TOPICS · TOPIC 06

Learning to Manage Thought

It approaches thought as a function that can be directed and describes techniques for guiding it consciously. It links the management of thought to the dissolution of ignorance and access to inner peace.

- Mind and self-esteem

Context. What is the purpose of the human experience?

Before moving on to the next topic, it is helpful to place ourselves within a context that offers a new way of looking at life, a new paradigm, one that allows us to be happier and to understand human beings. You don't have to agree with everything that follows, or believe any of it, because we are not talking about beliefs. All you need to do is verify in your own life the results of applying this information, to see whether they hold true for you.

If these inner results are happiness, peace, and harmony, then we will know that this information is true. If our external experiences in relationships, health, resources, and adaptation to our environment improve, then we will confirm that this information is wisdom.

The purpose of the human experience is to evolve, to develop our consciousness so that we may be filled with wisdom and love. All human beings, without exception, have come into the world to work on our spiritual development, sharing and participating in experiences with other human beings. Life is a remarkable educational process of the Universe; planet Earth is a “spiritual school,” and every experience we live through can be compared to an academic year.

Spiritual development is inner work, absolutely individual and personal. No one can do it for another person, but neither can it be done “without others.” In other words, we need interaction and experience with other people in order to build our own development, to get to know ourselves. Sometimes, instead of taking charge of our own development, we

try to interfere with that of others; in those cases, instead of learning from others, we want to change them. All this accomplishes is to distort the educational process, or to try to distort it, and in doing so we complicate our own lives.

Only by understanding this can we effectively ask ourselves, “What does life want to teach us in each situation?”, since every situation is a lesson. Ultimately, it is about learning to transmute ignorance into wisdom.

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

In order to lay the foundation for a new civilization that brings a greater level of satisfaction to all people, we must begin by bringing harmony to ourselves. To do so, it is essential to study the universal laws and apply the principles that lead to wisdom. We must bear in mind that we will truly reach wisdom only through constant practice and by discarding the theories and concepts that prove to be wrong. In this way, it will be possible to develop peace and harmony right where we are, through the lessons of daily life, since life is the best school and nature the best teacher.

All it takes to achieve efficiency is to stop resisting the perfect order of the Universe; mental inefficiency is necessary to discover, through saturation, that the Laws of the Universe exist. Once we have suffered enough, we are ready to understand the Laws. For the external struggle to cease, the internal one must cease first, and for that we must have accepted that everything that exists and everything that happens is perfect and necessary, because it has a purpose of love.

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

There are seven Laws of the Universe that govern all of its processes of creation, administration, and evolution. Of these seven, four are fundamental, since they control the development and evolution of the consciousness of the human species anywhere in the Universe. These four Laws form the lower triangle, while the Law of Evolution is the upper one, governing the lower triangle, also called the *triangle of hell* because it is the lowest part of the universal laws.

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

Everything that brings suffering, anguish, pain, or illness does so because we are going against the Laws, and through that we come to recognize them. The results we experience when we step outside the Laws allow us to recognize their existence. It is

necessary to make mistakes in order to discover the Law. Mistakes are not the problem; the problem is not learning from them.

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

As you can see in the following tables, the human experience is governed by four specific 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…

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…

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...

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.

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

It is important not to confuse the universal laws with human laws or with rules. The former are immutable and cannot be repealed; they originate in the wisdom of the Absolute or Divinity and are therefore absolute. They cannot be modified or negotiated, and disobeying them has a negative result, in the sense of being unpleasant, and also a positive one, in the sense of the learning it involves. That is why it is said that human beings do not actually create laws but rather establish rules; we call them *human laws*, but they are rules, because they can be repealed, are temporary, and are useful for a given moment.

We have come to planet Earth to develop the three inner virtues: Happiness, Inner Peace, and Love or Service to Others. This development brings excellent results in four areas: Relationships, Resources, Health, and Adaptation to the Environment:

Inner Peace | Love | Happiness | Adaptation | Relationships | Resources | Health

The idea is to use these virtues to relate to the external world. Learning to be happy, to have peace, and to love is the true purpose that brought us human beings into the physical world of matter.

VIRTUES	CHARACTERISTICS	SCIENCE IN WHICH IT IS STUDIED	REPRESENTS OR DEVELOPS IN
Happiness	0% suffering 100% understanding 100% self-worth	Acceptance	The function
Peace	0% conflict 0% reactivity 0% confrontation 100% respect	Taking on life with wisdom	The destiny
Love	100% capacity for service 0% resistance, 0% fear 100% adaptation 100% commitment	Unconditionality	The mission

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

Learning to **be happy**:

- To learn to be happy, you only have to face everything you believe takes your happiness away.
- To be happy, you don't need anything external, only understanding and a particular mindset.
- Non-acceptance is the only cause of suffering; we must stop resisting reality.

- It is essential to stop working on others and to work solely and exclusively on yourself, changing within yourself whatever bothers you (the ego) so that it stops doing so.
- If there is suffering, only one question needs to be asked: “What am I not accepting?” The answer lies there.
- Everyone, without exception, has what they need to be happy; however, very few know how to be happy with what they have. Learning to **have peace**:
- Nothing and no one provides peace.
- Inner peace is the result of one's own spiritual development, not a gift.
- Managing peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist; the ability to manage one's own life energy; and training.
- If you lose your peace, ask yourself: “What am I resisting? What do I want to change? Who am I blaming?” Learning to **love your neighbor as yourself**:
- To do this, all you have to do is take part in activities 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.
- Love cannot be offended; it is invulnerable, immutable, universal, and neutral.
- Love implies a total understanding of the Universe; it is a way of being and does not need an “object” onto which to project itself.
- Love is not a force, but a tool.
- Love is not a feeling.
- To love is to always give the best of yourself.
- If you’re feeling unmotivated, it’s best to ask yourself why you’re allowing this specific situation to limit your ability to serve, which in reality shouldn’t depend on external events. By developing the three inner virtues, you’ll achieve excellent external results in all four areas:
- In relationships.
- In resources.
- In health.
- In adapting to our environment. Five elements are present in the life experience of every human being: purpose, destiny, mission, function, and intention.

1. The Purpose

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

a) Being happy by yourself, that is, not depending on anything or anyone to enjoy inner peace and happiness.

b) Loving your neighbor as yourself, that is, respecting the rights of all beings in the Universe.

And how is this learned? Here we can see the perfection of the Absolute's pedagogical design. To practice learning to be happy by oneself, we need to live in a certain place, with certain people and in circumstances in which everything happening around us is more or less aggressive. In this way we'll realize that our problem isn't caused by what happens around us, but by the way we relate to it, and by the rejection and resistance we set in motion.

As for the second part, loving your neighbor as yourself, it means respecting them just as they are, not trying to change them, and not resisting others. It is necessary to live in a place where the people around you think differently, have varied customs, and believe in different things. In this way, we will learn to love them as they are, without judging or condemning them. This is how the purpose of love is fulfilled; it is the true reason why we human beings are on planet Earth.

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

Being happy means experiencing zero suffering in the face of whatever 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; by contrast, a person who lacks wisdom but has kindness cares deeply about others but suffers enormously. Those who don't care, the callous and the indifferent, have neither wisdom nor kindness.

2. Destiny

It is what we come to learn from the material world—learning to use the seven tools of love in order to have invulnerable peace. It is a great opportunity to learn what we lack.

We all bring into the world an unavoidable destiny, one of enormous value. Our culture teaches us to try to evade destiny instead of showing us how to make the most of it. The key to making the most of destiny is: "You have the ability to enjoy anything you do,

because that ability is within you".. However, if someone tells their child: "You always have to do what you like.", it will create an enormous block in them.

Destiny is a pedagogical design whose purpose is to allow human beings to verify and discover information that governs the Universe and its perfect order. It is therefore the best opportunity to transcend all of our human limitations. Instead of complaining about the difficulties life presents, we should take advantage of them as a great opportunity to transcend them; then they will disappear forever. If we don't learn from difficulties, far from disappearing, they will become more complicated, persist, and become permanent.

3. The Mission

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

Mission allows us to recover a great deal of the vital energy invested in the exercise of learning to be happy. Mission is what has already been understood, what is already known; therefore, it can be used to serve others while enjoying ourselves intensely.

Both mission and destiny are represented in the personality: the latter through the belief system, and the former through understanding. As we transmute our ignorance into understanding and wisdom, we will have more and more mission and, therefore, more satisfaction. 4. The Function

It is what each person does to earn their livelihood; it consists of putting as much enthusiasm, joy, and love as possible into what you do, even if it isn't part of your mission.

We know that all living beings have a function within the order of the Universe. It takes wisdom to take it on with joy, with enthusiasm, with a full capacity for action and service. Function is not about "earning a living"; life is not "earned," because it is a divine gift. What we earn is the sustenance of this biological entity, this body.

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

5. The Intention

It is what we want for ourselves or for others. Intention should be directed in such a way that it does not interfere with the destinies of others or try to evade our own destiny.

Intention is the most complex element for human beings today, because sentiment, the idea of goodness, and the other ideas that culture mistakenly passed on to us constantly

lead us to try to interfere with the destinies of others. If we accepted that destiny is something extraordinary and not "bad," that it is the best opportunity we have to fulfill what we came to do in the world, we would stop trying to change other people's destinies.

When a child wants to become independent and the parents oppose it, how can we act so as not to interfere? We always want things to work our way. In this case, the parents feel it isn't the right time because their child doesn't have a stable job, for example, and they don't want them to leave home. Our "I wants" are the cause of suffering. The "I want" is also called unconscious selfishness, because we want others to be happy doing what we want them to do.

What would be the wise and loving thing to do in this case? To tell the child: "For us, the most important thing is that you are happy and that you find your own path, so we respect your decision. Know that if you want to come back, the door will always be open."

Ultimately, wisdom means having a clear sense of purpose, making the most of destiny, enjoying your mission, taking on your function, and managing the intention not to interfere with other people's destinies, and it requires that all of this be practiced in thought, word, and deed.

Chapter 1. What Is Thought?

Human beings have always wondered what thought is and what its possibilities are, even coming to believe that thought is the origin of who we are, as in René Descartes' famous phrase: "I think, therefore I am," which holds a great truth. Thought has always been one of the great mysteries that have intrigued human beings.

We could call thought the "messenger of creation," since through it the information of the Universe reaches all the places and dimensions, both known and unknown to human beings, and in this way all the information of the Universe can be present everywhere at once. We can hardly begin to grasp what this possibility really means. Yet it is a reality that is always present, and we can verify it through the simple observation of everything that has been created, both by the divine and by human beings themselves.

> *Thought is the channel through which the information of the Universe is transmitted.*

If the Universe is organized on the basis of centralized, absolute information that is transmitted through thought, then the possibilities of thought are practically infinite, as long as it is handled in accordance with the Laws of the Universe and of life.

Learning to direct thought means learning to work with one of the most powerful tools human beings have. Many people have investigated its power as an instrument for discovering the secrets of the Universe and understanding the true meaning of everything that exists and happens.

We must be clear that thought is not the mind. Every time someone thinks, they direct their thought and instantly do one of these two things:

- They tune into one of their own internal files, which opens.
- Or they tune into a piece of information (a vibrational frequency) that is in the air. For this to happen, the tuner must match the transmitter. The information that reaches the mind will have exactly the same characteristics as the information each person already has in it.

The fundamental information within every human being is encoded in four files, which differ in the type and amount of information they contain. These files determine exactly the external characteristics of form and the life experiences that correspond to the individual in the world of physical matter. Of the four, three have no physical support.

Archives of the Human Being	Characteristics
Physical	**Genetic archive**. It contains information for the shape of the body and the defense system (instinct). The brain is part of the body, but the mind is not. The brain would be the CD, and the mind the recording made on it. Its purpose is to support the mental field.
Mental, or personality	It contains **temporary** and **corruptible** information, and consists of two levels of information: one occupied by the **belief** system (ego), and the other by **understanding**. It contains falsehoods that can be transformed into truths through alchemy. Its purpose is to live the experiences that make it possible to verify the presence of the Laws and the order of the Universe.
Of consciousness	**Permanent** but **partial** information. It is an observer that assimilates what the personality comprehends. Its purpose is to accumulate only understanding, or information verified as truth. The part that is full, that is, the part that contains information of wisdom, is called *mission*.
Of Being, or the Divine Spark	**Permanent** and **absolute** information. It contains all the information that gives rise to and sustains life. It is unalterable and unmodifiable. Some call it a "monad" (unity).

Table 1. The Four Files

What is the relationship between the file of the Being, the file of consciousness, and the level of understanding in the personality file? Only the amount of information each one contains, because their essence is the same. It is like placing three glasses of water with different amounts: one glass contains, for example, one liter (that of the Being), another half a liter (the consciousness file), and the other a quarter of a liter (the personality file, in the area of understanding); but all are of the same essence.

Body *» Emotional energy*

> *Mind » Feeling energy Consciousness » Spiritual energy*

Feeling is directly associated with the beliefs of the personality, which is why some people feel differently from others. Besides emotional energy and feeling energy, there is **spiritual energy**, which is permanent, neither fluctuating nor temporary, and comes from the levels of consciousness.

> *Personality » Diversity Consciousness » Unanimity*

On understanding, we all agree, because it is mathematically exact. For example, 5 × 6 is 30, and there are no two different understandings of the same event. Either it is understood or it is not. If it is not, then what we have is a belief, and that can indeed be different.

There are seven human evolutionary levels, also called levels of consciousness.

- At the **first level** of development of consciousness, the experiences of destiny (in the personality) correspond to "primitive beings," in whose societies there are cannibalism, aggression, human sacrifice, extreme ignorance, and an absence of feelings.
- At the **second level**, human beings want to impose their ideas or beliefs through the law of the strongest; this is the experience of the destiny of violence and war. Approximately 10% of the inhabitants of planet Earth are at this level.
- At the **third level**, we already use another tool for reconciliation: democracy, in which we accept the will of the majority even if we disagree. And on the personal level, we try to reconcile differences through agreements. Nevertheless, individualism and fighting within free competition predominate. Approximately 80% of the inhabitants of planet Earth are at this level.
- At the **fourth level** of development of consciousness, we begin to understand that the Universe has a single perfect order, and to the extent that we recognize it, we will be able to accept, obey, and flow with the Law of the Universe, without rebelling against anything or anyone. At this level we leave behind the "realm of the centaur," characterized by the automatic, instinctive reactions of our animal nature, and enter the human realm. Approximately 10% of the inhabitants of planet Earth are at this level.
- At the **fifth level**, private property and borders disappear; a peaceful, harmonious coexistence that respects the order of the Universe is achieved.
- At the **sixth level** of evolution, no one violates the Laws of the Universe, and there is no possibility of becoming ill, suffering, or having an accident.
- At the **seventh level**, we will be able to enter and leave matter, as well as take on any form.

Our lived experiences allow us to measure the inner development of consciousness through the relationship between destiny and mission. The greater our inner development, the more our experiences will be characterized by mission and the less by destiny.

The personality is made up 100% of information recorded in the mind, and the application of that information is what makes creation possible. A *creation* is a structure sustained by information applied to matter (elementary particles). Energy is what activates the information so that it organizes matter.

> *Everything that exists in the Universe is materialized information.*

All the processes of the Universe consist merely of an exchange of information, hence the saying: “Whoever controls information controls power.” This is not about managing beliefs, or certain kinds of religious or philosophical concepts, but information of a more scientific kind, information that can be verified. We will even go far beyond science, since we are interested in practicing scientific spirituality, that is, in verifying the presence of the spirit and the Laws of the Universe, not just believing in them.

The pedagogical process of human experience goes through three stages:

- First, we are in the stage of **innocence**, which is the absence of information. The mind has no conflicts and does not suffer, because it has no ideas of good or evil, guilt or punishment, injustice or justice.
- Later, the mind becomes filled with false information, entering the state of **ignorance**, which manifests as mental bondage and external conflict.
- Finally, we come to have information of **wisdom**, through the process of liberation, which consists of transforming false information into true information and thereby discovering the Laws of the Universe. Liberation is 100% invulnerable and, in this way, different from freedom, which is 100% contaminable. For the purposes of this topic, we will call *alchemy* the science of inner transformation through managing information by means of thought, and the transformation of ignorance (mental darkness) into wisdom (mental clarity). Through alchemy, we transmute problems into challenges or opportunities, and conflicts into learning. All external changes are the result of inner transformation. Alchemy studies the "spirit" of matter, that is, information;

whereas chemistry is a physical science that studies the composition of matter and how to combine it to create alloys and processes applicable to humanity's technological development.

> *The secret of alchemy is voluntary, sustained thought directed toward information of love.*

We all think, but few people know how to think well. Alchemy is a technique for learning to think; that is, for making thought not automatic, but voluntary, directed, and sustained. Willpower is used to direct it. To the extent that thought is voluntary rather than automatic or spontaneous; is directed specifically from one's own center of love; and is sustained with enough intensity to become imprinted in the mental field, the darkness of the mind will disappear completely and wisdom will remain. Achieving this requires thorough training.

Alchemy gives us the possibility of turning life into an experience of peace, love, and prosperity. The existence we live and the experiences we have are the direct result of what exists in our minds. And as long as the information in our minds does not change, it will not be possible to change our external experience. But nothing is impossible; we can all transform our lives into a deeply satisfying experience if we learn to change the information in our minds. In the Universe, nothing is impossible; rather, while that transformation is taking place, we can say: "I don't know how to do it yet."

For our work in alchemy, the origin of false beliefs is of little importance; what matters is checking whether a belief is false or true, and this is done in the present, through the results that each person obtains.

Below, we will list some of the false beliefs that exist in our minds, which lead us to rebel and generate negative, self-destructive feelings such as grudges, resentment, desire for revenge, hatred, low self-esteem, insecurity, and so on. These feelings often become somatized and disrupt our processes of inner and outer balance.

False Beliefs	Truths
The Existence of Good and Evil	Polarity and harmony exist. Service born of love consists of giving information directly or offering it in the form of action. Evil does not exist, only ignorance.
Justice and Injustice	The Law of Correspondence and the need to learn exist
The Guilty Party and Punishment	Unintentional error and learning exist
Suffering Is Good. Goodness	Suffering is a mental limitation caused by a lack of acceptance
Exclusivity	Learning to Make Agreements
Ownership	Learning to manage what is available to us. We own nothing and no one

Table 2. False Beliefs

We will practice excellent pedagogy if, rather than instilling in children the idea of good and evil, or ugly and pretty, we teach them something much more real and concrete: an understanding of the **complementary differences of the Universe**. Cold is complementary to heat, not good or bad, just as low is to high, or bitter is to sweet. Every element has a perfect complement. “Good” and “bad” are labels we mistakenly apply to the processes of the Universe. If we do not instill these mistaken ideas in children, but rather more balanced ones, as they grow up we will be able to tell them: “Look, what we see as complementary differences, other people call good or bad,” but in their minds there will already be a clearer idea from the very beginning. It is highly advisable to give children information of greater wisdom.

We can consider good and evil to be complementary opposites; in reality, good is an expression of love and shares in truth to the highest degree, while evil does not exist and can be regarded as the absence of good. But they reflect an apparent existence in which both are necessary; they do not exclude one another but rather integrate, just as in a painting light combines with shadow. In the East, there is an explanation that if good fights against evil to eliminate it, the struggle is eternal, because the only way to end it is the integration of the two, not the elimination of one of them.

From their origin, there is no false information in the information centers of the Universe; all of it is true. But in the minds of the human beings who interpret the information, it becomes false to the extent that they distort it.

> *The way to evaluate the information in our minds is through results.*

There are *seven possible results* that originate in the information each person holds in their mind, and they can be measured. The three internal mental results are: happiness (if you are not happy, it is because you hold information that is unsuited to being happy); peace; and the ability to love your neighbor and serve them without conditions (if you are not able to love, then the information in your mind is full of falsehood). The four external results are: relationships, health, resources (abundance), and adaptation to the world. When the information in the mind changes, the mental structure changes instantly and our reality is transformed.

If the result we get in any situation in life is not the one we expected, it means that "we don't know," whereas if the result is exactly the one we expected, it means that "we do know." Surely no one at the time of marriage, the basic institution of our culture, would say: "I plan to get married so I can have a major conflict with my partner, and I want children who will give me headaches every day." It's comical, because no human being has that purpose in getting married; their purpose is something totally different: they aspire to be happy and to have model children, according to each person's ideal. If that was the purpose but that result was not obtained, then the question arises: What kind of information did the person use? And the answer is: they used false information with respect to their purpose. The information they used does not correspond to the purposes they had or to the results they hope to obtain from life. That is what allows us to recognize false information.

Resistance to change is very common, even when the change is for the better, because change involves restructuring the mind and doing inner work; and there is usually a resistance to working on ourselves that makes us not very inclined to change.

We are going to propose a radical change in our mental structure, a 180-degree turn. Some mental structures are rigid, while others are more flexible. Psychic rigidity is a serious obstacle to accepting change. A typical statement from someone with a rigid mental structure would be: "This is how I am; no one is going to change me." Of course, they have the right to think that way, but the result they get from that information will most likely not be very satisfying.

A wonderful tool for **mental flexibility** is to offer no resistance to anything, that is, to learn to adapt to everything, not to fight against anything, not to criticize anyone, and not to judge. We may completely disagree with another person's behavior, but we must accept it.

In scientific terms, **thought** can be defined as a dimensional wave of variable frequency that acts as a transmission channel. Through it, we build knowledge and perceive

mentally and spiritually. The information of the Universe travels through it.

A sound wave can change its frequency, but not its dimension. Thought has a unique characteristic: it can change its speed of propagation and its vibrational frequency instantly, to the point of reaching any dimension of the Universe; in other words, its speed of propagation is infinite.

The human being has the ability to direct thought, both in the sense of *emission* (a masculine characteristic) and in the sense of *reception* (a feminine characteristic). That is why we can say that we have the basic condition of creators: the ability to think, to perceive, to bring in information, and to apply that information to matter.

Dimensions are magnitudes of the Universe that operate at different vibrational frequencies from one another, since they contain different amounts of information; the more information, the higher the vibrational frequency. Any frequency higher than that of the third dimension enters a non-physical dimension—that is, one that cannot be perceived by the five physical senses, which perceive only the three-dimensional world. Although no one has ever been able to physically see a thought or a feeling, we are certain that they exist within us, in a non-physical dimension. And different thoughts have different vibrational frequencies.

Dimensional change is a change in vibrational frequency. This can be measured by two parameters: intensity and speed of movement. If, for example, we observe an airplane propeller, when it is stationary we can count its blades, and if it moves very slowly, it is still possible to count them; but if it moves just a little faster, the eye can no longer tell how many blades there are; and if, finally, they move very quickly, they disappear from our field of vision and we see them only as a continuum. This is an example of how our five senses perceive certain frequency levels but not others. In the case of hearing, for example, there are infrasounds and ultrasounds, both of which are imperceptible to the human ear; and in relation to sight, there are infrared and ultraviolet rays, which are also vibrational frequencies that fall outside the range of human physical perception.

For the purposes of this topic, we will use a method of measuring the Universe based on its division into 40 dimensions. There may be other equally valid methods of measurement, just as we can measure a distance in meters, inches, feet, or centimeters.

The 40 dimensions of the Universe are classified as follows:

1 Absolute Dimension 30 Spiritual Dimensions 6 Mental Dimensions 3 Physical Dimensions

All the dimensions of the Universe are also represented in human beings:

Dimensions of the Human Being		
Physical	From the 1st to the 3rd Dimension	Brain
Mental	Between the 4th and 5th Dimensions	Dense Mental Field Duality
	Between the 5th and 7th Dimensions	Mental Field of Dreams
	Between the 7th and 9th Dimensions	Mental Field of Light Understanding
Spiritual	Between the 10th and 18th Dimensions	Consciousness
Absolute	Dimension 40	The essence of Being that animates all matter and gives us life

Table 3. The Dimensions of the Universe in Human Beings

All the information in the Universe is stored in the **Unmanifested Absolute**, in the 40th dimension.

From the Unmanifested Absolute—which we can imagine as a sphere filled with information—two elements emerge:

- **Elementary particles** that make up what we call the *triad of the Universe* or the *fundamental principle of creation*. The Masters refer to these particles as "the great cosmic ocean of elementary particles." Their existence is the same as the existence of God: it is eternal and had no before or after, because it comes from the dimensions where there is neither time nor space. They fill the entire Universe.
- **Waves of information** or divine thought, which organize or materialize the elementary particles. When the information of the Absolute's thought unites with the elementary particles, creations come into being. How is this information transmitted? Through the wave of thought. Everything that has been created and manifests in the third dimension contains information from the Absolute. Or, to put it another way, the Absolute contains—unmanifested in the 40th dimension—everything that manifests in the third dimension. Every thought is a high- or low-frequency vibration. Those that generate a high-frequency vibration within us are the ones that immerse us in a total sense of peace, enthusiasm for life, harmony, and balance. These are thoughts of love. Conversely, the thoughts that generate a low-frequency vibration

within us are those involving suffering, resentment, hatred, fighting, fear, anguish, or beliefs such as injustice, evil, guilt, or the view of punishment as a pedagogical strategy. Such thoughts are thoughts of ignorance and keep the mind disorganized. Not only that, but since the mind is simultaneously a transmitter and receiver of frequency waves, the way a person thinks causes them to tune into levels of information from other minds or from the Universe that are compatible with that frequency. Thus, if our thoughts are thoughts of suffering, we tune into negative information from other people's minds; but if we decide to change our thinking and voluntarily direct it toward beautiful, wonderful things, our mind will begin to vibrate in a higher dimension and will resonate with the records of those dimensions. In this way, **wisdom-filled information** will reach us, which can heal our mind. Through thought, it is possible to receive virtually any kind of information. To receive a message of love, we need to raise its frequency with thoughts of love—thoughts that are completely free from duality, suffering, stress, anguish, or worry—and that allow us to understand the value of all things, beings, and people, regardless of their level of evolution. On the other hand, if we go to sleep with a thought of love, the quality of our sleep will be better than if we do so with a thought of suffering: the thoughts of love we hold before falling asleep will result in higher-quality sleep. Just as radio waves are constantly present in Earth's atmosphere and are picked up by anyone who turns on a receiver, so too do thought waves constantly fill the Universe and all dimensional spaces, and they are likewise picked up by the minds that tune into the corresponding frequencies. In the Universe, everything vibrates; everything is in motion and generates waves that can be picked up by living beings in the form of sensations or thoughts. Even a wall, which appears inert, has a vibration within it that comes from the atoms that form it. For the same reason, cells also emit a vibrational frequency. The human being picks up this vibration in the form of sensations and transforms it into thoughts according to their mental interpretation. In other words, everything that exists emits waves that can be translated into thoughts by human beings. The human mind picks up information corresponding to its level of evolution, and each individual processes it according to their own understanding, whether positively or negatively. Thus, anyone can do wonderful things for themselves and for others or, on the contrary, hurt or destroy themselves, and then blame others for the feelings caused by their own thoughts. *Each person, depending on their mental state, processes the information they pick up either positively or negatively.* The ability to receive and interpret the information that travels through thought waves is directly related to the level of evolution of each civilization and to the spiritual development of the individuals who make it up. The point of maximum efficiency is the one where the mind is where the body is. Simply by deciding to change our thinking, our mental structure will immediately change. But the change does not last, because if we go back to our old thoughts, we return to our previous state. That is why **voluntary, directed, and sustained thought** is called **alchemy**. It is voluntary

because a thought of love (for now) does not arise spontaneously in us; the ones that arise spontaneously are those of ignorance. Furthermore, if it is not directed from a place of wisdom, it will not have the beneficial effect we hope for. Finally, if it is not sustained for long enough, or with the necessary intensity, we will not succeed in reprogramming the mental field. Information stated just once is utterly ineffective for changing an inner process. It must be repeated hundreds of times so that we can think about it thousands of times, until the mind begins to assimilate and understand it. And that takes time, because ignorance is not dismantled overnight. This way of integrating information is what is called *continuous circular teaching*.

Chapter 2. What Is Thought For?

The applications of thought are truly infinite. However, a human being's mental capacity to use and take advantage of this marvelous potential is determined by the Laws of the Universe, by their own level of evolution, and by the external correspondences they generate, within which the individual acts.

> *The possibilities of thought are infinite.*

Thought, like other tools that exist in the Universe, can be used by human beings in a positive or negative way, depending on the ignorance or wisdom of the person using it. Thought can be used to build and also to destroy, because it is the tool that brings information to our minds.

> *Thought links and connects all the information in the Universe.*

If we decide *to use thought negatively*, we will:

1. Give shape and energy to mental coding.
2. Pollute, wound, and sicken the mind with the interpretation of ignorance.
3. Generate all of the individual's actions and behaviors in a negative way.
4. Undermine inner harmony and drain vital energy.
5. Destroy the chances of success and fulfillment in life.

On the other hand, if we decide *to use thought positively*,

we will:

1. Access the information contained in the archives of the creation of the Universe.
2. Completely modify the structure of the personality.
3. Cleanse and heal the mind of all residues of ignorance.
4. Create a new inner experience and a corresponding outer reality of happiness.
5. Fill the mind with loving information and generate inner peace.
6. Connect with all the planes and dimensions of the Universe. Let's now look at each of these applications of thought.

2.1 Giving Shape and Energy to Mental Coding

The concepts automatically encoded in the mind of the innocent child through hearing and the other senses initially have no meaning for the child. Only later, when the personality begins to function, will the mind, through thought, give form to that mental information encoded by hearing and the other senses.

A person can do themselves a great deal of harm without knowing it, through thought alone, by generating a great number of inner limitations; or, conversely, they can create inner values that allow them to live a life full of satisfaction. In both cases, they will have used their thought unconsciously to consolidate mental information and obtain results that correspond to their destiny and mission.

A human being's mental coding begins to be recorded automatically shortly after conception, forming the first part of their personality, and continues to be installed in the mind in the same way until the personality begins to unfold, around the age of five.

When individuals reach puberty, around the age of twelve, the personality awakens to the capacity for abstract thought; at that moment, the individual's true conflict with their environment begins. This is because their thought gives form and energy to all the mental coding they have learned, which they will use to interpret life.

Personality is very rich and has many aspects, but if we focus on just one of them, it can be compared to a CD. It has three phases or stages:

- **Recording**: (the CD's *record* position) The child's innocent mind accepts everything and records it, because it has no prior information. Until about the age of twelve, the mind takes in information through the five senses, but above all through hearing and sight. This unverified information forms the belief system from that point on.
- **Listening to what has been recorded**: (the CD's *play* position) This is the time of the adolescent crisis, when physical and psychological changes also take place.

ü Erasing and changing what is not true: voluntary mental

reprogramming: this means clearing the mind of false beliefs; it would be like reformatting the cassette. To do this, we need wisdom-based information and we need to learn how to think, or how to direct our thought. It is a voluntary decision, and it usually happens from the age of eighteen onward, although some people spend their whole lives with the same recording.

For each of us to be able to recognize our mental coding and decide whether or not to change it, we need to evaluate the consequences we get. Generally speaking, we can consider three inner results and four outer ones related to human relationships: what we call relationships, health, resources, and adaptation to the environment. In relation to these, satisfactory inner results will be happiness, peace, and love, and unsatisfactory ones will be suffering, inner conflicts, and resistance to what happens. By observing what we get in life, we can tell what kind of mental structure we have.

2.2 Polluting, Wounding, and Sickening the Mind with the Interpretation of Ignorance

As long as the concepts of personality do not exist, a child's thought is innocent, free from the idea of good and evil, and therefore the child does not harm themselves. Adults, on the other hand, when they interpret life from their ignorance, use thought to harm themselves, believing that life is unfair and blaming others for the life experiences that correspond to them. In this way, wounds and traumas are produced, and the person poisons their mind with the venom of rancor and resentment. The result is emotional imbalance, a rejection of life, and the possibility of somatizing their thoughts into physical illnesses.

People's minds become sick and contaminated very easily; once contaminated, the results are disastrous, until they decide to heal their own minds.

An example of mental contamination is thinking that something is unacceptable. Take infidelity in a couple, which is one of the greatest dramas a relationship can face. Infidelity breaks a supposed prior agreement. When a person believes in the false idea that the worst thing that can happen to anyone is for their partner to be unfaithful, if that happens, or even at the mere suspicion that it has happened, they may suffer a trauma and a deep psychological wound that can destroy their home, their family, and even their life. Such is the power of thought.

2.3 Generating All of an Individual's Actions and Behaviors

Thought precedes all action; no action can be carried out that has not first been thought. Therefore, all actions and behaviors originate in thought, and it is no exaggeration to say that how we think determines our mental condition, and so how we feel and behave. This means that by changing our thoughts we can change our mental condition, feelings, and behaviors, and therefore our entire life.

Inappropriate behaviors, stemming from false ideas, lead to disastrous results. As long as we keep thinking that way, our relationships will remain caught in deep conflict, and we will not be able to resolve it unless we change the way we think.

2.4 Undermining Inner Harmony and Draining Vital Energy

Thought has a great capacity to modify people's mental condition. If someone constantly holds thoughts rooted in fear, ignorance, and other mental limitations, their inner harmony will consequently deteriorate, their vital energy will be consumed by mental conflicts, and they will likely experience profound anguish, suffering, and even depression.

Depression is an illness with various causes (exogenous or endogenous) and a dysfunction in the affective sphere that affects the mental sphere and/or vice versa. Here, depression is viewed as a mental condition caused by a decline in vital energy. This energy declines for different reasons: if it is due to overwork, lack of sleep, or intense pain, we can easily recover it; but when it is due to emotional conflicts, such as a breakup, the loss of a loved one, or even the loss of a job… the recovery process takes longer.

> *Our energy level depends on how we manage our body and our thought.*

Vital energy depends on which zone of the mind we are in. These three zones are:

- The **zone of light.** It is the zone of mental clarity, peace, harmony, contentment, imperturbability, and constant understanding. Those who have attained an advanced evolution, such as the Masters, have access to it.
- The **zone of penumbra**. This is the normal zone where we all find ourselves, where we may be more or less balanced, but still susceptible to being offended or upset.
- The **zone of darkness.** It is a depressive zone in which confusion reigns. Those who find themselves there begin to think that life has no meaning, and fears and anxieties flourish. These three zones are always present, but they are activated or deactivated depending on the level of inner energy we have. To avoid falling into the zone of

darkness, it is necessary to direct our thoughts and reflect with wisdom; that is, to think that nothing serious happens in the Universe because no one can lose what they need or obtain what they do not need, since these are Laws that are inevitably fulfilled. When we stop believing that others can harm us, and thus stop depending on them or on circumstances to maintain our peace, we achieve **spiritual independence**. From that moment on, people can insult us or say whatever they want, and they will not succeed in offending us unless we decide to feel offended. We simply learn to understand that the other person is expressing an opinion, but without giving it any weight; otherwise, we may end up damaging our minds and causing ourselves tremendous wounds.

But it's up to each person to decide whether or not to do it.

2.5 Ending any chance of success and satisfaction in life

Thoughts determine how an individual behaves in life. Mental limitations such as fear, mistrust, low self-worth, resentment, guilt, disappointment, or oversensitivity keep the mind trapped, leaving a person with no chance of success or satisfaction in life and leading them to the deepest failure in any activity they attempt.

There are many people with low **self-esteem**, which stems from an inappropriate educational approach used by some adults with children, who believe it is the best because they know no other tool. When a child constantly hears “no” and faces prohibitions, their mind begins to encode something undesirable and thinks, “I don’t deserve it,” “I’m not worth it,” “I’m not capable.” None of this is true, but the person believes it is, and that belief will cause them many failures in life.

In those cases, we need to reprogram our minds, and to do so we suggest the following *alchemy* exercise: every morning, while getting ready, we can take a moment to look in the mirror and tell ourselves, with a big smile: “You are the most important person in the world to me. You deserve the best, and I’m going to give it to you. I will give you my best thoughts, attitudes, and wishes.”

The idea is for each person to come up with a very positive way to talk to themselves, because what we heard as children wasn't positive at all.

2.6 Bringing information from the Universe’s archives of creation

Since thought is the messenger of the Universe’s information, if a person attunes their thoughts to the Universe’s archives of creation and properly uses thoughts of love, they can completely heal their mind, their life, their relationships, and, why not, even their body, if they connect with the body’s original information.

Thought can also bring to a person's mind any information that corresponds to their level of understanding, what culture has called "inspiration," which consists of the materialization, on the three-dimensional plane, of some of the wonders of creation and technology, provided that these ideas, insights, or "inventions" correspond to the level of evolution or the civilization in which the person is living.

The way each person structures their mind through their thoughts creates an affinity with people and situations that share similar characteristics.

The best way to let information "come in" is to allow the mind to work in a receptive state and then keep it still, in silence. If we learn to connect with that information, the mind will be able to tune into it. Our suggestion is to do the exercise of bringing in information from the Universe's archives of creation. For example, if our human purpose is to improve our relationships, we can start by asking ourselves how human relationships without conflict can be established. As we begin to think about this, it becomes possible to tune into the information about how to do it; and if we keep our thoughts sufficiently focused and sustained, the information we need will eventually come to us. It's just a matter of training.

These ideas, insights, or inventions are pieces of information that already exist in the Universe and are simply tuned into and channeled by people who used their minds and focused on them. All "miraculous phenomena" fall within the Laws of the Universe, but they occur at a certain level of consciousness and remain mysterious to less evolved levels; their purpose is to break through limiting patterns in our minds and eliminate the belief that "it can't be done."

Let's please erase the word "impossible" from our mental dictionary and replace it with "I don't know how yet," because that way we won't close our minds to the possibility of perceiving. If we believe something is impossible, it's as if we close our minds, and the mind is like a parachute: it only works if it opens.

At the sixth level of development of consciousness, or on the last stages of the fifth level, formal education disappears: there are no universities or schools, because people have developed the ability to tune in directly to the Universe's information. But while we are learning, we need the slow process of intellectual development, comparison, and analysis; and at some point, silence is essential for the information we tune into to come in.

2.7 Completely changing the structure of the personality

Thought directed voluntarily from an understanding of love can completely change the structure of the personality, transmuting destiny and definitively freeing the person from

the bondage of ignorance.

If a person has undesirable life experiences, it is because they hold in their mind a false belief that causes them. If, on the other hand, they introduce new information into their mind, or verify the information they already have, they will obtain different results. The external result is simply a display of what is inside us, and we can decide to change it with new information grounded in wisdom.

Let's consider this information, which may be new to many, in order to have excellent human relationships: every human being always has good intentions; there is no such thing as bad intent, only false information. Every human being always does the best they can and the best they know how. No one ever harms you, regardless of whether they may be mistaken or not, and others have a right to their own experiences, just as you have a right to yours.

Just beginning to think this way creates a completely different attitude toward others, and the result is that relationships begin to harmonize, conflicts disappear, integration increases, and opportunities improve. This is the secret of alchemy: thinking with love.

> *Thinking with love requires wisdom.*

2.8 Cleansing and healing the mind of all residues of ignorance

When thought is used consciously and with the wisdom of love, it can not only work miracles but is also capable of cleansing the mind that has been contaminated, traumatized, and limited by all the interpretations made from conceptual ignorance. In this way, it becomes possible to give a new, loving interpretation to our life experience, valuing our surroundings as a wonderful tool for inner growth.

Thoughts of love cleanse the mind of all residues of ignorance, such as fears, attachments, anxieties, and traumas, and completely heal the feelings wounded by thoughts that arise from misunderstanding, anger, hatred, resentment, and guilt.

We can all do a mental healing exercise if we are aware that our mind is contaminated with false information. Resentment, hatred, and guilt disappear when we understand that no one and nothing has ever harmed us; rather, everything that has happened in our lives, everything that is happening now, and everything that may happen in the future is solely and exclusively what we generate and what we have become a match for.

To understand this, it is necessary to delve deeper into philosophy and study the mechanisms of destiny, of mission, of the Law of Evolution, and of the Universe's

educational processes. That understanding will set us free instantly, and we will begin to use another valuable tool: gratitude.

Each of us chooses the situations that allow us to have the experiences we need in order to learn. We shouldn't rebel against this; rather, we should use it for our personal spiritual development. We should be grateful to the people who do us the service of allowing us to discover the truth by awakening our capacity for understanding; if it weren't for them, we would never realize many things. If we understand this, our mind will be completely healed.

2.9 Creating a new inner experience and an external correspondence of satisfaction and happiness

Thought can completely transform our mental state and inner experience, reorganizing our conception of the past and creating a new personality trait that allows for inner peace, as well as an external correspondence that makes it easier to find satisfaction and happiness in everything we do.

Would you like to find happiness and satisfaction in your life? It's very simple: you just have to learn how to think.

The first thing we need to begin this powerful process of spiritual development is to **reorganize the past**. That doesn't mean changing the events, because that isn't possible, but completely modifying our own mental conception of them. This is what the mental healing exercise consists of. And it can only be done with two tools: new wisdom-based information and voluntary, sustained, and directed thought.

Doing it is not difficult; on the contrary, it's very simple. It's just a matter of trying it and checking the results.

2.10 Filling the mind with information of love and generating inner peace

Thought can bring information from anywhere in the Universe, which allows the human mind to access the information it needs in order to understand and to develop inner peace. In this way, the mind can become completely filled with the principles of universal love.

Thinking with love is precisely what requires the most wisdom, because in order to see as positive an event that people would usually call dramatic, you need information with a considerable depth of understanding.

2.11 Connecting with all planes and dimensions of the Universe

One of the most extraordinary possibilities of thought is its ability to travel through all the dimensions of the Universe and connect with them, allowing the human mind to access any information, as mentioned earlier. However, it is worth remembering that the information a person can grasp through thought is conditioned by their capacity for understanding and their skill in managing thought. The Laws of the Universe regulate these abilities so that each person perceives only what is necessary and experiences what corresponds to them, in the place in the Universe that is appropriate.

2.12 Other applications of thought

As mentioned earlier, thought is a vibrational frequency. In a way, it could be compared to speech, because when we speak, a sound wave is produced; the air vibrates in accordance with the modulation of the voice, and through that vibrational wave, verbal information is transmitted and perceived by the ear. Thought is very similar, but it operates at a much higher frequency. When we think, we emit a vibration, called a thought wave, that also travels through the air and carries information. We call that information the *divine word*.

This is what the Bible refers to when it says, "In the beginning was the Word, and the Word became flesh." The Word would be the thought wave emanating from the Absolute Being, and the flesh refers to organized matter.

In the first part of the Bible, the Book of Genesis, the following phrase appears: "And God said, 'Let there be land, let there be seas, let there be light.'" This refers to the *divine word*, but what is it? It is not a word transmitted by a sound wave, since God/the Absolute is not a physical being; rather, it refers to the thought of God/the Absolute: the creative thought.

This means something deeper than we might suppose: ultimately, that **higher beings create with thought**. In fact, genetic codes are imprinted on matter through the thought wave of the creators. Since we now have a certain level of technology developed by human beings, this is not as strange as it might seem at first. For example, we know it is possible to record a lecture remotely, so that the code of the language is imprinted on the recorder, which was empty just a moment before. In the same way, matter is a receiver of information: the *divine word* imbues atoms and molecules with a code that gives form to matter. That is why we say that the information of the Universe is transmitted through the thought wave of God and the Masters. That is how powerful thought can be.

The vibrations that the mind can pick up exist throughout the entire Universe, but each person will only pick up those that correspond to the vibrational frequency of their own mind, a frequency shared by both the sender and the receiver. That is where our thoughts come from. The ideas that reach the mind, like the air that enters us through our breath, are what we select with our thoughts. The "selecting" thought works like a radio dial: you tune in to what you like or, in this case, to what vibrates at your own frequency. We can learn to raise our level of attunement by having pure, non-conflicting thoughts.

> *Everything we wish for others, we do to ourselves, both the positive and the negative.*

No one has the power to change others; only we ourselves can decide to transform by accepting or not accepting new information that comes our way, and by using it or not. We are the only ones responsible for ourselves. Through thought we cannot prevent a war, but we can prevent internal conflicts.

Since people select and process the information they receive according to their mental state, if we want to improve our personal appeal, charisma, or chances of success in life, all we have to do is a very simple exercise: fill ourselves with thoughts of love and happiness; in this way, our attitude will be magically transformed.

When we aren't thinking about anything specific, the mind takes on a receptive quality and vibrates with the frequencies around it. In reality, there is no such thing as "thinking of nothing"; what we are actually doing is changing our thought. During meditation, there is no absence of thought, but rather a voluntary thought directed toward something specific. If someone tells us, "Clear your mind," we will most likely begin to visualize the color white, and in doing so, we will already be thinking about something. On the other hand, if we try to quiet the mind, it begins to vibrate, no longer directed by our will, but resonating with the information around it, and thoughts and images that we tune in to begin to appear. This is the principle of thought reception, and it requires no training; it happens spontaneously.

The force that events have over people is the force they decide to give them. Thus, negative thoughts produce a chaotic state of mind, consume a great deal of vital energy, and lead us into depressive states. The typical example of negative thinking is that of a person who is waiting for a loved one to have dinner at nine in the evening, and by midnight that person still hasn't arrived, yet the one waiting has no idea why. In most cases, we think the worst and make assumptions that cause us an incredible level of anguish and suffering. However, thinking positively, although it doesn't change the external situation, does change the way we feel. In the example above, we can voluntarily

choose to think that the person has been delayed for a wonderful and extraordinary reason.

The positive possibilities of thought are exactly equal to the negative ones; it all depends on what each person decides to do with it. However, positive thinking does not happen automatically, because education and culture instill many false and limiting ideas in our minds. That is why we need to learn to direct our thought voluntarily and with wisdom; over time, this kind of thinking ends up reprogramming the mind and creating a new personality structure. That is the exercise in self-transformation we call *alchemy*.

> *Always think the best, and you'll be changing your mental structure.*

As we have already said, all human beings always have good intentions, even when they make mistakes, and neither evil nor injustice exists. Once we have this information, it is easy to think "in love." People usually make mistakes for two reasons: lack of information or lack of training; or, of course, both reasons at the same time. Managing information is a powerful administrative and pedagogical tool, but only as long as it is **sufficient, efficient, and timely information.**

It's always necessary to make mistakes in order to learn. For a person to decide to change the information they hold in their mind, they must understand that others are not to blame for what happens to them. As long as they blame others, they won't be able to change within themselves; instead, they'll want to change others. They must also understand that any unpleasant outcome they experience stems from false information.

Acting with wisdom means deliberately directing your thoughts toward solutions rather than toward difficulties. In this way, inner peace and vital energy will increase. That is why we say that *alchemy* is the transmutation of ordinary thought into deliberate, directed, and sustained thought.

The mind is like the heart—it's active 24 hours a day and never stops thinking. At night, it works with the day's information, so it's a good idea to direct our thoughts toward what is pleasant and satisfying before going to sleep, so that those thoughts can work in our minds all night long while we sleep.

During the day, on the other hand, we can practice thinking only about what we're doing, focusing on it and keeping our minds where our bodies are, while still setting aside moments throughout the day to reprogram our minds with loving thoughts. If we think, for example, that "everyone does the best they know how, the best they can, even if they might be wrong," we'll find magic in our lives, because before long the feeling of displeasure toward certain behaviors of others will have completely disappeared, and

we'll see them—even if we sometimes don't like what they do—as having the right to make mistakes or to get things right.

When someone begins to generate satisfying thoughts of love toward others, they create an affinity with the experiences of other people, which become increasingly loving, and that is where the magic happens. Beauty, harmony, pleasantness, fulfillment, and high levels of energy tune in to other situations with the same characteristics. In the same way, thoughts of fear and the horrible things we sometimes believe might happen to us or to others create an attunement with similar negative situations.

Another person's behavior—or any external situation—can never be a problem or an obstacle to happiness. Problems are personal and always present an opportunity to learn. And just as no one can make another person unhappy, no one can make another person happy either. The only person who can make us happy doesn't need to be sought out—they're already here: it's ourselves. If someone is unable to make themselves happy, no one else can do it for them. And the way to achieve this is to realize that external events are neither positive nor negative, but neutral. "Good" and "bad" are labels the mind puts on something it accepts or doesn't accept. If we understand that, our problem is solved.

Finally, to conclude this section on the applications of thought, we will give a very illustrative example of the enormous power of the mind and autosuggestion, and the significant psychosomatic effect the latter can have on the body.

> *"A group of scientists petitioned the courts to allow them to carry out the death sentence of a convicted prisoner in their own way. They started from the hypothesis that suggestion can kill a person because, in reality, a person is capable of killing themselves with their thoughts. On that occasion, they placed the prisoner on a stretcher and told him that they had been selected to carry out his death sentence. They informed him that they had decided to do so by bloodletting, and that they would therefore cut the veins in his arms so that he would bleed out and die within a few minutes.*

> *The man was blindfolded; they placed a plate under each of his arms and ran a blade along his skin, making only a shallow cut and taking great care not to cut his veins. Then they placed bags above him containing a liquid with the same temperature and viscosity as blood, which trickled down his arm and fell onto the plate. The condemned man's mind was certain that it was his own blood flowing. Little by little, as the liquid dripped onto the plates, he grew paler and paler, until his heart finally stopped and he died, even though he never actually bled out."*

What this example demonstrates is the enormous power the mind exerts over the body. If a suggestion is powerful enough and thought accepts it as such, it can even cause death. There is a great deal of verifiable data on this subject regarding Response Expectancy Theory, or the placebo effect, such as the following experimental finding: “Morphine is not as effective if the patient does not know it is being administered; it loses 50% of its effectiveness” (cited by Professor Irvin Kirsch in his studies on the placebo effect).

Chapter 3. The Forms of Thought

3.1 The Different Origins of Thought

Modern communication technologies transmit information using devices capable of sending all kinds of signals through various media, which reach distances of many kilometers in a matter of seconds; there, countless receivers, with different reception ranges, pick up these signals and convert them so that they can be understood by the people to whom the messages are addressed.

Today, information is transmitted in seconds from anywhere in the world in the form of images, sounds, symbols, and written and spoken language, and it is translated into local languages and adapted—or distorted—by the media to fit the understanding of those who receive it.

The various forms that thought can take, as well as the way it is transmitted through all the dimensions of the Universe, can be compared to the devices for transmitting and receiving information that modern technology has developed.

> *Thought is the means the Universe uses to transmit*

information. It takes on all the forms and languages of the Universe and adapts to the

> *capacity of the mind.*

The waves that thought picks up have very well-defined origins in the different planes of the Universe: the physical, the mental, and the spiritual.

1. The physical plane: it constantly interacts with the mental plane, which in turn interacts with the spiritual plane, emitting and perceiving thought waves in both directions. For example, hunger is information originating in the hypothalamus,

which measures the drop in blood glucose and generates a physical sensation that thought picks up and uses to determine what actions are necessary to obtain food. Likewise, all the other sensations that originate in the body determine thoughts related to rest, food, breathing, or sexual behavior—that is, to physiological needs. All these thoughts that originate in the three-dimensional realm are **our own thoughts,** because they arise within ourselves.

2. **The mental plane**: it constantly interacts with the physical and spiritual planes, connecting information for both the maintenance of the body and the material and spiritual development of the individual. For example, the information that enables the technical, scientific, artistic, and philosophical development of civilizations comes directly from the spiritual plane. It is received by the mental plane of individuals who have the mission and the necessary capacity to carry out the corresponding "inventions" and to offer others the information they need to understand them. This is how all the thoughts we call "inspired" reach the human mind. This idea of inspired thought has a mysterious connection to breathing. When we say that an artist was inspired, it is not merely a figure of speech. It means that the artist received, in some way and as if through breathing, the information that connected with the art they wanted to create, and brought it from the planes of creation of the Universe. In the Universe there is nothing new or old. In general terms, an invention arises when a person gives form to something, a piece of information that has always existed in the Universe, in a place where it had not yet manifested. But that information is by no means new to the Universe. In any case, this does not detract from the merit of inventors, who bring the information in the form of an invention or creation appropriate to that place.

In reality, that is the reason the inventor was sent there.

Thoughts from the mental plane, or from the belief system, tend to be dualistic: they either bring a great deal of suffering or a great deal of satisfaction.

1. **The spiritual plane**: it constantly interacts with the mental plane and the Unmanifested Absolute, making it possible for the information of the Universe to become known on the mental plane. Among those who contribute to this are, for example, the Masters of Wisdom at the mortal level, who voluntarily work with the basic dimensions of the spiritual plane and spread a great deal of information that helps the spiritual development of Humanity. They also constantly emit thoughts of love that can be picked up by minds attuned to them. The Immortal Masters, for their part, act within the higher dimensions of the spiritual plane. They communicate with their mortal disciples through the different forms of thought, according to the disciples' capacity and ability to voluntarily attune themselves to the dimensions of the spiritual plane. These Masters are the ones who can convey information to our

minds; this is **revealed information**. Thoughts from the spiritual plane are recognizable because they have no duality and no possibility of being negative. In general, they are neutral. This is the type of thought we are interested in reaching voluntarily. When we compare human science and laws with the wisdom and the Laws of the Universe, we find that, while there is indeed a great similarity between them that makes them easier to understand, it is no less true that there is an overwhelming difference between the two. Let us see, then, how the transmission of the Universe's information through the dimensional variable can be compared, on a very small scale, with human means of communication, always bearing in mind that technical means are local, while those of thought are universal.

Elements of Human Communication (Technical)	Elements of the Universe's Communication (Thoughts)
Communication Media	All Forms of Thought
Transmitters: radio, TV, telephone…	Everything that vibrates, from Being to dense matter
Receivers: radio, TV, telephone…	Senses of perception from dimension 1 through 39
Symbols: mathematical, geometric…	Mental screen tuned to geometric language (“sacred geometry”)
Images	Visualization, meditation, dimensions of dreams
Colors	Visualization, meditation, dimensions of dreams
Sounds	Physical, mental, and spiritual hearing. In general, the five senses, but in a non-physical dimension
Spoken language	One's own or perceived thought
Translation into local languages	Masters adapting the information for each person
Adaptation of the information (journalists)	Non-physical beings acting on each person's thoughts
Public opinion	Feelings originating in mental interpretation[1]

[1] Feelings are comparable to public opinion because, in a way, they correspond to the beliefs aroused by the information we receive: we feel according to what we believe, not the other way around.

Table 4. The Elements of Communication

Thought can take on all the forms of communication in the Universe. This generally happens automatically in people who are not trained in managing thought, and consciously in those who are trained to direct their thought voluntarily. In either case, however, what reaches people’s minds is mediated (through filters, inspirations, etc.) by the Masters.

A person trained in managing thought can direct their mental activity voluntarily, wisely using the seven techniques described below:

1. **The thought of love**, or pure thought, fills the environment with the information of peace. It is the thought that allows us to understand the purpose of love behind an event that may seem to us a tragedy or a drama, such as a flood, an earthquake, or a war. Death is not serious, because it is only a process of renewal of the physical and mental structures and of the destinies needed to complete the developments of consciousness. The only mortal thing in us is the personality, since the ego needs to be renewed frequently so that it does not crystallize and make evolution inefficient. Death is a process of renewal, a cycle, like day and night. The thought of love requires wisdom. It arises only from the deep understanding that nothing is serious, and that everything is part of a perfect process of evolution. The Universe is 100% efficient. The events we often consider dramatic are the ones that give us the opportunity to develop an understanding of love, if we try to understand and accept them. If we do not have enough information, we cannot use the thought of love, because it is necessary to understand that there is no enemy and no evil, that there is no injustice (only correspondence) and nothing serious, and that no one harms or benefits us. To the extent that we maintain a loving attitude, we will receive a loving correspondence, and there will be nothing left to worry about.
2. **The thought of satisfaction**, to clear the mind and increase vital energy. It is the thought with which we feel happy, without suffering. It is individual, not universal like the thought of love. The thought of satisfaction does not require wisdom, but rather training in directing it toward whatever we do not feel good about, setting aside the matters we cannot control. If you don't feel good about a piece of news, it is better to turn off the TV or switch to another channel that you find pleasant. This is an energy-recovery technique that consists of isolating yourself from a reality you cannot control. Some of its tools are meditation, solitude, vacations, or simply sleeping well. To clear the mind, we use the *tool of gratitude* toward the person who made a mistake, or toward ourselves, for the opportunity it gives us to learn not to harm ourselves.
3. **The invocation to obtain the support of the Masters**, so that they may guide us and help us understand the cause of our suffering.
4. **Meditation,** to access the information for inner peace. It is an exercise that consists of focusing the mind and then letting it go. In this way, we take advantage of the feminine characteristic of our mind: we leave it free to connect with the outside. This allows us to enter a state of peace and accumulate energy.
5. **Imagination**, to fertilize the mind with seeds of information through creativity. Information emerges in the mind in several stages: sowing, fertilization, incubation, and birth or illumination. If we imagine beautiful things, we will fertilize the mind with seeds of harmony. But we must not make the mistake of adding "I want," since this is only a recreational exercise, like a visualization. That is, we can have fun with the most extraordinary things we are able to imagine, but without creating

expectations, because only what corresponds to us happens. This will increase our energy and give the mind a receptive structure, allowing information associated with those kinds of thoughts to arrive.

6. **Visualization**, to create the correspondences for personal satisfaction. It is a creative technique similar to imagination. To the extent that we visualize and form a clear image in the mind, we create within ourselves something that, if it is harmonious and beautiful, will in time, thanks to the Law of Affinity, become analogous or similar to other situations that carry those same vibrations.
7. **Prayer**, as a way of obtaining inner peace. It does not change the order of the Universe; it is simply a useful exercise for bringing peace within us. No matter how much someone prays, if what they ask for is not within the Law, it will not happen. But that does not mean that God does not exist or does not hear us. Since we do not know whether something is within the Law or not, to avoid wearing ourselves out energetically we should simply pray, study, or meditate, and then "let go," because what is meant for us will arrive, and what is not, we do not need. If we think, "Let YOUR will be done," prayer, like any other technique of isolation, will be very useful for recovering energy. Prayer is, therefore, a form of meditation.

3.2 Learning from Life

All the difficult situations we human beings face teach us three things:

1. **Happiness**: Difficulties teach us not to suffer over what happens. It doesn't matter whether it's something physical, financial, or social.
2. **Peace**: We learn not to lose our composure, not to react, but simply to act effectively —to do what we have to do without getting upset.
3. **An expression of love**: We learn not to limit our capacity for service, even when external circumstances are adverse or unfavorable. If we have already learned these three things, such situations will no longer arise. This is learning of wisdom, or life learning, and it differs from technical learning, which consists of acquiring a body of knowledge in school, at college, or from books. Life's teaching leads us toward wisdom, and it is not learned in schools but in destiny.

Chapter 4. Our Own Thoughts, the Thoughts of Others, and Induced Thoughts

We may have often asked ourselves, "Why am I thinking this?" and, on many other occasions, felt upset or guilty about our thoughts; and even more often, we may have

told ourselves, “Stop daydreaming or thinking nonsense.” Other times, what’s on our mind seems absurd, incomprehensible, unreal, fantastic, brilliant, or simply normal.

However, most of the time our thinking is occupied with creating images of everyday reality, bringing to mind fantasies, illusions, expectations, fear, anxiety, or mental suffering, depending on whatever thought a person allows into their mind at any given moment. Very rarely do we find our thoughts creating images or ideas of love and happiness.

The chaotic mental state experienced by most people is caused by thoughts that arrive or arise indiscriminately in the mind. Since thought contains information that triggers feelings and actions, if the thought present in a person’s mind is not voluntarily controlled and directed by that person, their feelings and behavior will, in turn, be very difficult to manage.

Thought is a powerful tool at the service of human beings. However, if it is not managed properly, it can become a deadly weapon. To begin working with thought correctly, it is necessary, first, to understand why certain thoughts come into our minds and, second, to train ourselves to manage them voluntarily.

The thoughts that come to anyone's mind can have three different origins, and depending on these, there are our own thoughts, the thoughts of others, and induced thoughts.

4.1 Our Own Thoughts

They are formed within the person who produces them, and have two clearly defined origins:

A. Thoughts that originate in the body

The body, governed by the Law of Nature, expresses itself through instinct, which has three characteristics that connect with thought to generate the corresponding actions. These characteristics are:

- Creating life. This is the origin of all the thoughts that arise when we fall in love. They can be recognized because they spend most of their time idealizing the other person, producing a delightful mental state of distance from reality.
- Sustaining life. This gives rise to thoughts related to all of the body’s needs or deficiencies, such as food, drink, rest, affection, caresses, sexuality, or any other physiological need. Thought will lead the person to take the corresponding actions to satisfy their various physical needs or deficiencies.

- Defending life. This characteristic of instinct gives rise to many thoughts of fear, aggression, anxiety, the desire to escape, stress, etc., because it is designed to trigger a state of alertness in the face of any potential danger. *Instinct* expresses itself through emotions, which, in turn, capture thought so that it directs action toward satisfying a need. The body's messages are expressed through desires. It's like a car's fuel gauge, which lights up when the tank is running low. If the body isn't sending messages of desire, it's because it's in balance and the gauge is off.

B. Thoughts that originate in one's own mind or personality

The human personality is composed of a belief system (ignorance) and a certain level of understanding (wisdom). Thoughts that originate in our own ignorance may in some cases bring satisfaction, but they almost always arise from fears and learned mental limitations, and thus fill the mind with suffering and cause deep emotional wounds. However, when thoughts originate at the level of understanding, they generate peace, harmony, and inner well-being, and predispose us to acts of love.

4.2 Thoughts of Others

Approximately 90% of the thoughts that pass through a person's mind are not their own; that is, they originate somewhere other than their own mind and body. These thoughts can come from two sources:

A. Thoughts originating in the vibrations of the natural kingdoms

In the Universe, absolutely everything has a vibration and, therefore, can be transformed into thought. The vibrations of the mineral, plant, and animal kingdoms can easily influence many of the thoughts that arise spontaneously in the mind of any human being. The plant kingdom, for example, is in harmony and presents not the slightest possibility of aggression. In fact, water is an element that brings great peace. But the animal kingdom is subject to food chains, so that predators and prey maintain a balance, but not a peaceful coexistence. Human beings, however, can achieve peaceful coexistence through their spiritual development.

B. Thoughts originating in other human minds

The human mind is a powerful transmitter of thoughts—both our own and those of others—that can be picked up by other minds. We constantly emit, perceive, and retransmit all kinds of thoughts, whose vibrations enter the universal atmosphere and travel as far as the power of the emitted wave allows.

4.3 Induced Thoughts

Thoughts induced from the outside can have two very different origins, namely:

A. Thoughts induced by another person's suggestion

Suggestion is the transmission of a verbal message to a person who is in a state of sleep, whether hypnotic or natural. When the person hears the message, they transform it into different types of thoughts that their mind fully accepts, and the effects, actions, or behaviors that the thought suggests then occur. Attempting to induce destructive thoughts in others (black magic) will only work if the person is suggestible; otherwise, it will have no effect whatsoever on them. There are suggestive thoughts that stem from wisdom and are motivated by love, such as when the intention is to help a person heal their mind or body through suggestion. Hypnosis, for example, is a form of suggestion; even if hypnotized, a person will not accept a thought that goes against their principles—so, for instance, they will not murder another person.

B. Thoughts induced by Masters

The Masters not only know the contents of people's minds, but they are constantly sending messages in the form of thoughts that reach the minds of human beings at exactly the right moment, with the purpose of guiding them, protecting them, helping them, and keeping them from straying from the Laws of the Universe.

In general, any information that comes from the Masters of Wisdom is concrete information whose result will always leave us with a pleasant feeling of peace, hope, or something very specific that contributes to our development.

> *The Masters speak to our thought to place in our minds the information we need to know, or the exact idea we wish to express.*

From all of the above, we can draw a lesson: if a negative thought comes into our mind, let it pass. Usually, it may not even be ours; but even if it were, it serves no purpose, so it's best to let it go and not worry about it.

Rather, we are interested in learning to direct our thoughts in a more conscious and deliberate way. One of the secrets of wisdom is to always think the best of everything, because this achieves two things: it restructures the mental field and attunes the mind to high levels of information.

The mind picks up thoughts of the same frequency as those each person feeds into it, consciously or unconsciously. So if our voluntary thoughts are negative, the mind tunes into that frequency, and when we "let the mind go," it picks up negative thoughts full of conflict. If, on the other hand, our voluntary thoughts are very loving and full of great wisdom, they will have a high frequency. Then, when we let the mind go, it will pick up high-level frequencies or more "loving" files.

There is an energy-recovery technique recommended for treating depression (we are not referring here to acute cases) called **reading therapy**. The mind works 24 hours a day, just like the heart, but at night it works with the information the individual provides to it. If we want a restful sleep, we need to take a pleasant thought with us into it, to avoid a conflict-filled dream that will keep us from resting. Reading before bed is beneficial in two ways. First, it induces sleep, since the eye movement needed to follow the lines of the book is hypnotic. Second, it prompts an exercise in recreation or visualization through which images form in the mind.

When we use reading as therapy, we want the person to mentally create an image based on the book's message; this image should lead them to a higher spiritual level. That way, when the person finally falls asleep, their mind will keep working all night at that vibrational frequency. That is why it is used as therapy for depressive states. But the reading must be completely free of conflict; it must be something uplifting.

To suffer, you need to have a negative thought. But for that, you need, in turn, to hold a false belief. That is why we say that feelings are mental: they belong not to the body but to the mind (senti–mental). When that false belief is connected to an external event that is judged to be bad, the thought immediately activates that mental coding. However, when the false belief about the "badness" of the event is changed, the possibility of suffering disappears.

> *Anything can pass through the mind; what matters is what you do with it.*

4.4 How can we tell the messages of the body from the messages of beliefs?

Beliefs, unlike instinct, are not associated with any physical need, but with the ego. If someone wants a state-of-the-art car, it is not a need of the body; rather, their desire is rooted in the belief that they cannot be happy without that object. Beliefs lead us to this kind of thinking, as well as to the search for someone to blame and to punish, to personal guilt, and to the idea that injustices exist. When a person suffers because they think someone betrayed them, once again their thinking comes from a false belief, which

consists of blaming others for their suffering. Beliefs that come from ignorance make us suffer, while those that originate in messages of wisdom bring us peace.

There is no reason to be afraid of thoughts, whatever their nature or sign. Instead, we can learn to manage them as a fundamental tool for achieving a state of mind of peace and serenity, better physical health, and a far more satisfying life.

> *Managing our thoughts voluntarily gives us the possibility of achieving health, peace, and satisfaction.*

We don't usually direct our thoughts voluntarily toward something negative, because that makes us suffer; what happens is that we don't know how to keep it from happening. In the example given earlier, in which someone is waiting for a person who is running late, the terrifying thoughts that appear in their mind are not voluntary; if they were, they would think the person was delayed by something wonderful.

Let's learn to direct our thoughts voluntarily, solely and exclusively toward two objects:

- **What we are doing**, concentrating completely so that we are efficient; in other words, keeping the mind where the body is.
- **Toward thoughts of love**, when we aren't doing something that requires our full attention, such as while driving; the brain handles the car because that activity is already programmed, and it does so automatically, while the mind remains free. The thought waves that all people emit enter the atmosphere, travel great distances, and are available to anyone who wants to tune in to them. Most human beings, without knowing it, are constantly tuning in to the thought frequencies of other minds. Generally, the thoughts they perceive are very similar to those they emit, since the mental tuner is set according to the thoughts and attitudes a person normally holds. In other words, if a person thinks about hatred, resentment, suffering, failure, distrust, fears, and so on, they give their mind the perfect tuning to receive information of that same kind. Likewise, if a person has thoughts of creativity, satisfaction, and love, their mind is set to the exact frequency to receive information related to creating new things, finding a more satisfying life, and understanding love deeply. **Mentalism** consists of giving thought a voluntarily organized form directed toward a specific purpose. It involves visualizing and thinking about what the person wishes to obtain or accomplish.

This mental practice is very beneficial, since it fosters the development of the imagination and expands our ability to voluntarily turn disorganized, chaotic thoughts into organized, harmonious, and satisfying ones.

> *Training ourselves to choose our thoughts voluntarily fills our lives with satisfaction.*

So that the *mentalist* does not fall into frustration and disillusionment, it is important to know the Laws that govern the Universe and to understand that you will never be able to obtain anything that is not necessary and corresponding to your own function, mission, and destiny. However, the way to become aligned with a life of greater inner peace and material satisfaction is precisely to maintain a thought and an attitude of love toward life.

Mentalism helps organize the mind, but it cannot go against the Law. Therefore, we must not make the mistake of thinking, "I want things to be the way I say, when I say, where I say, and the way I like them." The Universe never works the way one wants. Sometimes we get what we desire; this happens when what we desire coincides with the Law and the order of the Universe, because otherwise it would not happen. Some people call it "the Father's will" instead of "the order of the Universe." In reality, the name we give it does not change its nature.

If we have expectations, we will reap disappointment, whereas if we know that everything that happens is wonderful, we will never reap disappointment.

For *mentalism* to work, like any other tool, it must be used with wisdom: let go of the "I want" and keep the "recreation." Recreation will be fun and will satisfy the ego's mental condition, filling it with peace and harmony. Recreation works with two laws: the Law of Affinity and the Law of Cause and Effect. According to the first, when someone builds images inside, in their mind, that fill them with satisfaction, they become attuned to satisfying external situations, even if these are not exactly the ones they imagined. In addition, *mentalism* also works thanks to the Law of Cause and Effect, because what someone offers, what they do, returns to them.

We can replace "I want" with "I would like," which is less limiting; this way, if we practice the technique just for fun, it is useful. We should imagine whatever we desire, without setting limits for ourselves, so as not to take away the magic and to keep the enthusiasm alive. Let's always hold thoughts of love, and open ourselves to receiving everything life has for us.

On the other hand, hypnotism consists of inducing thought in another person during sleep; suggestions are given to the unconscious mind, avoiding the opposition and resistance of the conscious mind, which is contaminated by the limitations of ignorance, so that when the person is awake the suggestion is triggered in their thinking, producing the effect contained in the idea suggested or induced in their mind by the other person.

While it is true that hypnosis is useful in many cases, it can also be an obstacle to an individual taking ownership of their own decisions and developing the ability to overcome their limitations and reach the understanding and acceptance they need to transcend their destiny. And it is important for people to make their own decisions and recognize their capacity for change.

Chapter 5. The Power of Thought

At some point in our lives, we have all experienced the powerful effects that thought has on the mind, feelings, emotions, and body, as well as its impact on relationships, finances, and other circumstances that arise in daily life, where people act in accordance with the dictates of their thinking.

Thought can be a wonderful tool for building a mind filled with peace, harmony, and happiness, as well as for developing a greater capacity to understand the principles of love, the Father's will, and the Laws that govern the Universe, and thus achieve a life full of satisfaction. But it can also be a deadly weapon, capable of completely destroying an individual's prospects in life if they use it to hurt their own feelings and fill themselves with fear, anguish, hatred, and depression. In that case, vital energy begins to decline and mental chaos increases, which completely shuts down the development of the skills necessary for success in life.

> *Thought itself can heal or destroy a person's life. The only way to take advantage of the possibilities it offers is to manage it*

voluntarily. In this way, we will achieve a state of mind suited to

> *succeeding in life.*

Through constant practice, we can consciously and permanently choose the thoughts we allow into our minds. Below are two techniques for managing thought: *thoughts of satisfaction* and *thoughts of love, or pure thoughts*.

5.1 Thoughts of Personal Satisfaction

This technique involves flatly and definitively refusing to admit any thought of fear or failure under any circumstances and, instead, using your willpower to constantly

maintain thoughts of success and personal satisfaction, no matter what happens in the outside world.

This technique, like any process for developing a positive mindset, requires constant practice until you master it. It also involves learning to defend yourself against mental excuses, such as: “How can I solve a problem if I don’t think about it?” The answer is very simple: by never thinking about the problem at all, but only about the solutions. For example: instead of thinking about debts, let’s think only about how to get money; we’ll leave the rest to the laws of life and accept the outcome as the best thing for our learning.

The technique of *satisfaction thinking* can be applied by anyone, regardless of their spiritual development, since it is directed solely and exclusively toward personal satisfaction. This technique allows for a considerable increase in vital energy, which leads to greater mental clarity and improves one’s ability to succeed in whatever they decide to do. Furthermore, since it does not require any minimum level of wisdom, it is ideal for people who, because they are not yet familiar with the Laws of Correspondence and Spiritual Evolution, tend to worry unnecessarily about others or about circumstances they cannot control or do not know how to handle.

> *Thoughts of personal satisfaction do not require wisdom, only practice.*

5.2 Thoughts of Love, or Pure Thoughts

This technique involves keeping the mind occupied solely and exclusively with thoughts of love and happiness, both for oneself and for all other people and external circumstances.

The pure thought technique requires a good understanding of the Laws that govern the Universe and the lives of human beings, so that you can look at and think lovingly about all people, behaviors, and circumstances, always showing deep respect for every life experience. *Pure thoughts* require an understanding of the purpose of love that life brings us.

This technique brings a high level of spiritual development and leads the person who practices it to the level of Mastery in Love, since pure thoughts not only greatly increase vital energy—thereby enabling the person to activate their zone of light and mental clarity—but also produce an invulnerable peace and generate deep respect for others. In this way, one can become a human Master in wisdom, with the ability to enjoy complete success and satisfaction in one’s relationships and in everything one decides to do in life.

> *Thoughts of love are thoughts of wisdom and produce an inner peace*

that is invulnerable. They make the person happy and support the happiness of

> *others.*

Pure thought techniques can be applied through different methods. For example, autosuggestion, mantras, meditation, relaxation, or color therapy.

- Autosuggestion: the person mentally repeats a phrase such as:

> *Life always has the best for me. My inner peace is invulnerable.*

> *I have everything I need to be happy. Everything that happens is perfect and necessary, etc.*

When repeated many times, these phrases end up being accepted by the mind and generating inner peace.

- Mantras: these consist of the mental or verbal repetition of a word or phrase. Their purpose is to isolate the mind from any thought that might contaminate it.
- Meditation: this consists of bringing thought into a state of mental contemplation directed toward inner peace.
- Relaxation: this consists of mentally scanning all the muscles of the body, asking them to let go and relax completely, with the purpose of generating deep physical and mental rest.
- Color therapy: this consists of visualizing all kinds of lights and colors in order to attune, energize, calm, strengthen, heal, and harmonize the body and mind, using the properties of each color. *Constantly guarding the purity of your thoughts is the secret of Mastery in Love.* Any technique used to keep your thoughts clean will always be very beneficial to those who practice it. However, the technique par excellence for achieving purity of thought, inner peace, and a state of mastery and mental invulnerability is permanent vigilance over your thoughts, which consists of constantly observing the thoughts that arrive or arise in the mind, and deciding completely, definitively, and radically not to accept any thought that might disturb the perfect peace of the mind. In other words, it means keeping in the mind only thoughts that leave peace, harmony, happiness, satisfaction, and enthusiasm for

serving. Mental levels are activated in two ways: by the way we think and by the level of energy we have. It is very important to watch our energy, because if it drops, we will be unable to use wisdom or connect with thoughts of understanding. A person "of wisdom" cannot lose it, since it is part of what is already eternal in them; but energy can indeed be lost. A simple technique for keeping our energy high is to think only of pleasant things, because every time we think of something that causes suffering, vital energy is consumed and we slip into depressive zones. If any unpleasant thought comes into our mind, we must replace it with a pleasant one. That does not require wisdom, as we said earlier, but only some practice in directing our thoughts. *Use your thoughts to appreciate what you have, and you will succeed.* A mind that is full of wisdom and has no beliefs is a pure mind. It is full of information of truth and love. Of course, a pure mind will never come into conflict with any situation, however dramatic it may seem to someone else; for that person it will not be dramatic, but simply an event to make the most of, something wonderful. For many years, there has been a belief that spiritual development is obtained by using techniques of isolation, when in reality such techniques serve only to accumulate or recover energy. Spiritual development consists of fostering the three spiritual virtues:

- **Happiness**, which equals 0% suffering in the face of life's difficult events.
- **Peace**, which equals 0% reactivity or fighting in the face of aggression.
- **Love**, or the virtue of service, which is 100% of our capacity for service, regardless of what is happening around us. The following is an example of a situation in which all three virtues are involved. *"You are a sales clerk at a store, and a customer comes in and asks you to show them an item. You show it to them, but the customer doesn't like it, gets angry, and yells at you. Then you think: 'This person has every right to be upset, because they didn't like what I showed them; it's their experience, not mine.'"* Several conclusions can be drawn from this example:

1. I don't suffer because he yelled at me; he isn't offending me. He's the one who feels bad, regardless of his reason.
2. I don't react. I'm not going to respond with resentment; instead, I'll offer some information. I'll say, "Sir, you're absolutely right, and I'm sure there are other products you'll like. Let me show them to you." This is the second virtue: peace.
3. If the customer remains furious and aggressive, I draw on the third virtue, service: I won't stop serving him as I would my best customer just because he's upset. I say to him: "Look, sir, I understand that you may not be finding what you're looking for. I'm going to show you all the options, and if you still don't find what you want, I'll suggest a few places where you're sure to find it. In fact, if you'd like, we can look for the information together." In this way, we can put all three virtues into practice: "I didn't suffer because of what the other person did, I didn't lose my peace, and I didn't

stop serving him with the best of me, even though he was completely aggressive." It's all a matter of training. Another example is that of a person who insults us or says humiliating things to us. In reality, that person becomes an excellent coach for developing happiness, peace, and the capacity for service, so we can mentally thank them for the opportunity they are giving us to foster the three virtues of spiritual development. Our response in such a case will be as follows: first, we will think, "This person has every right to have an opinion of me, although it is unfortunate that it is an opinion that makes them feel bad. But the problem isn't mine; in essence, I am what I have always been: a perfect creation of God, which is independent of other people's opinions." This is the thought of zero suffering in the face of expressions of aggression. Then we'll put the second virtue into practice:

We will respond to that person with peace, in a very gentle tone, saying, "I know you have every right to feel upset; I'm going to work on doing things in a more appropriate way, as you suggest, regardless of whether I end up doing so, if I consider it appropriate, or not."

Finally, as the third virtue, we will not stop serving that person if they ask us for a favor, and we will do so with the greatest pleasure, with all the love and the highest quality possible.

5.3 Thinking Wisely to Be Free

A free person is someone who blames no one and carries no thoughts of guilt inside. As long as we behave like prisoners, we will keep living in a prison. Prisoners constantly try to escape, deny their mistakes, look for ways to evade their responsibilities, ask for better conditions but do nothing to deserve them, complain about everything that happens in prison, protest to try to get different results, want to take revenge on others, impose or submit to the code of silence, defend themselves, and live in a permanent state of alert. In addition, they have sentences yet to be completed through suffering and mortification, which are expressed as guilt, grudges, anguish, resentment, and fear.

To leave the "prison," one must have served one's sentence—that is, when one no longer needs to suffer, because one has already learned everything that suffering could teach. Furthermore, one feels that there is no longer any sorrow inside, because one has peace; thus, one is already free and can be happy on one's own and love without depending on anything or anyone else to do so. However, as long as we find someone to blame, there will be punishment and prisons.

Characteristics of a person *imprisoned* by their sorrows and suffering	Characteristics of a *free* person, master of their own happiness
1. Wants to escape their own results	Evaluates their results to find the truth
2. Looks for ways to evade their responsibilities	Takes on all their commitments and results
3. Denies all the mistakes they make	Acknowledges their mistakes and learns from them
4. Tries to change reality through aggression	Accepts reality in order to make their inner change
5. Demands that justice be done	Takes ownership of their experiences and respects those of others
6. Asks to be given what they haven't done anything to earn	Is open to receiving whatever life has in store for them
7. Claims rights they haven't earned	Knows that life gives them everything they are due
8. Constantly complains about their results	Deeply values everything life gives them
9. Protests against everything they don't like	Respects the customs and experiences of others
10. Rebels against law and order	Adapts to and respects the rules of wherever they are
11. Fills with resentment if others don't give them what they want	Accepts, values, and respects the decisions of others
12. Handles disagreements with the silent treatment	Handles disagreements through dialogue and agreements
13. Feels a constant need to be on the defensive	Feels the need to respect every living being
14. Blames circumstances and other people for their problems	Takes responsibility for and learns from the results of their decisions

Table 5. Free People vs. Prisoners

Characteristics of a person *imprisoned* by their sorrows and suffering	Characteristics of a *free* person, master of their own happiness
15. Blames themselves for their poor results	Accepts the need to make mistakes in order to learn
16. Expresses resentments with ill will	Expresses disagreements respectfully
17. Fear is a constant companion	Accepts that life always has the best in store for them
18. Anguish won't let them be at peace.	Self-confidence lets them be at peace
19. Keeps a serious face, showing frustration or bitterness	Maintains an expression of peace, serenity, or joy
20. Lets no one enter their "territory"	Makes agreements about the use of spaces
21. Grudges lead to desires for revenge	Is grateful for what they learned and wishes the other person the best
22. Sees life as a competition with others	Sees life as a sharing of experiences

Table 5. Free People vs. Prisoners (continued)

The greatest difficulty these people face is their susceptibility, or how easily they take offense, which is a trait of their personality. Therefore, as long as there are people who take offense—that is, who blame others for what they feel or for what happens in their lives, or who blame themselves for the results they get—there will be the natural consequences of this blame, such as various forms of punishment, aggression, revenge, or self-punishment, which turn into bitterness and resentment.

Moral penalties are linked to the concepts of good and evil; people associate being good with avoiding evil (I suffer because of everything that is wrong, and if I don't suffer, I'm not good). This is where suffering arises.

> *As long as we take offense, there will be those to blame and there will be aggression.*

One of the most complex confusions in the mind of the human being is the false association between what happens and its true meaning.

Table 6. True vs. False Associations

False Association	True Association
Blaming: Others are to blame for what happens to me	**Understanding:** Others are not to blame for what I chose
Punishing: They have to pay for what they did	**Teaching:** They need to learn to do better
Guilt: I am to blame for what is happening to them	**Mistake:** I made mistakes that hurt others
Punishing oneself: I have to pay for my guilt; I deserve nothing	**Learning:** I'm going to learn from this so I don't make the same mistake again
Kindness: I want to spare them experiences of suffering	**Providing information:** I can teach them not to suffer when facing life
Evil: People who intend to cause harm	**Ignorance:** People who cause harm for a good cause
Morality: Defending good and fighting against evil	**Truth:** Everything that happens is necessary in order to learn to love
Affection: Concern for the well-being of loved ones	**Affection:** Sharing your well-being with the people you love
Feelings: Suffering for another person is having good feelings	**To love:** Accepting the other person's experience and being happy for their happiness.
Independence: Being free to do what I want	**Freedom:** Being free to take responsibility for the outcome of my decisions
To criticize: Expressing my disagreement with what is wrong	**To evaluate:** Defining what someone's abilities can be used for

Table 5. Free People vs. Prisoners (continued)

We suggest reading it as many times as necessary to reprogram your mind and stop suffering because of false beliefs.

Chapter 6. The Secrets of the Thought of Love

The **thought of love**, which consists of believing that something is perfect and necessary, requires profound wisdom and knowledge of the Laws of the Universe. That thought makes us invulnerable to all suffering, all fighting, and all conflict. The thought of love is what will transform us deeply and allow us to transcend destiny.

When the training in consciously managing thought reaches a state of purity, the person attains the spiritual level known as **Mastery in Love.**

When there is no longer any possibility that our thoughts will spontaneously drift toward anything negative, we will have attained a degree of mastery that is the fruit of training. When we always think the best of everything; when we see an opportunity in every circumstance and a sublime process in every situation; when we consider that nothing is serious, but rather that everything is perfect, we will know that we are *thinking in love*.

Thoughts of love attune the mind to the frequency waves of the spiritual plane (dimensions 10 through 39). They can elevate the human mind so that it can perceive the information of creation and of all the processes designed for its understanding, freeing it completely and definitively from ignorance.

> *Thoughts of love free us definitively from ignorance and give us the ability to create.*

Since the entire Universe was created with a purpose of love, and since thoughts of love attune us to the planes of creation, they bring us the information on how to create an excellent life.

Every disciple of love knows that thought creates an individual's mental world, and the Laws create all the external correspondences. For this reason, disciples seek and work to create their inner world of love, knowing that if they do, all the external correspondences will automatically appear in the world of matter and forms.

Thought creates the inner world of the human being—a world that is not physical, but mental or spiritual—and the Law of Correspondence creates the external world that corresponds to that thought. Therefore, if we create a world of peace and harmony, of peaceful coexistence and love within ourselves through our thoughts, the Law of

Correspondence of the Universe will create externally the perfect circumstances that correspond to what each of us created in our minds. Everything we build within ourselves is created in the external world; thus, if someone does not accept, for example, infidelity, that will be the first thing to happen in their life, so that they may learn to accept it. But one cannot accept something that has not been understood; that is why it is necessary to understand how the Universe and its Laws work, to know that we generate everything ourselves, that there is no one to blame, that situations are neither good nor bad but neutral, and that it is the mind that labels the external situation as good or bad—and that is what causes certain feelings and attitudes to develop toward the event in question.

For example, in school, teachers present students with math "problems," which cause them difficulty and even some suffering. But the math problem itself is neither good nor bad; it is simply a necessary exercise for developing the student's understanding and knowledge. The cause of the suffering, then, lies in the mind of the child who cannot solve the problem. The task is merely an opportunity to learn. It is all part of an educational process.

When human beings learn to create, they do not generate painful circumstances, but harmonious ones. Nothing happens by chance, and no one faces any situation that has not been created by their own mind as part of their need to learn. When the Master Jesus said, with all wisdom, "Seek the kingdom of God within yourselves, and the rest will be given to you as well," he was referring to our creative capacity through thought and the mind—that is, to what lies within us. The kingdom of God is the kingdom of love, and it is associated with peace, harmony, happiness, improvement—with everything that generates a deep sense of well-being in human beings. Love and wisdom are never associated with situations of conflict.

Thus, in their spiritual development, human beings learn:

- To create loving relationships with others, using the tools of respect, service, and acceptance.
- To create conditions of health by returning to the original genetic pattern.
- To create the conditions that provide access to the resources of the Universe (abundance).
- To create within themselves the ability to make the most of what life gives them, wherever they are, in order to adapt to any circumstance. *Think only of love, and you will always be happy, for your reality is the product of your thoughts. Stop thinking about what you do not want, and the information of suffering will disappear forever.* To think is to bring information into the present in order to manifest something; to stop thinking is to allow what is present not to manifest or to

disappear. When you think only of love, only love will manifest; when you stop thinking about suffering, it will disappear, because this is what the Law of the Thought of Love establishes. Each person maintains their reality in accordance with their own thoughts.

When the mind stops thinking, it no longer emits or tunes into information. Then the information that sustains mental states and the organization of physical matter returns to its place of origin.

Death is a wonderful state in which all human processes are renewed. In the meantime, the experiences people face are opportunities to express the virtues we came into the world to seek: happiness, peace, and love.

To create a new reality with a high level of satisfaction, we need to think that everything that happens in the Universe has a purpose of love and is necessary solely for our spiritual development and for our understanding of the Law. When we think this way, conflict disappears immediately.

The same event can be seen in very different ways depending on the meaning we give it. For example, when a person fasts voluntarily, even if they feel hungry, they won't suffer much. But if a person is forced to go without food for a few days, not only will they feel terrible because of the hunger, but they will also suffer greatly and become filled with hatred, because for them, fasting has no value.

Similarly, when an athlete is training for an Olympic competition, their muscles may be very tired and sore, but their spirit will be happy, because they are doing it willingly, with a purpose. However, if it were a sentence of forced labor, even though they might be doing the same exercise, their spirit would not be happy, because the purpose in that case would be entirely different.

The way we interpret events, then, is what carries the most weight in our state of mind.

> *Mastery is the conscious and voluntary use of thought.*

Conclusions

The conclusions of this topic can be summarized as follows:

- Philosophy without science becomes belief, whereas philosophy with science becomes wisdom.

- Wisdom is the result of the interaction between perception—the right hemisphere of the brain, or the feminine—and analysis—the left hemisphere, or the masculine.
- To tune in to information of wisdom, you must always think the best of everything.
- The human mind is a transmitter and receiver of thoughts that is constantly active.
- All information can be translated into thoughts, depending on how each person interprets it based on their belief system or the wisdom they possess.
- Thought can bring information from anywhere in the Universe.
- Thought can either destroy or build both our inner mental state and our external circumstances, according to the Laws of Correspondence and Affinity.
- To succeed in life, you need to deliberately manage three elements:
- Information of wisdom.
- Vital energy, not letting it drop, so as to avoid entering zones of mental darkness.
- Training.
- Everything is perfect and necessary, and it has a purpose of love. What is necessary is independent of whether it is pleasant or unpleasant, as well as of success or failure. What is necessary has the purpose of showing us a path we do not yet know, and the way to find that path is through error.
- The secret to managing thought lies in *alchemy*. It must be a voluntary, sustained thought directed toward information of love.
- The quality of our lives will be the quality of our thoughts.

With this information, we have *three courses of 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

Memory Chest Exercise

Mentally recall those situations that are in any way associated with resentment, conflict, bitterness, hatred, a desire for revenge, nostalgia, sadness, or suffering; these are memories tainted by ignorance. The exercise consists of taking these memories and

beginning to “cleanse” them. The way to do this is to thank life for the wonderful opportunity it gave us to learn, and to wish the other person well. In this way, we heal the wound and cleanse the mind. Healing will begin when we start to think that no one has harmed us, nor have we harmed anyone. Remember with love everything that has happened to us.

Exercise to Verify the Information in the Mind

If your experiences are unsatisfying, it means you are working with false information. However, as long as we are convinced that the information we have is true, there is no possibility that our mind will accept new information of wisdom. That is why it is necessary to observe our thoughts.

- Refuse to let your thoughts dwell on anything that does not bring love or peace. Keep your mind filled with thoughts of love, even in the face of events that seem dramatic, understanding that they are necessary within the process of evolution.
- Let your mind be where your body is.
- Deliberately direct your thoughts toward solutions rather than difficulties.
- Erase the word “impossible” from your mental dictionary and replace it with this phrase: “I don’t know how yet.” Everything is easy; it’s just a matter of practice.

Exercise to Practice a New Technique for Seeking Information

It involves using thought to obtain information and answers before looking for that information in a book or asking another person. This tool exists in all human beings, and we can work to strengthen it. In this way, we develop the ability to bring information from the archives of the Universe directly into our minds, without searching the archives of human beings. The way to do this is through meditation, by placing the mind in a receptive position.