fourth level; and if the archive is almost completely full of truth, we are at the seventh level. The information of wisdom accumulated in consciousness thus forms the levels of consciousness. The complete development of consciousness is not achieved in a single lifetime; it comes from far back, from thousands of years of experiences.

Level of consciousness	Personal human experience
1 First level	Instinct-driven conflict for survival under the law of natural selection
2 Second level	Struggle for power under the law of the strongest
3 Third level	A struggle for economic survival, competing against others
4 Fourth level	Learning to break free from the conflict over subsistence
5 Fifth level	Peaceful and harmonious coexistence with the order of the Universe
6 Sixth level	Freedom from dependence on matter in order to evolve
7 Seventh level	Attainment of immortality and the end of experiences in human form

Table 5. The Levels of Consciousness

Our consciousness is currently within the human form because it needs to gather information from this experience through the personality. The *realm of the centaurs* extends up to the third level of consciousness and is characterized by behavior that is a duality between animal and human. The *realm of human beings* proper begins at the fourth level.

When consciousness first enters the human field, it is at the first level of development and is practically empty of human information; in other words, it is innocent. We human

beings begin the path of evolution in a state of innocence, and at the end of the journey our consciousness will be fully developed. This passage through the human experience lasts approximately 40,000 years. But before this, consciousness, ascending through all the “floors” of the Universe, has already acquired information from the mineral, plant, and animal kingdoms, over a process that lasts thousands of years. The level of our consciousness has a very large capacity for storing information, which is why the Masters of Wisdom say that it may take approximately a thousand personalities to complete the human information in consciousness. We are speaking of 40,000 years of lived experience, though not chronological years, since the time between lives does not count. To understand this better, we can compare it to an academic year: the time we spend on vacation does not count academically; only the period of classes and exams does.

We are in a state of *automatic development* when we go through certain experiences without knowing what we are learning from the situation. When we reach the fourth level, we move into the phase of *voluntary development*, in which we know exactly what we are learning from each situation and understand that everything depends on ourselves, not on what happens outside. Entering this fourth level of consciousness means beginning to transcend evolution; after that, we move directly into the *upper triangle of the Laws of the Universe*, and at that point our conflicts come to an end.

When consciousness moves to the fourth level, we also say that it enters the *higher civilizations*; when it completes its development, it reaches the seventh level and the human experience comes to an end for that consciousness. From that moment on, consciousness “leaves” the human experience and is called an immortal Master, an “Elder Brother.” It will spend another 40,000 years fulfilling a different function, no longer that of learning, but a teaching function for the remaining levels, until it helps those who come from the first level reach the seventh. Once this function is completed, its task within the human experience will be finished, and it will move on to another stage called Ascended Master—and here the term “ascended” means that it is above human experiences.

	Educational	Technical	Nutritional	Architectural	Ecologica
7	Perception	Leaves no trace	Ether	Electromagnetic	Does Not the Environm
6	Consciousness	Manipulates Matter	Energetic Matter	Recyclable	Harmonic Coexister
5	Harmonic Unification	Does Not Pollute	Complete Cycle	Rotary Complexes	Reconstr of the Environm
4	Community Cooperation	Computerized	Naturism	Community Complexes	Environm Protectio
3	Individualized	Electromechanical	Toxins	Cities	Ecologica Destructi
2	Violence	Mechanical	Animal Origin	Houses	Colonizat
1	Savagery	Primitive	Cannibalism	Huts, Caves	Natural

Table 6. Main Correspondences with the Evolutionary Levels

It is not possible to rise to a higher level of consciousness until we have understood what the present level teaches. But we can postpone this ascent, ask for time, and decide that this year “we’re not going to study”; however, the following year, the same tasks that were postponed will still be waiting. There is an inner force that constantly drives us toward God, and it is what allows us to take up our processes again, even after postponing them, because it is not possible to “move up a grade” without having passed them with highest honors! Here, simply passing the courses is not enough!

The situations we are meant to go through are always provided to us, and the ones we are not meant to go through are those that, no matter how much we want them, simply do not happen. We always have what we need to fulfill our destiny, not what we want; this must be very clear. The situations that life presents to a person are the ones meant for that person and not for anyone else; it is not possible for any of us to compare ourselves with another person, because the lessons are individual. So, when faced with a task that is ours to carry out, we have two options: do it now or postpone it for later, but there is no possibility of avoiding it.

When a task has been postponed many times, a moment comes when the Universe announces: “There are no more extensions; you have put it off too long.” You then enter a situation of *destiny that can no longer be postponed*, where, even if you want to, you cannot delay the task any longer, because life leaves you no other way out than to face it.

Developing consciousness passes through all human races, cultures, social systems, and civilizations. The *civilization of the Elder Brothers*, for example, corresponds to the last stage of the evolution of consciousness within the human form; that is why we can call it “the last society.” In it, the transition takes place from mortal human beings—with sleeping consciousness—to immortal human beings—with awakened consciousness.

> *The life experiences of each person correspond exactly to the level of information about the truth accumulated in their consciousness.*

	Siblings	Wave	Frequency	Field	Characteristics
7	Elders	Ultrashort	Extremely High	Artistic	Educators of all levels of human evolution. Mastery of matter by permanent consciousness
6		Short	High	Intuitive	Perfect harmony with the Law and the order of the Universe. There is no external control.
5	Higher			Understanding	Private property and borders disappear. Freedom and ease of travel.
4		Medium	Medium	Intellectual	Peaceful coexistence. People learn to serve without condition. Social imbalances disappear. The Laws are recognized and people give up confronting them. Forms of compensation other than money
3	Lower			Sentimental	Codified laws, the rule of money, individualism, struggle within free competition
2		Long	Low	Emotional	Law of the strongest; law of retaliation
1				Physical	Lack of feelings, cannibalism Extreme ignorance

Table 7. Human Characteristics According to the Level of Consciousness

For the consciousness or spirit that has already attained immortality, it is not that matter does not exist, but that it does not need it. Matter is required to live the experience of discovering the Laws, as well as to achieve the inner transformation of the development

of consciousness. Once immortality has been attained, matter is only necessary for others; the person is not lost, but goes on to carry out a mission of service. An immortal being can enter matter, but will do so voluntarily, and can leave it just as easily; all of this will be done with a purpose of love and service.

Experience is an educational design created by the Masters of Law. It is like saying that a child enters school for the first time and will encounter a series of explanations and experiences that they need to go through, and that have been designed beforehand by educators. The same happens in the Universe: when our consciousness enters the first level of human experience for the first time, the situations have already been designed by the educators of the Universe, whom we call Masters of Law, and who are immortal.

There are two processes for the entire Universe: *descent* and *ascent*. First, there is a descent from the absolute center, with the purpose of reaching "the very bottom," where learning is possible; then there is an ascent, learning to rebuild what has deteriorated. This is the Universe's usual process for everything: nature, the body, social structures, consciousness… For example, consciousness descends from its Father, from dimension 40, to the dimension of minerals, and begins its ascent by learning. In the descent phase there is no evolution; innocent beings simply gain in density and matter. In the ascent, on the other hand, there is evolution; that is, we gain in spirituality and understanding: we discover the Laws, we train, we develop consciousness, and we acquire wisdom.

The process, then, is as follows: first, the destruction of what was given to the person in perfect condition so that they could discover the Laws. Second, verification of the result of having destroyed it, and the beginning of reconstruction in order to learn. Third, when the person finishes rebuilding, they learn to maintain what they have achieved so that it is not destroyed again.

For individual human beings, this process lasts about 18 years; for a civilization, approximately 13,000 years; and for the soul, 40,000 years. The only thing that changes is the timeframe; the process is the same regardless of the scale on which it takes place.

At the fifth level there is still a body, and it can last about 1,200 years. On entering the sixth level, aging stops and the process begins to reverse; that is, we become young again, as if we were about 25 years old. At the seventh level, we learn to enter and leave the body.

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

Above the frequencies of ultraviolet begins a non-physical world, invisible, intangible, and imperceptible to the five physical senses; that is, the world of metaphysics and

relativity begins, whose vibrational frequencies lie above the fourth dimension. Higher dimensions can perceive lower ones, but the reverse rarely happens. Our physical senses, for example, perceive only three dimensions, but the intangible worlds are real and can be perceived through other senses that can gradually awaken as our consciousness develops, through meditation, concentration, in dreams… The non-physical worlds are called *the unmanifested*, and the entire physical world, which is organized into form, is called the *manifested world*.

Reality is the place where we can act. If a person is in the tenth dimension, that is real for them, and if they are in the third, that will be their reality. Everything is real and at the same time everything is imaginary; it depends on the perspective.

Beyond the frequencies that begin to be imperceptible to the physical senses of human beings, the process of accelerating vibrational frequencies and shortening wavelengths continues, producing a dimensional phenomenon in which time and space gradually contract. When the acceleration reaches its maximum speed or vibrational frequency, you arrive at *zero time*. This zero point, where there is no before or after, no beginning or end, and no limitations of any kind, is the point of eternity; it is also called the *Absolute* and is located in the 40th dimension.

On the other hand, time is not static; it varies as speed varies. If speed is increased to infinity, time will be zero, yet distance will not cease to exist. The formula is: Distance/Speed = Time. If speed is doubled, time is halved.

The Universe is divided into 40 dimensions. This is only one possible way of measuring that the Masters use, and there may be others. Starting with the fourth dimension, we can speak of non-physical worlds, which means there are 37 non-physical dimensions and only three physical ones. Dimensions are fields of vibrational frequency, so the higher the vibrational frequency or speed, the greater the dimensional changes will be, and the more relative time will become.

The *Absolute*, or *absolute essence of Being*, contains all the information for the processes of creation, maintenance, and functioning of the Universe and of everything that exists and happens in it. The Absolute contains everything within itself and is eternal and timeless.

Everything in the Universe has a logic and an order, and everything can be explained. We only need to expand our mental field far beyond the limits and barriers that culture has imposed on us, and release our minds and our thinking toward other dimensions, so that we can begin to understand that everything has a perfect purpose.

Right now we may not see that what we are learning about the Universe has any application in our lives. But it is certain that to achieve acceptance, which is a science

that gives us happiness, to use the tool of "assuming," which will give us absolute peace, or to practice unconditionality, which makes it easier for us to develop love, we will need to rely on metaphysics, on everything our senses cannot yet perceive.

Chapter 3. Being and Non-Being in Humanity

Human beings, in their long journey through life, rarely become aware of their Being, their true divine essence, because they live immersed in their own world, in their reality and fantasy, created by their physical senses. These senses offer them a world limited to their capacity for perception and make them believe that the only existing reality is the physical world. That is why they cannot understand how or why certain events, situations, or phenomena occur that are incomprehensible to them.

The Being that dwells within each of us is the immortal essence emanating from the Absolute, which gives meaning to existence and animates our lives. It gives us the assurance that our effort to understand and to become better human beings each day is not a futile struggle against the law of life and death, but one more step on the path of ascent toward the perfection of consciousness.

It is not correct to say that a person "lost their life." The correct way to put it is that they "lost the form and the ignorance of the personality." Life cannot be lost, because it is eternal as an emanation of God. The essence of Being within us contains absolute information, which is not subject to change because it is already perfect: it is wisdom and love. "Non-Being" is everything that undergoes variations and has the possibility of change; evolution takes place within it.

> *Being manifests spontaneously when the personality stops interfering.*

The Being that animates us and gives us life resides within us in the dimension of the unmanifested, which cannot be perceived through the physical senses and manifests spontaneously through consciousness only when the personality stops interfering—that is, in states of intuition, meditation, and abstraction. The Being cannot vary, since it belongs to the *level of absolute perfection*.

At what point does the personality stop interfering? When there is neither inner reactivity nor duality. Let us remember that all duality belongs to the personality; understanding, on the other hand, has no duality, because it is made up of what has already been verified.

In the state of Being there is no duality; it is neutral. If a difficulty arises: “What an extraordinary opportunity to grow!” And if something is very satisfying: “What a wonderful thing!” Everything is always extraordinary and wonderful in such a state of non-duality, which is also called the *highest state of human mental efficiency*.

When we manage the personality, Being manifests, because consciousness (that is, understanding) is not part of the personality but resides in the mind. The ego does as well, but it makes up the personality, whereas understanding makes up the divine essence. When someone is told, “You have no personality. Where did they brainwash you?”, that person can answer, “How extraordinary, I’ve finally done it! What happiness!”

Being can only manifest through consciousness, while non-Being manifests through the personality. As consciousness develops, Being manifests more and more. Its essence in each person can come to be expressed as it truly is: a perfect balance in the face of any situation or circumstance, which does not alter in the slightest its absolute condition of Being.

When it comes to the essence of Being, we do not speak of evolution, because it simply “is.” In each of us, the essence of Being is a small portion of the total information of the Universe, but it is perfect and complete for what each of us needs as a human being. It is not that we are Being; rather, Being is within us. It is our “father,” and we are “the child.” The child is another file that contains a certain amount of information, though not the total. It is the part that is growing within us, the part that is in the process of development.

Consciousness accumulates the wisdom gained by all of an individual’s previous personalities. It takes approximately one thousand personalities to “fill” a consciousness file. Consciousness does not have experiences by itself; it only assimilates what each personality produces.

> *Being manifests from consciousness; non-Being manifests from the personality.*

The capacity of Being does not react; it simply manifests with wisdom, as the consistent and precise action that corresponds to any circumstance. Being does not reason, since it does not use analysis. On the contrary, the thoughts emanating from Being are intuitive and free from the influence of concepts. They are vertical thoughts, entirely free of oscillation, and therefore they always correspond to the truth.

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

Intuition is the line of thought that emanates directly from Being, and perceiving it requires a total absence of reasoning. This is because the slightest doubt produces oscillating movements in horizontal thought, which immediately interrupts the direct perception of Being. The same happens with other manifestations of Being, such as faith and love, which do not allow for analysis, doubt, fear, or reasoning.

Unlike Being, non-Being, sustained by ignorance and the ego, reacts at every moment through all kinds of extreme manifestations, positive or negative, but never with harmony or love.

> *To perceive the thought of Being, the mind must be free of reasoning.*

When we find ourselves immersed in the state of non-Being, we truly have no identity of our own, because we react automatically in every moment, according to the impressions we receive from the external world, perceived through the senses. We are usually manipulated by what happens outside of us, so there is no opportunity for our true Being to manifest. A person's mood is generally subject to that of those around them, or to the circumstances affecting them. Thus, when someone close to us is in a good mood, we usually catch their joy; if someone praises us, we feel happy; but if others are frustrated or upset, our mood sinks, and if someone insults us, the most common reaction is to become furious and respond in kind. In many cases, relationships deteriorate, business deals fall through, and friendships end simply because "we are nothing," and that is why we identify with everything that "is not."

At this point, you may be wondering how you can know what "is not" and what "is." It's simple: when everything happening around you determines your own behavior, then "I am not." What happens on the outside runs your life and leads you to that unfortunate state known as "not being yourself."

The purpose of the process of spiritual development is for us to learn to be ourselves, achieving an inner state of spiritual independence; that is, a state in which our own behaviors, decisions, thoughts, and feelings do not depend on what is happening around us, but on what we choose to do with it. And if our decisions are grounded in an understanding of love and in the essence of Being, they will be perfectly balanced and will lead to an inner state of imperturbable, invulnerable peace—the state that characterizes a Master of Wisdom.

> *The mental state of non-Being identifies with everything that is not wisdom.*

It is important to distinguish between *action* and *reaction*. Our proposal is not to react, but to act with serenity in the face of the situations life presents to us. As long as we react, we "are not"; but when we learn to act serenely and wisely, we can say that "we are ourselves." That is the state of spiritual development.

Non-Being must analyze every idea that comes to mind in order to reach a conclusion; to do so, it relies on comparing concepts or preconceived ideas, which do not always correspond to the truth. For this reason, it is not wise to make hasty judgments about the people or circumstances around us based solely on the conclusions of our reasoning. The proper course is to turn to the wisdom that comes from knowing the Laws of the Universe.

> *The mental state of non-Being enslaves the human being and is the cause of all suffering.*

The state of non-Being chains the human being to situations characteristic of the low frequency; it enslaves through fear, doubt, mistrust, and limitations, and it is the cause of all suffering. The reactions of non-Being cause us tremendous anguish and immense inner suffering, which in many cases contribute to the development of physical ailments, yet do not help in the slightest to change external circumstances. Therefore, it can be stated categorically that *suffering is useless as a means of action in the face of external circumstances*. However, it does play an important role in the development of consciousness, insofar as it allows us to recognize and gauge our levels of ego and inner limitations, and to come to understand that suffering is, in itself, foreign to the state of Being.

In short, the state of non-Being identifies with everything that is not harmony, and this is the cause of the ego's constant reaction and suffering; for the ego always focuses on any external element that is not harmonious, and this gives rise to rejection and inner reactions of duality, suffering, aggression, and crisis, as well as all the human processes that do not produce satisfactory results.

The distressing external circumstances that torment us every day are the "school of consciousness." Through patience and understanding, they ultimately hand over to Being the reins of the formerly "untamed steed" of the conceptual, ego-driven mind. When this happens, the mind, submissive and obedient, is guided by the Lord of the Law, and can thus leave the school of suffering forever. Knowledge of the Laws of the Universe eliminates fear and frees us from suffering, but wisdom is acquired only through the development of consciousness. Ultimately, it is this development that allows Being to manifest and eliminate all inner conflict, transcending the Law of Opposites. The result

of all this is a state of inner peace, serenity, harmony, and happiness that no external cause or event can disturb.

> *Constant, patient work toward attaining the state of Being will free us once and for all from suffering.*

Every event calls for a necessary action. Whatever we have to do, let's do it efficiently, but also with love; that is, without reaction, blame, or any kind of duality, without suffering. Let's simply enjoy what we have to do, and do our best. This is what right, balanced behavior consists of, and it is the work we want to carry out within ourselves: to make Being a constant expression in us. If we do not choose the option of love, it is because we lack information, energy, or training.

In this situation, *horizontal thinking* and *vertical thinking* come into play. As long as thinking remains under the influence of positive or negative analysis, it will not find the information of the essence. Vertical thinking is what captures information from the higher spheres and brings it to the personality; this can be achieved through training. The process of swinging between negative and positive non-Being is carried out by reasoning. Only when we are able to center ourselves and stop reasoning do we come into contact with the information. External influences on our behavior can be positive or negative, but in both cases "I am not."

As we noted earlier, if we are in the company of people who behave excellently and have wonderful relationships, we will imitate them and behave like them, because we will be allowing their peace to act on us; but the moment we meet an irritable person, we will become irritable. The problem is that if we are unable to voluntarily manage our own positive mental states, we will not be able to manage the negative ones either, and we will not be able to turn them into positive ones from within, rather than through the influence of something external.

Vertical thoughts do not oscillate; they are intuitive, whereas horizontal thoughts are associated with analysis and therefore involve duality and are subject to comparison. When we analyze, we compare elements or situations that seem good or bad to us, and we look for a point of conclusion or synthesis; but once that point is reached, there is no further analysis, and the conclusions we have reached are stored as wisdom. When we use them again, there is no need to analyze them anew; they have already been understood and are therefore used without further analysis. Thus, little by little, the ego is transformed into wisdom, until finally all our behaviors are expressions of love. Throughout the process, there is a duality between ego-driven behaviors and those of Being.

Action is essential; the Universe does not respond to inaction or inertia, and inaction brings no positive result. When we manage to approach what we still have to learn from a place of understanding, we begin to be effective as human beings, because when a conflict arises or we feel upset with someone, we won't look for someone to blame. Instead, we'll ask ourselves: "What do I still have to learn? What did I do to end up in this situation? Where did I lose my energy? At what point did I go wrong?" And we'll give thanks to life, to the people, or to the circumstances that allow us to recognize that we still make mistakes, because thanks to that, we can understand what we don't yet know.

In the state of Being there is no duality; it is neutral. If a difficulty arises: "What an extraordinary opportunity to grow!" And if something is very satisfying: "How wonderful!" Everything is always extraordinary and wonderful in this state of absence of duality, which is also called *the highest state of human mental efficiency*.

Non-Being identifies with everything that "is not." For example, a person behaves in a way we disagree with, and our inner reaction is negative; we try to change that person so that we can feel good. That is the typical "non-Being" reaction, the one that identifies with what "is not love," because we tell ourselves: "That person is behaving badly, inadequately, inappropriately," or, worse yet: "That person is causing me harm or annoyance." Such statements are the product of ignorance about a situation that is a wonderful opportunity to learn and to respect; but since we are unable to see it that way, we express selfishness, which is the typical behavior of "non-Being."

3.1 Selfishness

The definition of selfishness that our culture has taught us is completely distorted; it has nothing to do with reality. According to our cultural heritage, selfishness consists of thinking of oneself rather than of others; instead, we are advised to make our actions selfless. This is nothing more than ignorance, because there is no such thing as a selfless action. Meanwhile, true selfishness strolls among us without a care; it is what we do every day, believing it to be virtuous behavior.

Selfishness arises when a person tries to change others, mainly for two reasons: because they do not accept them as they are, and because they want to stop feeling bad because of them.

Therefore, the true definition of selfishness would be: *an attitude displayed by a person who wants to change others or sacrifice them in order to feel good without doing any inner work*. We do this every day under the mask of love. For example, when we say to our son or daughter, "Don't go out, because I'll feel bad if you do," or "Take care of your health, because if you get sick, I'll feel bad," we are dealing with the false mask of love; that is, we think and/or tell them: "Since I love you so much, I don't want anything to

happen to you or for you to suffer." In reality, this is the height of falsehood: what we don't want is to suffer ourselves if something happens to the other person, or to lose them, because we are attached to them and depend on them, since we are not free; and we prefer to sacrifice the other person, their possibilities and their behaviors, so that we ourselves do not suffer.

"I can't live without you" is a perfect expression of selfishness, and we use it in such a romantic way… It would be different to say, "I love living with you"; that is truly an expression of love. The opposite means: "I'm going to tie you down, I'm going to limit you, I'm going to forbid you things; and if you're not here, I'll suffer terribly." All those arguments are riddled with selfishness and ignorance. And the mask remains there, proclaiming, "How good I am!"

Selfishness means being unable to accept others or respect their experiences, and instead trying to force them to change so that one can feel at peace. This produces disastrous results in human relationships, and leads to the state of non-Being and to situations that lack wisdom. The state of Being, on the other hand, evaluates everything with wisdom, and respects and loves.

3.2 Behaviors of the Human Being

Based on all of the above, we can conclude that the human being expresses two types of behavior:

- Those that come from Being.
- Those that do not come from Being, but from the ego. The behavior of non-Being, of the ego, is full of duality and reactivity; it generates suffering, confusion, conflicts, drama, and conflicts with the outside world, and it tries to change everything in order to feel good. In contrast, the behavior of Being accepts everything as perfect, but not out of resignation;

that is, it is not a matter of "putting up with" things; it simply "accepts" because it has understood that what happens is perfect and serves a very valuable purpose of love; therefore, it does not try to change anything external and knows that the only thing that needs to be changed lies within, and it is called the duality of the ego's reactivity.

From the understanding of Being, we see that what we commonly call problems are nothing other than perfect learning opportunities; that the results we obtain, satisfactory or not, are also perfect for recognizing what gives rise to them. Ultimately, the behavior of Being is what allows us to contemplate the perfection of everything that happens and to value it deeply.

This is an exercise that requires:

1. **Information** grounded in wisdom, with which we can reprogram the mind.
2. Enough **energy** to handle that information.
3. **Constant training** to achieve success through the practice of desensitization, facing everyday life with complete peace, without suffering, and in a state of deep understanding. The behavior of the Being never looks for someone to blame, only for solutions, and it values experience as an opportunity to learn. We must not forget that each of us has the Divine within, and that it is distributed in different proportions. We have a small amount of the *essence of the Being* that is active in us, resides in the mental field, and can be used here and now—although sometimes we don't use it; at times it is awake, and then it is called understanding and is conscious in us. This is where we are headed through spiritual development; the aim is to expand understanding until it has enough strength to transcend the limits of the ego that still hold out in our mind. To the extent that we achieve this, information and forces far greater than we can even imagine will begin to manifest in us. By clearing our mental field of limitations, what has accumulated in our divine consciousness, which has been gathering information for thousands of years, will begin to express itself through us; moreover, the essence of the Being, the divine spark, will be able to manifest in us. It is so formidable that we cannot even suppose such a degree of power exists within us; it is the power to direct and govern matter. That would mean not only completely rebuilding our body, but also giving it any form or characteristic, as well as entering or leaving it. The physical body would become a kind of suit that can be taken off and put on, and swapped for another without any trouble. The word “impossible” would disappear from our mind; nothing is impossible in the Universe. The correct statement is: “I can't do it yet, or I don't yet know how to do it.” As we begin to work with the essence of the Being, at least the part that is active in the mind, we immediately begin to get results. The differences between human beings have to do with personality; no two personalities are alike, they are simply different forms of ignorance. The essence of the Being, on the other hand, is the same in all people, obviously with greater or lesser content. That is why we compare it to water, an element that is contained in everything, but not always in the same proportion; its greatest content is in the oceans, but everything has moisture and therefore the same essence: water. The same is true of the essence of the Being in us: understanding, love, no matter in what proportion it is found in a person, is the same as what anyone else has. Obviously, if the proportions are small they will be insufficient to produce certain results, but they are still love.

3.3 Tools for the Expression of Being

The tools we can use to allow the essence of Being to express itself are:

- **Patience**, that is, giving things time. If you plant a seed, you won't harvest it tomorrow; you have to wait for the plant to grow. Things don't happen instantly; everything in the Universe is part of a process. Patience is a virtue we need to cultivate because it allows us to respect the rhythms of the Universe with serenity. It means harboring a conscious inner peace. We don't get anywhere by becoming impatient.
- **Acceptance** to understand that everything follows a perfect rhythm and that any situation is perfect for discovering what it has to teach.
- **Inner peace** to maintain the state of Being without reactivity. To develop absolute peace, you need to be in a place where no one is peaceful.
- **Deep respect** in our relationships with others. The mental state of non-Being is the cause of all human suffering. It is possible to emerge from that state by taking advantage of opportunities, rather than running away from them.

When faced with situations we call "problems," we must be prepared to use our own energy to pass the test so that it does not happen again.

Welcome, challenges! Welcome, trainers! Welcome, difficulties! We don't have to go looking for them, but let's make the most of the ones life offers us and not waste them.

3.4 Being versus Non-Being

The Being (state of mental efficiency)	Non-Being (ego, ignorance)
Immortal essence emanating from the Absolute	It manifests through the personality
Wisdom	Conflicts, dramas, selfishness
Contains absolute information	Beliefs
It manifests through states of intuition, meditation, and abstraction.	Inappropriate behavior
We “are” not the Being, but the Being “is” within us	Duality
Vertical thinking: intuitive; does not analyze	Horizontal thinking: analyzes everything to reach conclusions
It does not look for anyone to blame	Looks for someone to blame
It is loving understanding	There is neither harmony nor love
Accepts: has inner peace and deep respect (0% reactivity)	Reacts: negatively or positively
Total happiness (0% suffering)	We depend on what happens outside us to be happy; suffering

Table 8. Being vs. Non-Being

Our mental field is initially innocent, and later it fills with disorganized information from our culture and surroundings, which we know by various names: *belief system or archive of ignorance*; this information makes up the ego. They stop being beliefs once we are able to verify whether the information that reached our mind is true or false. As long as we haven't verified it, we remain in the state of "I am not," which means our behavior depends on external things; as a result, we are completely susceptible and easy to manipulate, and we recognize this in our feelings. In reality, we let external situations affect us because we don't know how to do anything else, because it is something we don't understand or accept, or because something seems right to us according to our beliefs.

To reach the state of "I am," we need to find truth, love, an inner field that is absolutely invulnerable, that cannot be manipulated or offended, and that contains no beliefs, only wisdom: truths that have been recognized and verified.

As each of us puts into practice the exercise of untangling our beliefs, leaving ignorance behind, and cleaning the ego, and transforms all of this into wisdom, our mental information changes and becomes a new kind of information called *understanding*. This is part of the essence of the "I am" and the result of direct experience with everyday situations, where we discover what works (what is built on truth) and what doesn't work (what we try to do from the falsehood of beliefs).

In the state of "I am," we can control what happens within us, including how we think, act, behave, communicate, and relate to others, because it depends on us. But we cannot control other people or what happens around us.

Conclusions

- To accelerate the development of consciousness, we need to expand our field of understanding and hold on to fewer beliefs and more wisdom.
- When you understand something, a quantum shift takes place.
- The faster you evolve, the sooner you transcend suffering.
- Everyone is their own Master. It is pointless to follow any Master; what you can follow is the teaching.
- The evolution of consciousness leads to immortality.
- Evolution is the successive accumulation of information of truth in the archive of consciousness.
- Our bodies age because of the loss of energy they experience. Old age is an energetic state, not a chronological measure of time.
- Learning only becomes understanding through constant practice and by verifying the results.
- Learning is synonymous with attaining love and happiness.
- Life is a path, and change happens in the travelers, not in the path.
- What happens in the Universe is neither good nor bad; it is simply necessary.
- Each person's life experiences correspond exactly to the level of information of truth accumulated in their consciousness.

- Our human consciousnesses are eternal and never move backward; they always accumulate information of wisdom. This is what evolution is.
- Everything that happens is perfect for a specific purpose, and each of us is exactly who we are, and who we are is perfect. Therefore, there is no need to compare ourselves with anyone; we simply enjoy who we are and improve on it.
- Wisdom unites science and philosophy to find balance.
- The purpose of spiritual development is to learn to Be; that is, for our own thoughts, feelings, and behavior to depend not at all on what happens around us, but on what we ourselves decide to do with them.
- Those who live, breathe; those who read, learn; those who act, understand; those who practice, know. *You don't have to believe anything*, and you shouldn't take anything for granted. *You need to practice* and verify in your own life whether this information works and produces satisfying results. Action is essential, because the Universe does not respond to inaction or inertia; inaction brings no positive result. With this information, we have *three options for action*:

1. Store it in our library.
2. Carry it with us and teach it to everyone.
3. Make the information a part of ourselves, so that it becomes the way we act. Only in this last case will we achieve satisfactory results.

Training Exercises

Mental Fasting Exercise

This proposal is quite a challenge. For 40 days, give up any form of conflict, criticism, or protest, and any thought that disturbs your inner peace, and always think with love. If after those 40 days the result is very powerful, continue for the next 40, and so on.

Mental Reprogramming to Shorten the Time of Evolution

Beliefs make us inefficient, while wisdom makes us efficient. Repeat the following phrases to yourself:

"I declare myself in a complete state of peace, and I will stop fighting against life and start enjoying it."

“My happiness depends only on me; I completely renounce suffering over what happens around me.”

“No external situation can affect my happiness, my peace, and my love.” “I definitively renounce trying to change anything outside myself.”

Exercise for Maximum Efficiency

To achieve balance and maximum efficiency, apply the *action–recovery principle*. Every day we need to recover the energy we have spent, and we do so by getting enough sleep, through meditation, or with directed thinking techniques, all in the right proportions. When we have enough energy, what we call problems become opportunities and challenges for the evolution of consciousness; they are our training. Whatever you don’t know how to do, set out to learn it, and whatever you don’t know how to handle, set out to train for it. This is what the practice of spiritual development consists of.

Exercise to Develop Intuition

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

Once you have analyzed enough in your search for an answer, stop thinking so that the information can come to you through “revelation.” This is what is called *intuition*. You can practice this every time you have to make a decision.

Exercise of Being

Direct your emotions and feelings through your thoughts. Observe your thoughts to keep outside influences from affecting what happens within you; instead, strive to let your inner world exert a powerful, satisfying, and beneficial influence on the outer world. In this way, you free yourself from duality and conflict and begin to be yourself.