

# THE LAWS OF THE UNIVERSE AND LIFE

**Foundation for Consciousness Development**

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*\*Note: We suggest you read the theme "Evolution of consciousness" before reading this theme.*

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

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

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

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

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

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

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

In order to lay the foundations for a new civilization that will bring a greater level of satisfaction for everyone, we must start by harmonizing ourselves. To do this it is essential to study the Universal Laws and apply the principles that lead to wisdom. We should bear in mind that only by sustained practice and discarding theories and ideas that prove to be mistaken can we really achieve wisdom. This

way we can develop peace and harmony directly on the ground, with the teaching of daily life, because life is the best school and nature the best teacher.

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

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

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

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

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

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

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

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

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

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

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

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

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

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





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

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

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

Learning to **be happy**:

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

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

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

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

- ✓ All this requires is to be involved or share time with people whose behavior is very different to our own, to learn to love and respect them just as they are.
- ✓ Love cannot be offended, because it is invulnerable, immutable, universal and neutral.
- ✓ Love signifies total understanding of the Universe; it is a way of being and does not need an "object" on which to project itself.

- ✓ Love is not a force, it is a tool.
- ✓ Love is not a feeling.
- ✓ Love is always giving the best of oneself.
- ✓ If there is a lack of motivation the best thing is to wonder why I am allowing the specific situation to limit my capacity for service, which in reality should not depend on external events.

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

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

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

## **1. Purpose**

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

- a) To be happy within oneself, i.e., not to depend on anything or anyone in order to enjoy inner peace and happiness.
- b) To love one's neighbor as oneself, i.e., to respect the rights of all beings in the Universe.

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

As for the second part, loving one's neighbor as oneself, this means respecting them just as they are, not seeking to change them, not putting up resistance to

others. We need to live in a place where the people around us think differently, have varying customs, and create different things. That way, we will learn to love them as they are, without judging them or condemning them. This is how the purpose of love is fulfilled; it is the real reason why we human beings are here on planet Earth.

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

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

## **2. Destiny**

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

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

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

## **3. Mission**

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

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

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

#### **4. Function**

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

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

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

#### **5. Intention**

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

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

When a son or daughter wants to fly the nest and their parents object to it, how should we act so as not to interfere? We always want things to go our way. In this case, the parents consider that it is not the right moment for their son or daughter because they do not have a steady job, for example, and they do not

want them to leave home. The "I want's" are the cause of suffering. An "I want" is also unconscious selfishness because we want others to be happy doing what we want them to do.

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

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

## Chapter 1. The discovery of the Laws

In the 16<sup>th</sup> century when Galileo Galilei, basing himself on Copernicus' studies of the movement of the stars, declared that the Earth was not the center of the Universe, but just another planet orbiting around the Sun, he was not only establishing a different cosmovision; fundamentally, this was the start of a new phase or evolutionary time for Mankind. This was the beginning of the scientific discovery of the Laws that govern everything that can be observed. Besides astronomy, biology, chemistry, medicine and all the "natural" sciences, based on a new method of seeing, measuring and verifying reality, also came to the same conclusion, which at the time was surprising:

"Nature does not respond at random or upon the whim of an emotional and ill-humored god; behind everything we see there is a Law."

Four hundred years later, physics is the science that has come the closest to this subtle frontier between what we see and what we do not see, and seems to have reached the very core of the Laws of nature and how they behave.

The idea that social phenomena, be they collective or individual, are governed by Laws as exact as those that we have discovered through physics and natural science may, first of all, logically support the philosophical principle that says: "Behind every phenomenon there is a Law". Secondly, and this is what is most attractive: if we accept the existence of Laws for social phenomena, the processes of our civilization on planet Earth would no longer be just a loose wheel in the universal panorama. Or, to put it another way, the processes of development of human beings and their social organizations would also be included in the universal order and subject, therefore, to the Law of Evolution. Which means that our present civilization would be just another step in the ascension of consciousness, and an additional link in the long chain that joins and relates the whole Universe, from the biggest to the smallest and from the subtlest to the densest. This chain gives meaning to our past, explains our present, and gives our future direction by setting it on track towards a new form of civilization in which greater harmony, wisdom, understanding, love and satisfaction for all human beings will reign.

As we come to understand how the Universal Laws operate, we can see a great door opening up towards the future in which we will be able to build a new civilization based on our understanding of the Laws.

What remains is the task of verifying through our experience the existence of this great map that governs the perfect order of the Universe, which affects and controls our daily life in a direct and forceful way.

As soon as we become aware of the existence of the Laws that maintain the universal order and we prepare to obey them, we begin to form part of the team of builders of a new evolutionary moment in present civilization. Then we will be able to understand the reason for our existence on this planet, and give profound meaning to all the experiences we have here. We will be able to free ourselves from the belief that someone is to blame and the idea of injustice, by understanding that all events merely have a perfect pedagogical purpose for us to discover the Law that governs them and thereby *become able to transcend conflict, illness, pain and death.*

Nothing is random, everything that happens is governed by perfect Laws. Although we may not know them we can verify their presence in everything that happens. If we learn what the process of the Universe is about, we will succeed in learning how to transform our lives, how to flow with the Universe and how to have a life of great quality and one with excellent results.

Chance does not exist, nor do good or bad luck, there is no unfairness, and therefore no one who is to blame and no punishment. Accepting this idea involves conflict, because our mind is full of ideas, concepts and beliefs that are opposed to the principles of the Universe.

Let us consider the following definition of **Universal Laws**: "They are immutable principles that govern the arrangement of the Universe and the processes of manifestation, creation, operation and comprehension of the Universe."



Table 1. Within the Law or outside the Law

| <b>Within the Law:<br/>what I need</b>                        | <b>Outside the Law:<br/>what I want</b>    |
|---|--|
| Everything within the Law functions well and flows on its own | What is outside the Law does not flow      |
| Everything that we need is within the Law                     | Everything that we want is outside the Law |
| We need everything that life gives us                         | We want everything that we do not have     |
| We are within the Law when we value, love and enjoy           | We are outside the Law when we complain    |
| Obedying the Law frees us from suffering                      | What we want is the cause of our suffering |

The Law is not individual, but rather universal. Yet, what is completely individual is the understanding of the Law. If people do not understand the Law, they cannot obey it, so they will not succeed in getting anything to work.

The principles developed by human beings to organize their society, unlike the Universal Laws, are variable and therefore they are subject to change and repeal. But to the extent that these principles enable human society to be organized within certain parameters, which people commit themselves to respect or feel obliged to obey, we can also call these human rules "Laws of men".

The **Laws of men** are variable principles that govern the territorial, economic and social arrangement of human organizations.

The Laws of the Universe are more like the laws of physics, to the extent that to be able to catalogue them as such, first we have had to verify that each time they are applied they produce the same result, and that when we learn to manage them we always obtain a specific purpose. The Laws of the Universe are not written down in books; that is where the human concepts about God, the Law and order of the Universe are to be found, but not the truth of them. Every Law is recognized by the result, because it is not a question of beliefs but of verifiable truths.

One cannot accept what one does not understand, and that is why it is important to study the Laws in order to understand how the Universe functions.

We all have exactly what we need, no more, no less, and it is impossible to lose it. The fundamental characteristic of the Universe is abundance. The only thing we have to do is to learn how to access it.

### **1.1 An exercise to discover the Laws**

This exercise consists of making four lists:

1. The list of *what you want*. What we want is what we do not have. The "I want's" can refer to financial characteristics, physical —taller, thinner ...— characteristics, to our family relationships, where we live, etc. This list is very important, not only for recognizing the Law, but also to progress in spiritual development.
2. The list of *what you have*. Starting with things as basic as a body full of qualities, and following on with our knowledge, experiences, friendships, family, where we live, work, function, etc. On completing this list we can ask ourselves how much we value what we have. By recognizing, valuing, and being grateful for everything we have, which is much more than we imagine, our results will be more satisfactory in every respect.
3. The list of *what is happening around you*. What we see on the news, the behavior of the people around us, social situations, physical events, etc.
4. The list of *what is happening to you*. What is happening to someone can be totally different to what is happening around them. Sometimes people say: "I cannot be at peace with everything that is happening in this country". However, if we really think about what is happening to us and find that there is nothing dreadful, what are we complaining about? Often we complain because we want things to go "our way"; that is why it is useful to make a list of all the situations that cause us suffering, so that we can use them to train ourselves and cease suffering by applying information of wisdom.

The Law is not a belief, it is something that we can verify with the results that we obtain. We observe our results in the following situations:

- ✓ *What happens to us when we do not get what we want?* What is the result? Is it suffering, dissatisfaction or frustration? If it is, then we are not within the Law.

- ✓ *What happens to us when we do not value what we have? What is the result? That we will begin to lose it, because if what we have is of no value, then it must be that we do not need it; this will be the consequence of violating the Law. Valuing everything we have is the key to prosperity.*
- ✓ *What can we do to live within the Law, i.e., to obey it? By verifying the results we stop going against the Law and we understand that all suffering is associated with breaking a Law. Therefore, if we learn to feel satisfied with everything we do, we will begin to obey the Law. There are two types of results: inner —of happiness, peace and love—, and outer —relationships, health, resources and adaptation to the environment—. When we do not obtain these results it is because we do not know how to and therefore we need to learn.*

What the Law says is that we cannot stop suffering unless we accept; but we cannot accept what we have not understood, and we cannot understand something unless we have an experience that shows us how the Laws of the Universe operate.

Innocence, unconsciousness or ignorance of the Law do not exempt us from the result. Whether or not we know the Law, the result will be the same, and it is therefore better to know how it works in order to obtain satisfactory results.

To escape from our system of false beliefs and from the ego, we need to follow this sequence:

1. Make a mistake and on making it recognize the existence of the Law.
2. Understand how the Law operates.
3. Decide to obey the Law.

Obeying the Law, or placing ourselves within it, consists of enjoying everything that we do and accepting others as they are. If we try to impose some form of behavior on someone it is because we do not accept them as they are and we want to change them. This is a transgression of the Law of Evolution. The result will be conflict, disharmony, aggression, etc., because we are intent on changing something that it is not necessary to change; what is necessary is that we learn from this situation. The Law is designed for us to change internally, not for us to try and change others.

## **Chapter 2. The fundamental Laws that govern the Universe**

There are Laws that govern and arrange everything that happens. They are Laws as obvious as that sowing a specific seed will result in a specific tree, and sowing another type of seed will result in a different tree. Everything is governed by Laws, nothing is by chance.

The seven Universal Laws that give rise to all the other processes of manifestation, creation, operation and comprehension of the Universe, which we also call evolution, can be arranged according to the function that they fulfill, as follows:

- 1. The Law of Love**
- 2. The Law of Manifestation**
- 3. The Law of Polarity**
- 4. The Law of Evolution**
- 5. The Law of Correspondence**
- 6. The Law of Harmony**
- 7. The Law of Nature**

*The three superior Laws are the Laws of Creation.* The superior Law is the Law of Love, since behind every purpose and every event always lies the principle of Love.

Creation happens as follows: first the Law of Love contains a piece of information—for example, an idea in the mind—; and then this manifests through the Law of Polarity—for example, with a board marker, which would be the masculine principle, and a board, which would be the feminine principle—.

Everything that has form is a creation. There are two types of creations: those of God/the Absolute and those of human beings. The latter are also in the Absolute, because nobody can create something from nothing, everything already exists as information; man participates in the creative capacity of God/the Absolute.

Creation happens when the masculine principle acts with the feminine principle; and this interaction is governed by the Law of Polarity. The three elements: the masculine, the feminine and the information that joins them, are essential for creation to occur.

Love can only be expressed through a pure or innocent mind, never through a mind that is contaminated with ideas of good and bad, blame, punishment or vengeance. Therefore, the first thing we need to do for love to be expressed through us is to cleanse our mind of mistaken concepts.

*Only what is perfect is eternal; the imperfect is always temporary.*

In the Universe nothing happens by chance, there is no good or bad luck, there are just Laws that govern all that exists and all that happens. If we know these Laws and learn to flow with them, we can transform our lives.

The Universe and all its processes are within the Law, its functioning is perfect and absolutely nothing happens that is outside it, because there nothing is possible. Even whatever seems absurd or unacceptable to us is governed by exact Laws that are specialized in managing apparent chaos and absurdity, for in the Universe everything has a purpose and fulfils a specific function.

All universal processes are permanent, eternal, constant and immutable. Beings in the process of evolution that pass through them are what change, transform or mutate continuously, and this process is governed by specific Laws of the Universe.

There is no possibility of negotiating with the Law, as there is with human rules, laws and concepts.

The Laws have basically two functions: The superior laws govern *Creation*; the inferior Laws are the source of the *understanding of creation*.

Law operates in two ways:

- ✓ *Downward*. It governs the manifestation and operation of the Universe. There is a movement downwards to matter and manifestation and creation occur.
- ✓ *Upward*. Then comes the process of recognizing the Law and understanding the Universe, which enables us to ascend upwards to the superior levels, transcending the limitations of matter and attaining freedom from innocence and from all of the processes associated with ignorance, such as pain, illness, violence, suffering and death.

There are three fundamental processes or principles in the Universe: creation and the administration of creation —both governed by the superior Laws—; and the pedagogy of creation —governed by the Law of Evolution—.

The superior Laws handle a greater level of information than the inferior Laws, and this is the reason for the order of hierarchy. Inversely, the inferior Laws handle a greater number of processes and complexity than the superior Laws, and this is the reason for the density and lengthiness of the process of evolution in the lower triangle, which can require approximately 39,000 years for the experience in human form, whereas the human process from the fourth to the seventh level of development of consciousness may take around a thousand years.

Below is a summary of the superior Laws with their principal characteristics, followed by an explanation of them one by one.

Table 2. Superior Laws and their characteristics

| <p><b>Superior Laws</b></p> | <p><b>Inviolable characteristics</b></p>  |
|-----------------------------|---|
| <p><b>Love</b></p>          | <ul style="list-style-type: none"> <li>• This Law holds the information that is the source of the creation of the Universe.</li> <li>• It permits the understanding of creation (the principle of evolution).</li> <li>• It needs the other Laws so that the preceding two principles can be fulfilled.</li> <li>• It relates to the information that exists in the absolute and unmanifest archive of the essence of the Self.</li> <li>• Love as Law is absolute wisdom.</li> </ul>   |
| <p><b>Manifestation</b></p> | <ul style="list-style-type: none"> <li>• This is the Law that allows everything to manifest. Manifestation is the act of the unmanifest, it is the information that is shown, that exists beforehand even though it has not been shown to our senses. The fact that we do not perceive something does not mean that it does not exist, but that it is not yet manifest.</li> <li>• As an example, an aircraft propeller: when it is idle, we can see four blades (manifest); yet when it is moving, we cannot see the blades (unmanifest).</li> <li>• It manages the masculine and feminine principles.</li> <li>• It relates to the Creator (and is where the sons and daughters emanate from.)</li> </ul> |

## **Polarity**

- In every creation there is a masculine principle (transmitter) and a feminine principle (receiver). The ear is feminine and the voice masculine
- Only through the Law of Polarity can creation manifest. It is the Law that enables creation to be completed

The following paragraphs describe how each of the seven Laws operates.

### **2.1 The Law of Love**

Love is the source of everything that transpires and understanding it frees us from all events. When Love is understood there is nothing more that can happen, because liberation from all the processes of evolution is reached, and matter is no longer necessary for experimenting with the Laws, because all of them have been understood, and also all experiences within the physical worlds have been transcended. However, even though it has reached its complete evolution, consciousness will continue in its dynamism in a mysterious way ...

The creation of the Universe is the response to the Absolute's purpose for His/Her children: that they be able to codify in their innocent consciousness all of the information of the Universe and of the Laws that govern it and in this way become one with Him. The creator of the Universe does this so that it fulfills the function of being His/Her children's school, taking the total information that exists in the Absolute.

*Everything which occurs in the Universe occurs because of Love.*

We recognize the Law of Love in everything that is eternal, perfect, pure, peaceful, joyful, harmonious and happy, regardless of anything else happening that may clash with our beliefs, because Love does not belong to the concepts, beliefs, feelings and emotions that we experience as human beings, but only to mental understanding and Permanent Consciousness.

In daily life we can begin to live in Love when we are ready to *respect* all living beings in their functions, experiences and behaviors, and stop using any type of aggression, imposition, prohibition, punishment, or blame, and let go once and for all of ideas about evil, injustice, confrontation, power and domination.



## 2.2 The Law of Manifestation

The Law of Manifestation allows the pre-existing or unmanifest to be manifested in all that which is created, from the most subtle to the most dense, and is the origin of every thought, idea, word and deed.

It is impossible to imagine, think or create something that does not already exist in the unmanifest, as part of the absolute information of the pre-existing Universe. Any process of what we call *creation* is merely the *result of manifestation acting on polarity*, it is not actually something new. In the Absolute is to be found the information used for the manifestation and creation of suns, planets, plants, animals, humans, and in general, of everything that exists and occurs in the Universe.

Because the Absolute is in an atemporal dimension (the 40<sup>th</sup> dimension), we cannot speak of before or after, but of the state of the **Eternal Present**. In the Unmanifest Absolute, past and future can be observed simultaneously, because the states where time can be measured correspond to the lower dimensions, where the learning experiences for understanding are had; i.e., in the three physical dimensions and in the six mental dimensions. Therefore, only up to the ninth dimension can one speak of time and space and of before and after; beyond the tenth dimension, past and future are observed simultaneously.

At the source all is unmanifest at a *neutral point* or *point zero*, which is why the Law of Manifestation is **also** called *the Law of Conciliation*, —or resultant of the union of the extremes—. The Law of Manifestation can be recognized in the thoughts that enable the creation of new developments for planet Earth.

Care should be taken not to confuse the nonphysical with the unmanifest. For example, thought is nonphysical, but it manifests in the mind, which is also nonphysical. Dreams also are not to be found in a physical dimension, but that does not mean that they are not real, just that they manifest in other nonphysical dimensions.

## 2.3 The Law of Polarity

Creation, movement and understanding occur between opposites. The Law of Polarity controls the interaction between masculine and feminine poles in the Universe, from divine creation to the most complex matter, passing through spiritual, human, animal, plant, mineral and atomic levels of the Universe. The Law of Polarity makes it possible for everything to manifest in what we call *creation*, causing the movement, dynamism and evolution that are expressed in everything that exists and happens as a result of the principle of polarity.

The absolute dimension (the 40<sup>th</sup> dimension) or Unmanifest Absolute is androgynous, that is, it contains both the masculine and feminine principles simultaneously.

The masculine principle is transmitter and creator, while the feminine principle is receiver and container. This is the reason why God, the Masters and the Angels are generally referred to in the masculine; because to transmit any type of information —whether it be to create, teach or guide— the transmitter characteristic, which is masculine, must be used. However, transmitters cannot achieve any manifestation without the receiver, because the characteristics of the feminine principle are needed to receive information, learn and maintain creations and their processes of operation.

This Law operates basically through the mutual attraction of complementary elements, which is the constituent basis of all matter. Atoms exist because protons and electrons are attracted to each other; molecules are created by the attraction of one atom to another that provides it with electrons with the complementary magnetism; the masculine and feminine are attracted to each other to give birth to new life; the smooth complements the rough; the soft the hard; the bright the dark; the difficult the easy; the long the brief; the tall the short; the action the result, etc. Polarity is expressed in this way to give rise to the diversity and interactions that generate the necessary experiences for human beings to reach understanding of the Universe and of the perfect Laws that govern it.

*Polarity* is not the same as *equilibrium* —which implies harmony—, it is *interaction*, which is totally different. Once something has been created it can be in a state of equilibrium or disequilibrium, and this has to do with the Law of Harmony. But polarity is not related to equilibrium, but to the attraction of complementary opposites, such as the masculine and the feminine, because without both of them there is no possibility of any creation.

Lastly, all the matter of the Universe is feminine because it is what receives the information.

## **2.4 The Law of Evolution**

We need to transform ourselves in order to evolve. The Law of Evolution is what enables us to move to levels of greater satisfaction by developing consciousness. Doing this entails taking advantage of the seeming *problems* that life presents, which in reality are merely the necessary opportunities to reach understanding of the Laws and find the partial truths that are the path to encountering the universal truths.

The Law of Evolution works by pitting opposites against each other, thereby triggering the confrontation of all our ideas, beliefs, cultures, customs, feelings and emotions. It allows disequilibrium and apparent absurdity to be within the Law, and that what is not correspondent in a place to manifest. It creates circumstances that go against the inferior Laws, acting as an "anti-Law" before those Laws it contradicts —Nature, Harmony and Correspondence. For this reason it is also called the Law of Inverse Flow, because the existence of the Law can only be discovered by going against it; in the same way that the current of the river can only be recognized by going against it. In other words, a force can only be measured by putting up resistance to it.

From the individual point of view we recognize that this Law is working through pain, suffering, anxiety, and physical and mental illness; while socially it is recognized in "social ills": poverty, insecurity, abuse of authority, sexual aggression, theft and, in general, everything that has to do with corruption.

We are acting within the Law of Evolution when we are engaged in or allowing learning, because this Law requires all processes that are conducive to learning, however difficult they may seem to us, and does not allow anyone to prevent or limit the experience necessary to produce the verification and understanding of the Laws that govern the perfect order of the Universe.

The purpose of the Law of Evolution is for us to verify what does not work, what is false, and to transform beliefs into truths of wisdom. Thanks to this Law, each of us can move from a state of ignorance to one of wisdom in which we are invulnerable to any outside influence because we are able to take decisions from within ourselves since we know exactly what does work.

Within the evolutionary process that makes it possible to move from ignorance to wisdom, one finds three types of characters who act within the parameters of the Law as they understand it. We can call these "the bad" character, "the good" character and "the wise" character, although in fact there are no good or bad people, just certain levels of ignorance accumulated in our mind and personality. Unlike the "bad" character, the "good" character has reached a level of profound feeling, but both are ignorant of the Law.

Each of these three figures serves an extremely important function within the evolutionary process of human beings.

1. "The **bad**" character is an individual who in their process of evolution has not yet developed the feeling of kindness, and therefore does not concern themselves with the problems of others nor do they attempt to extricate others from their learning experiences. This is someone who is

completely ignorant of the Law. The effect of the bad character on the good is to provide contrast so that they recognize the existence of the Law, because the feelings of the good character often lead them to violate the Law of Correspondence, with the result that their lives are filled with innumerable difficulties. The "bad" character does not interfere with the Law of Correspondence, but is outside the Law of Harmony.

2. "The **good**" character is an individual who has already developed feelings towards to their neighbor because they have gone further in the development of consciousness. However, they are also totally ignorant of the Law, and therefore without realizing it they try and prevent other people's learning experiences. The effect of the "good" character on the "bad" is to show them more harmonious options for living and to facilitate the development of their feelings because, in general, their human relationships are appalling. From an evolutionary point of view, those with feelings are somewhat more developed than those without; they have gone one step further. The evolutionary distance between the "bad" character and the "good" will often be bigger than "one step further". It will be "the step" because the consequences are exponential. In any case, one cannot go backwards in evolution, and therefore someone who has already developed feelings cannot go back to not having them, but will keep going forwards. Once feelings have been experienced as a tool for self-knowledge and spiritual development and we have become aware of the existence of the Laws of the Universe, it is possible to recognize that feelings are of no benefit, that we must move towards *desensitization* in order to act as "the wise" character.
3. "The **wise**" character is an individual who stopped being ignorant because they understood the principles of the Laws of Nature, Harmony, Correspondence and Evolution. As a result, they respect everyone's experiences, and are always ready to serve and to teach at the appropriate time, without interfering in their learning. The "wise" does not place blame. The function of the "wise" character is to set an example and teach, and therefore they do not get involved in the activities of the "good" or the "bad" characters and they are generally successful in everything they do: they manage resources with wisdom, they are at peace, they do not interfere in the destinies of others and they enjoy very good human relationships. The "wise" character always teaches how to fish, they do not provide the fish.

We cannot move directly from the level of being *unfeeling* to being *desensitized*, but must first go through the intermediate stage characterized by kind feelings. In the same way that it is not possible to pass directly from innocence to wisdom, ignorance is a prior step that cannot be omitted.

To successfully understand the Law, destiny must be utilized as an opportunity for learning, and to do that we can use our mission as a basis. Destiny is recognized as everything that takes effort and presents different levels of difficulty. Our mission manifests as everything we like to do, what we do best and most easily, and that with which we most identify.

In life it is more important to fulfill our destiny than to carry out our mission, because fulfilling our destiny enables us to learn what we do not know and to understand the Law in order to evolve in the development of our consciousness. Our mission enables us to teach others what we already know and also to maintain our inner energy high, and although it does not directly contribute anything new to our consciousness, it does contribute to the consciousness of others. This makes it possible for the spiritual growth of others to have a positive impact on our own growth.

The Law of Evolution is the foundation to establish the parameters of the experiences of destiny that are meant for each individual. Hence, there is no fate or luck in the circumstances surrounding the life of each human being.

The place where they are born, the race to which they belong, their specific genetic structure that determines their temperament and physical and mental potentials, the sign of the Zodiac that influences them, the culture and beliefs that they acquire, as well as the functions that they are to carry out and, in general, all the situations that can affect people's lives are wisely determined. They are therefore perfect for the specific learning of the evolutionary stage at which each individual finds themselves, and for satisfying the needs of consciousness until its total development is complete.

By understanding the principles of the Law of Evolution, processes and events of everyday life on Earth as well as the rationale behind social, physical, economic, religious and political differences among human beings can be better understood. Therefore, we can no longer speak of unfairness, but of the correspondence of experiences, individual destinies and the varying needs of each individual.

## **2.5 The Law of Correspondence**

This is Law that governs the universal order. It determines the arrangement of time, space, location, action and function of all living beings and the relevant limits of the field of action of the different species.

Once the type of experience required has been determined, together with the appropriate characteristics and locations for developing a function or a specific learning experience, the Law of Correspondence creates the circumstances so that in each place only that which is meant for that place and the people that inhabit it manifests and happens. For this reason in each place only that which must exist and happen does, so that nothing happens to anyone that is not meant to happen to them.

This Law is recognized in everything that can be done, and it is useless to go against it. It is verified in what we cannot achieve, however much we want it, however much we strive and struggle. The best approach in this case is to give up. Once we have verified the presence of a Law, by giving up going against it, we will place ourselves back again in the order of the Universe. If, however, we insist on something that is not meant for us —a job, a relationship, etc.—, we will be acting against the Law of Correspondence, which is not only futile, but also generates every block imaginable. If we know, things are given; if we do not know, they are blocked.

If we encounter blocks, then we should cease thinking of anyone but ourselves, and in this way we will set ourselves in order with the Universe.

The Law of Correspondence determines where, when, how and to whom the specific learning experiences designed by the Universe are to happen, in accordance with their need for evolution; as well as the functions that they are to perform in the chosen location. Similarly, it determines the mission of Love and service that each person is to perform, and to whom they are to provide the relevant service.

The sex, race, parents, nationality and function of an individual have already been determined long before they are born, together with all the necessary experiences associated with the destiny and mission that correspond exactly with the level of consciousness that is coming to take up that body to continue their process of evolution.

All human beings, without exception, are in the perfect place to learn exactly what brought them to the physical world. In addition, we always carry out a dual purpose in accordance with the Law of Correspondence: to learn and to teach.

When we have nothing left to learn from the place and circumstances around us, and we are no longer useful for the learning experiences of the people with whom we are sharing our lives, we are ready to move on to another place with different circumstances, which will be just as appropriate and perfect for the continuing development of our consciousness. In the same way, in the previous place exactly what has to happen will continue happening, because it is in perfect correspondence with the people who are there.

The process by which we completely change our life experiences for others that are increasingly advanced and satisfactory can be compared to the situation of a student who completes high school and is accepted at university to continue learning at a higher level. This does not mean that high school ceases to be necessary and appropriate for the students who are studying at that level. In this case nobody would consider this unfair.

Let us give another example to facilitate our understanding of the Law of Correspondence:

"A father asked his two adult sons what business they wanted to set up. One of the sons, let's call him A, was very keen on sport and wanted to open a gym. The other son, who we will call B, didn't know what he wanted so he copied his brother and asked his father to open a gym for him too. The father set up two gyms for them in different parts of the city, but A thrived while B ended in ruin, complaining that his gym was not as well-located as his brother's. They changed places, A went to run B's gym and vice versa. Before long B failed once again and A was very successful."

What was happening? Well, A came into the world to run a gym and B did not. That was not his function; he is not good or bad, it was just not for him. He ended up being employed by his brother, taking orders from him and earning a wage. That job was not for him. This is how the Law of Correspondence works: it is *what we need* that happens, not *what we want*.

All we need ask in any circumstance is: "What do I need to learn from this?" Because any situation that we experience is exactly meant for us. Recognizing this enables us to understand that everyone lives a different experience but one that is necessary and meant for them.

Our problems are the result of our mistakes, but that does not mean we are to blame for them, we are just in correspondence with the result: it is not a question of punishment, but of a result. When we learn to see the value of each

experience and to enjoy what we normally call difficulties, nothing will be a problem, just a work tool, and a learning opportunity.

Difficult situations are not unfair, they are correspondent. There are no unfair circumstances, everything that has happened in our lives, what is happening now and what will happen is the generation of our own correspondence, and therefore we have no reason to blame anything or anybody for it.

## **2.6 The Law of Harmony**

Everything that is maintained tends towards equilibrium. This is the Law of Synchronization, which permits the perfect coordinated functioning of everything that exists and happens. It is static when it provides organization and enables things to be perfectly arranged where they are meant to be, and dynamic when it contributes the sequence and synchrony for the movement, operation or performance of something.

The Law of Harmony manifests in everything that is maintained and coexists. We can recognize it in all that interacts in the natural kingdom for life to continue; in the day and the night, in the seasons, in the interaction of species, in the designs of defense and non-aggression, in the principle of non-reaction, in socialization, in tolerance and, in general, in all events in which a force or energy is involved in pursuit of the equilibrium and maintenance of the whole system.

This Law regulates the times of action and recovery, like, for example the length of natural cycles and rhythms, or the arrangement of space so that one individual does not invade another; and it also regulates human relationships, in the agreements that we reach. Similarly, it manifests in the proportion and harmonic distribution of the components of everything that produces a sense of pleasure and beauty: the Law of Harmony is always present in anything that pleases, attracts and produces great satisfaction.

We recognize that we are outside the Law of Harmony when we experience dissatisfaction, suffering, anguish, stress, limited resources, maladjustment to the environment, and difficulty in relationships or emotional conflicts. Psychological trauma will often be the consequence of being outside the Law of Harmony in teaching processes with children. However, it is precisely by going against harmony that we learn to recognize the existence of this Law.

We are within the Law of Harmony when we experience high levels of personal satisfaction, excellent human relationships based on respect, acceptance, cordiality and kindness, which produce a deep sense of pleasure. Also when we act within functional and aesthetic spaces, and we set out to enjoy



ourselves, learning from the different situations that life presents us with, and we willingly decide to eliminate learned or self-imposed limitations from our minds and overcome psychological traumas and the fear that they trigger in us. By deciding to flow with the Law of Harmony we can begin a new experience of life in which our relationships are not conflictive. The key technique for Harmony is *respect*, which is expressed by accepting and supplementing personal experiences with those of others.

Harmony is directly related to *being flexible, learning to give way, seeking agreements* and *knowing how to compromise*, because it is all a process of equilibrium, of harmonization. It is a profound mental exercise.

Sometimes we mistake being *in harmony* for being *in love*, but they are different Laws. In the center of the scale there is a point that does not move, regardless of what happens with the Law of Harmony: it is Love. Harmony regulates the balance between the extremes of the scale, but Love is not affected by it. We can be in equilibrium without possessing anything of Love, and be in Love without there being any equilibrium.

## **2.7 The Law of Nature**

Everything that is born, dies. The Law of Nature is horizontal and manifests within certain vibratory limits, that is, its action unfolds only on the dense plane of matter and it cannot operate vertically on any of the other Laws that govern the subtle and follow it hierarchically. All the Laws act on the Law of Nature simultaneously: the superior acts on the inferior, never the other way round.

This Law establishes the fundamental structure of matter for the processes of manifestation, by providing and maintaining the bodies of all species of living beings, as a result of which it is also called *Mother Nature*. It governs the densest manifestations, that is, all that we call physical worlds, and it determines the characteristics and functioning of all the bodies within which consciousness develops.

The Law of Nature manifests through the four great realms of creation — mineral, vegetable, animal and human—, and is recognized in their natural state, in the harmony of their manifestation and in the equilibrium that all species maintain within the immense diversity of creation. It can also be observed in the state of purity and constant renewal of all species of living beings, and in the perfection of their genetic combinations, the functioning of which is based on the reproduction and repetition of the processes that keep the bodies in perfect conditions of health and vitality. This Law does not allow the deterioration or

degeneration of species, which it destroys implacably when for some reason they become weak.

*Nature is perfect* and its alterations are the result of violating the Law of Nature. This may occur due to an external action permitted by a higher Law, which alters the normal state of harmony and perfection of nature, producing as a consequence the weakening of immune systems, hereditary defects, malformations, hybrids, environmental pollution, disease and degenerative processes. However, this all serves to recognize the presence of the Law of Nature and to learn to respect and obey it.

Once we recognize which Laws govern the natural processes, we can find ourselves in four states:

- ✓ Unawareness of the Law (innocence).
- ✓ Transgression of the Law (ignorance).
- ✓ Awareness of the Law (wisdom).
- ✓ Conscious transcendence (Mastery).

We act within the Law of Nature when we follow our instinct, which is like the mind of nature. All the necessary processes for keeping species in a perfect state of health are engraved in the instinct. This Law acts through constant reproduction, natural selection and the depredation that makes up the food chains. Its code is binary, because it does not admit mid-points between birth and death, like imperfection, weakness or illness.

Instinct is our natural behavior and it is controlled by a part of the brain called the *reptilian brain*. Basic instinctive functions include: to generate life (mating), maintain it (nourishment) and defend it (survival).

Thanks to the process of civilization, human beings have lost our instinctive guidance in the aspect of maintaining health, as a result of which we sometimes do not know what, when or how much to eat, or how to combine foods. The instinct knows all this by nature, but we have gradually desensitized it, and it would therefore be important to renew these capabilities.

Instinct is not rational or emotional, it is automatic. It is unconscious —it is in the genetic codes—, but it is not ignorant or selfish. It is insensitive insofar as it does not manage feelings, all it seeks is physical satisfaction for the equilibrium of its health, and that cannot be called selfishness. Instinct also marks the territory of its group, it is territorial and protective of its litter, and direct the evolutionary advantages. Instinct does not hoard, it uses what it needs; and it is perfect provided that it is used for its purpose, and not for anything else.

The idea is to start managing instinct by observing what our body tells us. To handle conflicts, however, and to make progress in our spiritual development, we should not follow instinct, nor fight or flee. It is better to use reason or understanding, and as we do that habitually we will ultimately end up by switching off the automatic defense system, or instinct for survival, because it will not be necessary.

The Law of Nature is very strong, but it handles much less information than the other Laws. It has the strength of a bull, but we need to learn how to "tame it" so that it obeys us and we do not have to fight with it.

Table 3. The Laws and their definition

| Laws  | Phrases that define them   |
|---|--|
| <p style="text-align: center;"><b>Love</b></p>          | <ul style="list-style-type: none"> <li>• Love is the source of everything that transpires and understanding it frees us from all events. In order to confer on His/Her children all the information that exists in the Absolute, the Father creates the Universe, which will be His/Her children's school.</li> <li>• Everything which occurs in the Universe occurs because of Love.</li> <li>• Living in peace and joy is to live in Love.</li> <li>• Respecting the experiences of others and being ready to serve them not subject to any conditions is to express Love in human relations.</li> </ul> |
| <p style="text-align: center;"><b>Manifestation</b></p> | <ul style="list-style-type: none"> <li>• Nothing is created, nothing disappears, all is manifest or unmanifest.</li> <li>• At source all is unmanifest at a neutral point called Absolute (40<sup>th</sup> dimension).</li> <li>• We recognize it in the thinking of "inventors" and in everything that can be created or done.</li> </ul>   |
| <p style="text-align: center;"><b>Polarity</b></p>      | <ul style="list-style-type: none"> <li>• Creation, movement and understanding occur between opposites.</li> <li>• Polarity is engraved within us in our genetic memory (sexual identity), that of instinct (sexual behavior), that of destiny (the need to learn), and in our memory-consciousness as the need to teach.</li> </ul>  |
| <p style="text-align: center;"><b>Evolution</b></p>     | <ul style="list-style-type: none"> <li>• No one can evolve without transforming themselves.</li> <li>• Evolving consists of taking advantage of difficulties and learning from them.</li> <li>• Evolution: "the bad" character (unfeeling), "the good" character (sensitive) and "the wise" character (desensitized).</li> <li>• Equivalent to the internal process of moving from innocence to ignorance to wisdom.</li> <li>• It operates by bringing opposites together.</li> </ul>   |

| <b>Laws</b>           | <b>Phrases that define them</b>   |
|-----------------------|---|
| <b>Correspondence</b> | <ul style="list-style-type: none"> <li>• A place for everything and everything in its place.</li> <li>• It determines the arrangement of time, space, location, action and function for all living beings.</li> <li>• It is recognized in everything that can be done.</li> <li>• Nothing happens to anyone that is not meant to happen to them.</li> <li>• Within the Law the learning-teaching relationship is fulfilled.</li> <li>• What we need as opposed to what we want.</li> <li>• By changing the correspondence (false beliefs for truths of understanding) we change destiny.</li> <li>• It involves giving up fighting against anything or anyone.</li> </ul> |
| <b>Harmony</b>        | <ul style="list-style-type: none"> <li>• Everything that is maintained tends towards equilibrium.</li> <li>• It is the Law of Synchronization, which permits the perfect coordinated functioning of everything that exists and happens.</li> <li>• It is recognized in day and night, the seasons, tolerance, socialization and in all events that tend towards equilibrium.</li> <li>• It operates by regulating the times of action and recovery.</li> <li>• The key technique for harmony is respect, which is expressed by accepting and supplementing personal experiences with those of others.</li> </ul>  |
| <b>Nature</b>         | <ul style="list-style-type: none"> <li>• Everything that is born, dies.</li> <li>• A horizontal Law: its action unfolds on the dense plane of matter.</li> <li>• We act within the Law when we follow our instinct in its three functions: to generate life (mating), maintain it (feeding ourselves) and defend it (survival).</li> </ul>  |

## Chapter 3. Recognizing the effect of the Law

The effects of the Laws of the Universe can be analyzed from two standpoints: either from the ego or from understanding. If we look at life from the ego, we take ourselves outside the Law to the "I want"; "I want others to change, I want things to happen the way I want them to, I want everything that I don't need, all that I don't have". If, on the other hand, we look at life from understanding or wisdom, we flow with the Law and our approach is that of "I need": "I need everything I have".

### 3.1 "I need"

To let ourselves and others go means recognizing these four points:

- ✓ When there is nothing *I want* I am following the order of the Law.
- ✓ I do not *seek* anything because I know that what I need is there and I can make use of it.
- ✓ I do not *expect* anything, because I have satisfaction.
- ✓ I do not *ask for* anything —when we ask for something it is because we do not value what we have; the only thing we should ask for is information—.

We must let ourselves be guided and also let go of others, not try and control them. Let's go and flow with life instead of putting up resistance to it. To do that we must give up the "I want", "I seek", and "I ask for". It is a matter of working on two things: **inquiry** —which is not the same as seeking— and **acting**. With these two tools everything we need will come to us, and what comes to us we must value. That is all we need to do. When we ask life, life will either say "yes" to us —by providing us with what we desire— or "no" —what we desire will be blocked and we will find it impossible— . If the answer is "no", then the best thing is to give it up, and if the answer is "yes", we take it and act.

When we do not want anything, our inner self drives us to be obedient with the Law, to direct our lives wisely and to satisfy our needs; it leads us to know the Law. When we do not want anything, we are giving a service of Love, because instead of asking or wishing for things what we do is act. And when we serve with Love we find the way to equilibrium and wisdom.

*When we seek for nothing, we act with absolute faith –if we do not yet have sufficient understanding– or with absolute wisdom.*

When we expect nothing, we encounter satisfaction and we do not experience disappointment. Expectations only lead to disappointment, particularly when we expect others to make us happy; but they are not destined to meet our expectations, only we can make ourselves happy.

When we do not ask for anything it is because we are following the order of the Universe and are ready to receive the information to be able to act. In this way we lead ourselves towards wisdom.

All this manifests in our lives as *humility*. Humility is an inner virtue that is expressed when someone is able to admit a mistake, learn from it, apologize as necessary and consider everyone as valuable as themselves, even if they are in different positions. Not seeking things leads us to tranquility and inner peace, by eliminating expectations from our lives. By not expecting anything we are imperturbable; and by not asking for anything, our lives become perfect because we can flow with the order of the Universe. When someone does that, they recognize and accept what life gives them; and the Universe always gives us everything that we need.

We should not suffer life, but enjoy it. We should recognize that we can choose and act with the options that life offers us. Life always presents us with options, it is just that sometimes we do not take them because they do not agree with our ego.

*We always have everything we need to be happy;  
let us value what we have and we will receive much more.*

When we do not seek anything, we keep our life's goal in mind, without questioning destiny because we are not looking for anything else than what we have; life always gives us what is necessary for us to utilize.

When we act from what we truly need we are not asking for the circumstances of the Universe to change, but are respecting individual and collective processes and setting an example of neutrality and understanding.

We will always receive everything that we need, but it is essential that we always think the best; that is the wisest approach. We do not need to expect anything, because life will give us what is meant for us.

Table 4. When we want, seek, expect or ask for nothing, our self ...

|           | <b>Our Self guides us ...</b>                    | <b>Then we encounter ...</b>         | <b>Because ...</b>               | <b>And it manifests as ...</b>          | <b>We recognize and accept what the Absolute gives us when ...</b> | <b>We accept our responsibility ...</b>   |
|-----------|--|--------------------------------------|----------------------------------|---|--|---|
| <b>to</b> | To be obedient to the Law                        | Happiness, peace and service in Love | We do the Absolute/Father's will | Humility                                | We do not battle or object, we make the most of circumstances      | We facilitate the co of the processes of in daily life with wh Absolute/Father giv                |
|           | To direct our life                               | The way to the Father                | We act with absolute faith       | Calm and peace                          | We choose to act with the options that life presents us with       | We keep present th of our life, and we question destiny   |
| <b>ct</b> | To satisfy all our needs                         | Satisfaction                         | We are in balance                | Imperturbability                        | Things come easily to us without forcing them                      | We value all that w and we use it only learning, equilibriu mission                               |
| <b>or</b> | To recognize our ability to create, do and serve | Wisdom                               | We follow the universal order    | Abundance and the ability to enjoy life | We do not act out of feelings or beliefs, but with understanding   | We respect the circ of life and individua processes, and we example of neutrali and understanding |



### 3.2 "I want"

When we seek something, our personality and our ego lead us to think that we know what is good for us and for others. But in fact we need to inquire in order to find out. If we act thinking that we know what we need, what do we encounter? Opposition, so that we can see that this is not the way things are. Sometimes we do not recognize that something is not for us and we insist; we blame circumstances or ourselves because we believe that not everyone has the same opportunities. But opportunities are always there, it is just that some people take advantage of them and others do not. The ego lays blame, we feel full of limitations and we become frustrated. That is the result of "I want".

When we desire many things, our personality leads us to create circumstances for our momentary satisfaction, but ultimately we become frustrated because what the ego asks for is never enough; it always wants exactly what it does not have, and however much it has, it always wants something more, because it does not recognize its needs and blames others for its supposed lacks.

*The ego is never satisfied with anything  
because it is not satisfied with what it has;  
there will be nothing that can satisfy it.*

Driven by our ego we ask for things to change, we ask for peace, we ask and ask, but things do not happen because we are not following the order of the Universe. Nothing happens in the way one asks for, it happens in the way it has to happen, but often our ego does not accept that each individual has exactly what they need, and that is why things do not flow and what we get is suffering and frustration. We may even become depressed about not getting what we want, or blame others, which makes the conflict even bigger.

Table 5. When we want, seek, expect or ask for something, our personality ...

| <b>Our personality guides us to ...</b>               | <b>So we find ...</b>                            | <b>And we do not recognize ...</b>           | <b>We blame ...</b>                   | <b>Because ...</b>  | <b>It ma</b>                   |
|---|--|--|---------------------------------------|---|--------------------------------|
| Act on the basis of ideas and use our free will       | That life does not treat us fairly               | Our mistakes and our real needs              | Life and others                       | We cannot get what we want and others can                               | Resent and fig life            |
| Think that we know what is good for us and for others | Opposition and a feeling of dissatisfaction      | That we do not know what we need             | Destiny, circumstances and ourselves  | We believe that not everyone has the same opportunities                 | Beliefs unjusti limitat and lo |
| Create expectations for our personal satisfaction     | Frustration because our expectations are not met | Our real needs                               | Others for being unable to satisfy us | We believe that we deserve much more and there is no one who fulfils us | Anxiet dissati disapp          |
| Believe that we can obtain what we want               | That things do not happen as we have asked       | That each individual has just what they need | God                                   | We think that life is unfair  | Resign waste option            |

### 3.3 A suggestion for flowing with the Law

To flow with the Law we suggest using two tools: expressing gratitude and valuing.

**Gratitude** has a deep purpose of Love. It is not a question of being grateful for difficulties, but for what we learn from them, because that is how we fulfill life's purpose: learning to love and be happy. Expressing gratitude means being able to take advantage of "problems" by seeing them as a learning opportunity.

When we learn how to express gratitude, in the true sense of the word, our mind is cleansed of all grudges, resentment and blame, as well as any urge to attack. Those negative aspects keep us anchored to suffering and to its limiting effect on our actions, that weigh us down both financially and in terms of health.

When **we value** everything that we have, which is exactly what we need, we feel happy because it is extremely valuable. Instead of blaming, we recognize the presence of what can bring us inner peace and happiness. To value we need only be aware and observe all that we have: a body, a set of values, five senses, knowledge, a home, food, clothing, family, friendships ...

When we do not value what we have, or we despise it or complain, we are on the way to losing it, because when "the Law" is applied, if something is of no use to us it can be taken from us.

Each one of us can flow with the Law and thus transmute our destiny into mission, but to do that we need to express gratitude and value what we have, and love the function we fulfill. What we need can be summed up in three points:

- ✓ Wisdom-related information.
- ✓ Management of vital energy.
- ✓ Training.

## Chapter 4. The Laws of Life

When we are not aware of the Laws of Life some events seem miraculous to us and we cannot understand why they happen: others seem normal, and we do not consider them important, but there are others that seem so absurd and unacceptable that we go so far as to consider the possibility that either God does not exist or is unable to administer human society. What really happens, however, is that most people have not yet learnt how to recognize the signs Divinity uses to express itself to enable us to recognize the Law and Perfect Order of the Universe. This means that we are witnessing the result of the ignorance of many people who battle against the Laws of Life, wasting most of the opportunities there are to learn how to reach high levels of human and social satisfaction.

Unawareness of the Laws of Life leaves an individual with very few chances of avoiding the situations that exceed their capacity for action, which on many occasions become repetitive, leaving them unable to do anything about it except grumble and complain about their "bad luck". In fact it is not bad luck, but just that they are experiencing the result of unconsciously disobeying the Laws of Life. In the same way, we see that many people miss the best opportunities simply because they do not know how the Laws of Life operate.

Being aware of the Laws of the Universe and the Laws of Life enables us to develop the skill of *transmuting our destiny into mission*, thus succeeding in turning adverse circumstances into opportunities for learning and teaching, voluntarily balancing our destiny and our mission, and in this way obtaining maximum benefit from the experience of life. This skill is developed by learning how to recognize in our daily existence a number of clear indicators, inner ones — happiness, peace and love— and outer ones —relationships with others, health, resources and adaptation—.

There are numerous Laws of Life, but here we are going to focus on the 14 main ones:

- 1. The Law of Warning**
- 2. The Law of Opportunity**
- 3. The Law of Two or Law of Inquiry**
- 4. The Law of Three (Perseverance vs. Stubbornness)**

## 5. The Law of Communicating Vessels

## 6. The Law of Cause and Effect

## 7. The Law of Saturation

## 8. The Law of Generation

## 9. The Law of Compensation

## 10. The Law of Sharing

## 11. The Law of Affinity

## 12. The Law of Empty Spaces

## 13. The Law of Option of Love

## 14. The Law of Understanding

### 4.1 The Law of Warning

*Nothing happens in our lives that has not been previously announced, although at times we have difficulty seeing the "warnings".*

When we begin to understand what the learning of life is, our ideas become clearer and mental confusion disappears, making way for a new experience. *Problems begin to be seen as opportunities for learning, what was difficult becomes easy, and the appropriate tools are acquired to establish excellent relationships, stabilize physical health, achieve abundance and prosperity and enjoy life immensely anywhere doing any activity that we are meant to do.*

Educators' purpose with regard to their children, and pupils, is to *make learning as easy as possible* for them, starting always with the simplest examples and exercises. However, when the student for some reason, commits **errors of omission** (*wasting life's opportunities*) or **excess** (*doing something they are not intended to do*) then each time the circumstances around them will present a higher level of difficulty. They will be warned of this frequently by fathers, mothers, teachers, friends, bosses, or by someone who life has placed in our path with expressions like: "If you don't make the most of studying now while you're young, it'll be very hard for you to do it later; if you don't do your homework, you can't watch television; you know life is very hard when you're poor; those who are ignorant limit their chances of being successful in life."

Life, like educators, also intends our learning to be as least traumatic as possible. However, our ignorance, stubbornness, pride and learned limitations, often lead us to face situations that are increasingly difficult and at times dramatic, due to our inability to observe, read and obey the signs of life that manifest in the Law of Warning. When this happens, we complain about "bad luck" resigning ourselves to our "destiny", without knowing that each of us is the architect of our own destiny, and that it is designed in accordance with our own level of ignorance.

*Life warns us of what we are not meant to experience.*

Life gives us advance warning about difficulties that we can avoid if we are prepared to follow the order of the Universe; otherwise our lives will become complicated to give us another opportunity to learn to obey the Laws. For something to be classified as a warning there has to be a **block**, i.e., something that does not work, that does not *flow* in any way. When there are difficulties but we observe that nevertheless things are making progress, albeit slowly, we will know that we can work in that direction.

We can learn from life in a simple and pleasant manner, and even enjoy the learning, if we forget about "free will" and we devote ourselves to obeying the Law of Warning. *Disobeying the Law will always be a cause of suffering*, but it is the only way that those who are ignorant, disobedient, arrogant, stubborn and proud have of discovering the existence of the Law; and how? By confronting it with their high ideas about freedom, independence and sufficiency in order to finally discover that the only way of freeing themselves from all pain, conflict and suffering is to obey the Law. Suffering ends at the limit of our ignorance, that is, where our understanding begins.

*The Law of Warning is designed to avoid us futile suffering*, and manifests in a very subtle way, through simple and apparently insignificant details that generally arise in sequences of three or more warnings; such as an inconvenient telephone call that delays us, losing one's keys, a punctured tire, a roadblock, a cancelled flight ... In these situations we usually complain: "Why does this happen to me?", when life is merely warning us about something: that we should not keep that appointment or go on that trip. On other occasions, the Law of Warning speaks to us about business deals, investments, relationships, health, etc. It also manifests in certain repetitive situations in which we always make the same mistake, or adopt the same attitude or reaction, paying no attention to the warning. It is then that life leads us to experience much harder things in order to

succeed in teaching us new attitudes to life; because the easier trials were not sufficient to induce understanding and a change in attitude.

The possibilities of the Law of Warning are almost infinite. However, there is one trait that defines them fairly accurately, because in most cases they appear as *details that are apparently unrelated to the situation*, which can only be interpreted by the person for whom they are intended due to the relationship between the warning and the intended action. For example: someone tells us something about a place without knowing that we intend to go there, they speak to us about a business without knowing that we are thinking of setting it up. On other occasions people we do not know tell us things that are related to the situations we are experiencing; or otherwise what we were thinking of doing is blocked.<sup>1</sup>

A distinction must be made between a sense of warning and fear. Although at times it is a form of protection, in the majority of cases fear becomes an obstacle, particularly in the relationship between parents and children and, in general, between persons who have a sentimental relationship. In these cases what predominates is the fear of losing and those involved cannot be objective in their feelings. That fear is not a warning, it is a mental limitation. Generally, the greatest satisfactions that we have in life are obtained precisely by doing things we were afraid of. Difficulties are an opportunity to learn something, a challenge, whereas fear is one of the great limitations for developing our inner potential and achieving success and satisfaction in life.

## **4.2 The Law of Opportunity**

*Opportunity is always present*; some people take advantage of it and are successful, while others battle against life and call failure unfairness or bad luck.

It is not that someone who has failed is unlucky, it is that they are not within the Law, they do not know it or they do not know how to be governed by it, and they violate it unknowingly. It is not that someone who is successful is lucky, it is that they are flowing with the Law, even if they do not know it. *A wise person flows with the Law knowingly* and everything just goes well for them. Successful people do not place limitations on what life offers them. For example, they accept

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<sup>1</sup> Carl Jung called situations in which the person experiencing them sees significance and meaning, and those in which actual events coincide with states of mind "meaningful coincidences", or synchronicity. It would be the psychological event of the individual that determines the meaningful coincidence. For Jung the unconscious part of the psyche has to do with these manifestations; they are trans-psyche experiences because they go beyond the psychic and manifest in the physical. According to Jung, what is speaking to us is our unconscious, not the Universe ...

a job offer even if the function seems difficult to perform, even if it is poorly paid, even if it takes a lot of effort, even if initially they do not know how to do it ...

*The real opportunity is the opportunity to learn.*

If what we do, say and think is not consistent, we create a disorder in the flow of the Universe and everything is blocked for us. If we rebel against our function and we do not value it, resources are blocked, in the same way as if we refuse to receive because we think we do not deserve it or we feel guilty. If we do not adapt to where we live and we try and find another function in a different city or a different country and everything becomes difficult, the best thing is to give up the idea of leaving to get out of the block, and decide instead to adapt to where we are. Another reason why resources may become blocked is because we interfere in other people's destiny and "play the good guy" by paying someone else's debts, for example. That intention goes against the Laws of the Universe, which will block us for trying to interfere.

*Only by understanding can we clear the way.*

Just as the Law of Warning helps us avoid unnecessary problems in life, the Law of Opportunity offers us the possibility of finding great satisfactions. Both Laws are recognized in the small, subtle details of life.

Many people reject opportunities because they mistakenly think: "This is not for me, I don't like it, it's not my turn, there's not a good atmosphere, there's no motivation, I'm not appreciated, I can't stand it anymore, etc." And in that way they miss the best opportunities that life offers them. An opportunity may present itself with simple signs like, for example, someone asking us a favor, our boss telling us to do a job we have never done, or someone we do not know giving us the card of someone who can help us.

*Taking advantage of the opportunity involves doing whatever we decide to do with all our energy and love, as though it were the most important thing in our lives, or as though we were doing it for the person we love the most, without the kind of work it is, or where we do it, or who we are doing it for mattering at all. This way we will put the Law in our favor: the result in our lives may be surprising!*

Let us consider an example: someone had made great efforts to finance his degree in psychology, but could not find a job as a psychologist. One day he was



offered a very lowly job, but little by little his workmates began to tell him their problems and they found his advice very useful. It seemed unfair to him not to be paid for doing this and that the company psychologist did not resolve the cases, but because he knew the Laws of the Universe he continued to work with enthusiasm, helping everyone who was sent to him free of charge and, magically, the psychologist handed in her resignation and he was hired to take her place.

### **4.3. The Law of Two or Law of Inquiry**

Life always has the answers ready whenever we inquire. The Law of Two manifests through a binary language (yes-no) that is recognized in what is facilitated and what is blocked. This Law only responds to questions that are asked by means of action. The Universe does not respond to inertia; we must ask about what is meant for us through action.

*We should not assume anything, but use the ability to inquire.*

So that we do not stray from the pedagogical processes governed by the Law of Evolution, by using our "free will" we will discover that life blocks what is not meant for us, whereas it does allow us to follow that path if, instead, it is meant for us.

Our inquiry actions should be directed at obtaining life's response, which may be different than the one we want. Therefore, if we are going to look for a job, we will look at the companies that we like the most as well as at the ones we like the least. Sometimes life has great satisfactions in store for us where the personality refuses to work. Sometimes it is precisely there where we can most serve and be fulfilled as human beings, and the only way to find out is to inquire of life. However, in order to follow a logical order in the process of inquiring of life, it is suggested that we always start our questions by directing them at the things or experiences we would most like to obtain. If after a reasonable period of time we do not obtain affirmative answers, then it is important to inquire about things that we have been refusing to consider as an option for our lives.

It is also important to establish timeframes for each inquiry; that is to say, that although the initial answer may have been "no", it is possible that it is not the right time. So we can ask again in a month, in six months, or in a year.

Inquiry actions can be very varied, because we can inquire anything of life: from what to study, wear or eat, to how to enjoy ourselves, where to travel,

where to work or live, what businesses to set up, how and with whom to have relationships, etc.

To stay within the Law, we must use what we possess and enjoy what life gives us. In this case, "I want", as a tool of inquiry, is healthy. If we want something and when we ask for it we receive it, then it was not a simple "I want", but a necessity for our function. If, on the contrary, we do not receive it, we will dispose with it, because we are being told that it is not what we need. By doing this exercise we put an end to conflicts and mental dualities.

#### **4.4 The Law of Three (perseverance vs. stubbornness)**

The Law of Three allows reasonable perseverance with regard to life's options and our personal expectations. However, on many occasions what we have is not *perseverance*, but *stubbornness* in the face of certain circumstances in which the Law of Warning is telling us "no".

When we have a doubt about a given situation, the wisest course of action is to **make at least three attempts** to ensure that it is not a lack of perseverance; and, of course, each time to observe the result obtained. If some progress can be seen, however small, the purpose has chances of success; but if, on the contrary, stagnation or backward movement is observed, it is better to desist from the purpose to avoid falling into stubbornness or disobedience of the Law. However, if we are still not sure of the answer we can try **up to a maximum of seven times**, because stubbornness will only lead us to achieve what we want, but not what we need for our development.

The Law of Three is the Law which streamlines the use of vital energy. At times we can achieve what we want but at a very high cost, or wasting energy uselessly, because such situations contribute little to our learning. A typical example of wasting vital energy is trying to change someone else, because that is impossible.

There are no good or bad businesses, jobs or places, just those that are right for some people and others that are not. Learning to distinguish these situations can save us a great deal of energy and suffering in life, because where one person fails, another is successful; what is an excellent business for one person can be the worst for another. The best way of knowing what is right for us is to use the Law of Three, for life has a specific function for each person.

The table below summarizes the characteristics of perseverance and stubbornness.

*Table 6. Perseverance vs. stubbornness*

| <b>Perseverance</b>                          | <b>Stubbornness</b>   |
|--|---|
| The appropriate amount of energy is expended | More energy is expended than is produced  |
| Energy is consumed and there are results     | Energy is expended but there are no results   |
| There is effort                              | There is struggle (there is a lack of understanding)  |
| We live in the order of the Universe         | Pride (we must do it whatever it takes).<br>Ego (we must have our way)                                    |
| Headway is made, albeit slowly               | No headway is made or things begin to slip back. The situation stagnates, it does not flow, but we insist |

#### **4.5 The Law of Communicating Vessels**

This Law manages the loss or the taking of energy, because only someone who has, can give; anyone who does not have, can only receive.

We often waste a great deal of energy, and without realizing it find ourselves exhausted by certain people, situations, jobs or external or internal conflicts. As we will show, this is explained by a principle of physics called the "Law of Communicating Vessels".

A person's mental balance depends on their vital energy levels. Enthusiasm, joy, optimism and the ability to seize opportunities to achieve a successful life in every sense, are directly related to high levels of energy. Inversely, people who are apathetic, depressed, sad, frustrated or defeated have very low levels of vital energy. When a person with a high energy level interacts with others whose level is very low, their vital energy flows towards the lower energy, and may leave them feeling totally exhausted without knowing why.

The Law of Communicating Vessels applies to all the situations in our lives, and it is one of the great secrets of wisdom; for the level of vital energy we have available for benefiting from life's experience and achieving immense levels of satisfaction in every sense depends on managing this Law.

Managing the Law of Communicating Vessels appropriately requires us to be very careful when selecting our friendships, relationships, businesses, where we live, work, the places we go to and the thoughts we accept. In addition, we have to train ourselves constantly to manage the feelings and negative emotions that arise spontaneously in the presence of certain individuals, situations, or news that we receive, in order not to give energy away involuntarily.

*It's not what you know but who you know.*

When we are with people who are depressed or unsuccessful, or in certain dramatic situations that we may possibly observe, we must "turn off the tap" of feelings and emotions, and only do what we must from our understanding; otherwise our energy will immediately diminish. If someone needs help, we can give them enthusiasm, support, energy, but we must act wisely, avoiding suffering. But if we get involved and do not turn the tap off, we will never have sufficient inner peace to be able to help others.

It is very important to manage our feelings voluntarily, not automatically, thereby ensuring that it is not our feelings that manage us. And, little by little, *to replace feelings with the understanding of love*. Feelings are a double-edged sword, because today they are positive and tomorrow they may be totally negative, that is, they have a complicated duality. However, understanding has no duality, and enables us to act wisely and think clearly. Everyone is responsible for their vital energy. If we allow our energy to become destabilized, we will no longer have access to our centers for understanding and wisdom.

Vital energy falls or rises depending on how we manage our thoughts, feelings and emotions. The biggest energy "thief" is not outside us, but inside; it lives in our mind and is called ego. The ego steals alarming amounts of energy when it blames others and when it worries unnecessarily; it fills us with stress and anxiety, and uses negative thoughts. It feeds on suffering and ignorance, and it is therefore necessary to cleanse the mind to stop suffering and escape from ignorance with wisdom-related information.

Light is equivalent to vital energy and attitude of mind. If a person's mental attitude is one of love, joy and enthusiasm, they are generally not vulnerable to the darkness of the "vampires" or "energy thieves", because the latter do not like such an attitude and they go elsewhere. But if we are in a depressed frame of mind, we will be much more vulnerable, because we are a match for all types of dark situations, in terms of lack of mental clarity. This in turn prevents us from

finding job opportunities or from being able to generate anything, because we are in a state of low energy.

The best way of overcoming a difficulty and maintaining high energy is to persist in expressing joy and smiling at life. The mere fact of smiling generates endorphins and increases energy. In contrast, expressing bitterness, sadness, frustration or apathy secretes other chemicals in the body that increase depression and reduce energy. Although it seems incongruous we must fill ourselves with joy in the face of difficulties in order to be able to resolve them. If we fill ourselves with bitterness, our difficulties will increase, because we are accentuating our limitations and closing the doors of understanding.

#### **4.6 The Law of Cause and Effect**

Everything we do to others will come back to us multiplied; we receive the effect of everything we cause.

Any event that affects the experience of anyone either positively or negatively is not the result of chance or luck, because all the processes of the Universe, without exception, are governed by mathematically exact Laws. Therefore, every result we obtain in life has a specific cause, in the same way as every thought, word or action has an effect on the person it comes from.

*There are no idle words, thoughts without effect, or deeds without results.*

Nobody should be judged by their past mistakes, but by their current behaviors. The Law of Cause and Effect is directly related to the Law of Affinity and the Law of Correspondence. According to the Law of Affinity, by thinking, we create or maintain a mental structure that is in tune with the minds and circumstances of others who have similar thoughts; that is to say, we attract all that which is similar to our own thoughts. By the Law of Correspondence, our words and actions are a direct consequence of the way we think, and have an immediate impact on our relationships, our health and our finances, creating the circumstances that match us by our attitude and behavior.

By knowing the cause that is the origin of every result that we obtain, the best way of achieving excellent results in our lives is:

- ✓ To always think the best of all circumstances and all people.

- ✓ To wish everyone the best, particularly those with whom we have had conflicts.
- ✓ To accept all the circumstances of life as an opportunity to learn new things.
- ✓ To render the best service to others, without restriction and without any conditions.
- ✓ To always maintain a pleasant and calm attitude.
- ✓ To enjoy immensely everything that we do.
- ✓ To appreciate deeply everything that we have.

#### **4.7 The Law of Saturation**

*Deliverance begins where suffering ends.* We will receive the information of wisdom when we are ready to make an inner change and not before, because the mind only accepts new options when it is saturated with the previous ones. Therefore, this information is for those who do not need to suffer further.

When a person finally becomes convinced of the futility of fighting against life's circumstances that they cannot change, and they feel overwhelmed by the dreadful results they obtain —either in their relationships, in their health or in their finances—, or they are bored with what they are doing and desperate with the place where they live —that is, when they are *overburdened with suffering*, conflicts, failures or ailments—, they will be ready to accept new information, and will no longer put up resistance to *inner change*. Then they will be able to make headway with their process of spiritual development

The mind becomes saturated after it has discovered that opposition and suffering are futile. It is only then that it is ripe to receive new information that will lead it to obtain successful results. No one succeeds in transcending suffering without having suffered.

#### **4.8 The Law of Generation**

Everything that happens to us in life we have generated ourselves. Human beings have great creative capacity and they "design" their own life experience by building their mission little by little and, without knowing it, by weaving the plot of their own destiny, which arises as a result of them arguing with everything that they do not accept and cannot yet understand.

At each instant we are building our future. Everything that has been created in our mind —consciously or unconsciously— manifests as the reality in which we live.

All creation begins with a thought or an idea that is then translated into the related actions, with everything that was previously created in a person's mind by their thoughts and imagination manifesting in their life in a mathematically exact manner. However, the generation of the external circumstances is governed by the Laws of Evolution and Correspondence, whose purpose is for the person to change their conception about life and adopt new behavior in the circumstances that life presents them with so that they can succeed in understanding and accepting what they are missing.

When we understand that nothing and no one can harm us, but that it is we who generate all our life circumstances, we can start right there creating a new life. In order to do that we need to learn to acquire a taste for everything we do, and to see the value of every experience we have —particularly the most difficult ones—. In other words, it is a question of enjoying learning until we achieve invulnerable peace, total happiness and the constant expression of love towards all people and all things.

Our thoughts, words and deeds today are the seeds of the fruit that we will harvest in the future. What are the seeds that we are sowing today in thought, word and deed? If we sow within ourselves acceptance, peace, trust, commitment, loyalty, service, enthusiasm, joy, self-confidence, calmness, flexibility, adaptation and understanding of the value of the experiences that we have, we will begin to harvest excellent results from now on.

The **sequence followed by the Law of Generation** is a powerful tool for transforming our lives: the mind's conception of life generates an inner approach to it —either an attitude of acceptance and appreciation of life, or one of complaint and rejection—. This attitude generates specific *thoughts* and *feelings* that are either positive or negative; these cause outer behavior that is either peaceful or aggressive. The *behavior* produces results that can be verified —they are either satisfactory, or conflicted and cause suffering—; and *verifying the results* generates *understanding of life and wisdom*. In this last step of the sequence we will discover whether we are full of untruths that we need to discard and change or whether, on the contrary, we are full of virtues and truths that we need to reaffirm. Generally the personality has a combination of truths and untruths. This sequence demonstrates that *as our conception of life begins to*

*change, so does everything outside us.* Success in life is not possible unless our inner attitude is one of success.

Each individual is the generator of all the situations in their life, and other people are the instruments they choose in order to be able to have the experience that they decide to learn.

#### **4.9 The Law of Compensation**

All actions and services entitle us to be compensated. Perfect equilibrium is governed by the *principle of action-recovery*, according to which any activity or movement consumes a specific amount of energy that needs to be recovered to maintain the efficiency and the continuance of the activity.

Every human or divine interaction is maintained and is efficient due to the Law of Compensation. In every type of relationship there is a healthy and mutual interest in being complementary and obtaining mutual benefits.

Examples of interaction:

- ✓ Buyer-seller relationships are also efficient when both sides benefit equally, ensuring that the commercial activity is secure for all clients.
- ✓ In relationships between friends there is a mutual benefit of support, company, sympathy, freedom, and having someone to trust and to call on. Each individual is always ready to return the same support that they have received from their friends, thereby compensating the effort that they made before.
- ✓ In parent-child relationships, parents provide their young children with all the love, affection, support, help, security, guidance and the best services they are able to offer. When there has been a harmonious education, parents can be sure that their children will always be ready to compensate them with the same love, making all their resources available to them to support and help them whenever necessary.
- ✓ In teacher-student relationships, the teacher transmits his knowledge to his students, who compensate him with the related payment so that he can meet his needs and keep his teaching service active and efficient.



Within economic systems the compensation is usually money. However, people can establish other non-monetary forms of compensation. Yet in order to remain within the Law of Harmony, it is essential for there always to be a clearly defined compensation. This is the only way for us to remain in balance with the Universe, and to ensure that the sources that generate the products and services which make human well-being possible at all social levels are kept active and efficient.

*Giving without receiving* leads to the exhaustion of the sources of mutual well-being, the disappearance of the product and service, and the deterioration of the quality of life and shared well-being.

*Receiving without giving* produces poverty and people who are unable to serve, create, act, accept their life or commit to some activity; in addition to the disastrous results that arise from the increase in poverty, which generates all kinds of psychosocial ills.

#### **4.10 The Law of Sharing**

The appropriate information makes it possible to resolve all human problems. We should manage it as a loving service.

The management of universal information is hierarchical, as it always flows in only one direction: from the levels that have more information towards those that have less, since no one can give what they do not have or teach what they do not know.

Sharing and distributing the information within the human hierarchies is governed by the Laws of Evolution and Correspondence of the Universe, which determine the appropriate use of the information. For this reason, before giving information it is important to ascertain that it is really appropriate **information**, so as to share it in a manner that is **sufficient, efficient and timely**, for both the person giving it and for those who receive it.

When sharing (giving and receiving) information, people can find themselves in one of the following four situations:

- 1. Ignorance:** when we *think* we know. Giving information from ignorance installs destiny. When the person who is giving the information *thinks* they know—that is, when they have not verified their information through satisfactory results obtained voluntarily—, they are conveying false information, albeit with the best intentions. However, when this happens it is because destiny has to be installed in the mind of the

person who is receiving the false information, so that they can perform for themselves the process of verifying the information, and thereby learn to cleanse their mind of all acquired limitations. Blaming something or someone for our own results shows personal ignorance.

2. **Innocence:** when *we do not know*. As soon a person recognizes that they do not know, they become aware of their innocence and set about learning what they need, to obtain more satisfactory results both internally and externally, without battling against life or blaming anyone or anything for the mistakes they may make while they are learning. Recognizing innocence is the first step in a person's spiritual development. Involuntary results, whether external or internal, show mental innocence.
3. **Wisdom:** when *we know*. Giving information of wisdom is a service of love. When a person really knows they ascertain that their inner and outer results are voluntary and totally satisfactory. Nothing can better serve a person than receiving information that helps them to resolve their problems once and for all, finally enabling them to achieve total happiness, invulnerable peace, and to maintain the capacity for unconditional service. All of these virtues will give them access to excellent relationships, perfect health, abundant resources, and the ability to intensely enjoy all that they do wherever they are. Teaching what we know facilitates the development of our own mission.
4. We can **give untimely information** for one of the following three reasons: by omission, by excess, or because we were not asked for it. When someone does not ask for or accept the information they are offered, it is because it is not yet the right time for them to receive it; it will be necessary to wait until the Law of Saturation is fulfilled. It is also important, if our receiver accepts the information, for it to be sufficient, as well as understandable and logical for them, i.e., that it is not excessive. The right moment for giving information is recognized when people ask for or accept the information they are offered, that is, when somebody consents to us advising them.

Understanding the information of love enables us to transcend every human limitation and achieve tremendous results of harmony. It is very important to bear in mind that the application of information as an action, whether it be for

teaching or for the creation of goods, products or services, is always governed by the Law of Compensation.

On the foregoing basis, we reach the following conclusions:

- ✓ When we recognize that we do not know, we can set about learning and opening the flow of wisdom information to us.
- ✓ If we teach what we believe, we are multiplying beliefs; whereas truth is not a belief, but a verified understanding.
- ✓ We need to verify our correspondences in order to share: both omission and excess generate blocks.
- ✓ It is necessary to ask permission to share. Imposing, forcing and obliging generate resistance.
- ✓ Sharing what we have verified in our own life experience is a service of love.

*Table 7. Evaluation of results*

| <b>Evaluation of results</b>        |   |
|-------------------------------------|---|
| If the result is unsatisfactory ... | ... it is always involuntary  |
| If the result is satisfactory ...   | ... it may be involuntary or not  |
| If the result is external ...       | ... we have four management indicators: relationships, health, resources and adaptation       |
| If the result is internal ...       | ... we have three management indicators: happiness, peace and love (or unconditional service) |
| If the result is involuntary ...    | ... it may be satisfactory or not   |
| If the result is voluntary ...      | ... it is always satisfactory   |

#### **4.11 The Law of Affinity**

All beings of similar character tend to convene in the same place. Our personal mental condition creates affinity that attracts what is similar to it in the outer world.

In order to develop internally the characteristics that are in tune with places, situations and people with a high level of satisfaction, it is essential to *keep a constant watch on our thoughts*, because they are the tool that programs the mind and maintains or transforms the personality, which is the source of all the human attitudes and behaviors that may determine our success or failure in our life experience.

The art of personal attractiveness is an inner characteristic of the individual that has nothing to do with the concept of beauty, but with their spiritual development. That is why it can be said that everyone, without exception, can become highly attractive if they cultivate their inner virtues. These are developed using the techniques of wisdom thinking, directing it in a voluntary and sustained way and understanding the principles of the Laws of the Universe and of Life in order to be able to use information of wisdom. It will be this information that makes it possible to cleanse the mind of its acquired limitations, learning instead to fill it with the principles of trustworthiness, commitment, loyalty and loving service.

The best always associate with the best. Everything that we choose to feed internally produces situations, people and places in line with that energy.

We can attract the following principles of wisdom by thinking the best.

*Table 8. Principles of Wisdom*

| <b>Principles of Wisdom</b> | <b>We can always think ...</b>                        |
|-----------------------------|---|
| Abundance                   | That we are correspondent with abundance              |
| Joy                         | That there are many reasons for being joyful in life  |
| Harmony                     | That we have the capacity to express harmony          |
| Commitment                  | About the value of our capacity for commitment        |
| Trust                       | That we are able to generate total trust              |
| Enthusiasm                  | That everything we do fills us with enthusiasm        |
| Happiness                   | That we have what we need for our happiness           |
| Loyalty                     | That our agreements require our loyalty               |
| Peace                       | About something that brings us peace                  |
| Prosperity                  | That we have the virtue of prosperity                 |
| Respect                     | That every living being deserves our respect          |
| Health                      | That we were created with a perfect pattern of health |
| Satisfaction                | About events that make us feel satisfied              |
| Service                     | That our service is available to others               |

## 4.12 The Law of Empty Spaces

Any empty space tends to become filled with something new, which means that everything that leaves our lives or our minds will be replaced with something new.

With the exception of the Absolute, *everything in the Universe is replaceable* and nothing is indispensable. However, there is never any empty space, everything is always full of something, even if it is innocence. For this reason, when something is removed from somewhere, very soon that place will be once again be full of something new that will replace what was there before. The new things may be the same or similar to the previous ones, or totally different.

Under the Law of Empty Spaces we are always accompanied, *never alone*; the feeling of loneliness is no more than a mental limitation, because it is impossible to be alone. Attachments, dependencies, the feeling of loneliness or abandonment that many people experience are the result of not recognizing or accepting the need to manage the Law of Empty Spaces.

Human beings can learn to be happy, peaceful, helpful, respectful, healthy, abundant, prosperous and adaptable, understanding that with the exception of the spiritual plane, everything else is temporary and therefore completely replaceable. In addition, we can take advantage of this characteristic to totally renew the way we live and the things we use on a daily basis, such as the body, the mental field and the way of interacting with people and other beings in the Universe, should any of these aspects currently not be fully satisfactory.

Let us remove from the mind everything that is not satisfactory to make space for the new. By allowing the thoughts and attitudes of the ego to leave our lives, we are opening up space for the energy of wisdom to enter.

## 4.13 The Law of the Option of Love

The Option of Love makes it possible to pass the tests that life presents. The option of pride makes it impossible to pass through the gate to the realm of love, peace and happiness.

Life is continually subjecting us to *tests* to measure the state of our spiritual development. All human beings, with greater or lesser frequency, face different situations with differing degrees of difficulty associated with relationships, health, finances and the places where we are, which confront us with our deepest fears. In these situations what manifest are the mental limitations that we have not yet

overcome, which trigger in us states of anxiety, suffering, aggression, defensiveness, stress, guilt, anger, resentment, hate, vengeance and violence so common to human experiences.

When we understand that the day-to-day difficulties we encounter are opportunities to learn what we do not yet know, and that subsequently we will be presented with tests to verify what we have now learnt of the Laws of the Universe and of Life, we are ready to use the *option of love* in the face of any type of difficulty that life presents us with.

When the ego —which contains pride— is stronger than understanding, an individual is not yet able to use the option of love and therefore cannot obtain satisfactory results. Freeing oneself from inner conflict and finding peace, harmony and satisfaction in life require ridding oneself of pride, which is a poor counselor because it is rigid, it does not recognize mistakes, is not willing to compromise, does not know how to apologize, does not make the first move, never asks for help, does not forgive, does not insist ...

The Law of the Option makes it possible to give love an opportunity, particularly in situations in which there seems to be "no way out" and we do not know what to do. It is then that it is necessary to gather up one's courage to accept the situation, setting pride aside in order to apologize if appropriate. Even, if we feel that we are the losers, wishing the one who has defeated us all the best. Or otherwise give way in our aspirations in order to give someone else the opportunity to find their own happiness, and even learn to be happy with the happiness of others. And be thankful to those who attack us with their mistakes or ignorance, because they give us the opportunity to learn to love and to transcend our own egoism by wishing them wholeheartedly prosperity, happiness and health.

Every time we complete a further learning of love we are closer to achieving a life filled with happiness, peace, service, harmony, health, abundance and prosperity. When we learn to love there is nothing left for us to learn from difficulties, and one by one they will gradually disappear. There is always an Option of Love in any situation.

*Everything we do with love goes well.*

*The Option of Love never fails.*

We must not limit our capacity to love on the grounds of external circumstances, because what is happening around us is generated by us;

although we may justify our behavior, it is often a consequence of our ignorance. We need to *dismantle* justifications, because it is not things or people that upset us, it is we who are upset with them. When we realize that the problem is ours and not someone else's, anger immediately disappears, because the justification that was maintaining the bad temper leaves the mind. Consider this example: You're the company accountant. You go to look for a document in the files and it's not there. Your usual reaction might be to get annoyed with your secretary, who's responsible for filing everything; you're furious and you tell her off. Your secretary calmly says: "Don't you remember? You're the one who took the document out, then I gave it back to you, and you forgot to put it back in the filing cabinet ...". The anger and irritation disappear right there, because there is no justification."

Justifications are a type of archive that makes us suffer and get upset, it damages our relationships and prevents us from being successful in life. Justifications lead us to have negative reactions, blame others, not take responsibility for our own processes and enter states of crisis, bitterness, frustration and depression, resulting in total blockage of our lives. We learn justifications through dreadful pedagogical systems or inappropriate information, and with phrases such as: "When someone doesn't greet you, be cross; when someone misses an appointment, be cross and tell them off; when you see your partner with someone else, feel ill, jealous and distressed; when your son or daughter goes out without your permission, punish them ...". This is how we generate our archive of justifications.

The Option of Love consists in being happy that someone else is happy, not in wanting to be right. We suggest taking advantage of all the opportunities that life presents us with to free ourselves from pride. To achieve this we can do the exercise of not contradicting anyone who disagrees with us—in simple, unimportant things, to start with—.

*Pride wants; love understands and accepts.*

As explained, the ego is a weapon that we use to fight against life, which does not allow us to establish good relationships or achieve success. Once we effectively replace the ego's weapons with the tools of love, we are ready to become human beings of peace and love, and to train ourselves in the use of the tools.



Table 9. Tools of love

| <b>Tools of love</b>         | <b>Explanation</b>   | <b>We give up</b>  |
|------------------------------|--|--|
| <b>Accepting</b>             | We accept situations and people as they are. We are happy that others are happy. We accept that everything that happens is neutral and necessary.  | ... trying to change others.<br>... arguing with and trying to change the perfect order of the Universe.<br>... trying to interfere with the life experiences of others. |
| <b>Acting</b>                | We act with total efficiency and calmness in any circumstance that arises, giving the best of ourselves. Doing is the key to having. Instead of reacting, we act.  | ... attacking anything or anyone in thought, word and deed. We will be absolutely firm and loyal to the agreements and commitments that we freely establish.             |
| <b>Adapting</b>              | To the place where we are meant to carry out functions to achieve a life filled with satisfactions.  | ... fleeing from where we are and the situations we have to experience. Believing that happiness is outside: it is a false illusion.                                     |
| <b>Thanking</b>              | We are grateful for everything that we have and all the difficult and painful situations, because they are opportunities that life gives us to learn and improve in our spiritual development.             | ... suffering with difficulties, by understanding that they have a deep purpose of love for us to recognize the Law and free ourselves from suffering.                   |
| <b>Taking responsibility</b> | We take responsibility for the result of our decisions and our life experience. We are the cause of our thoughts, feelings and emotions, not what is happening around us nor what others think, say or do. | ... blaming anything or anyone for what does or does not happen to us. There is no one to blame. Others may make mistakes, but they are not to blame.                    |

|                   |  |   |
|-------------------|--|---|
| <b>Respecting</b> | We respect everyone in their ideas, customs, behaviors and their right to take their own decisions. We need to understand that each individual is doing the best they can, even if they make mistakes. | ... criticizing, judging, condemning and punishing anyone for any reason, because we understand that each individual is doing the best they can.<br>We will give information of wisdom only to those who accept our offering. |
| <b>Valuing</b>    | We value and enjoy immensely all that we have and all that we do. We always have what we need.   | ... complaining about what we have. Prosperity is the result of valuing.  |

#### 4.14 The Law of Understanding

*This is the Law that makes it possible to evaluate whether life's tests have been transcended.* Life never repeats a destiny situation that has already been understood.

There are no negative situations or circumstances, nor bad people who want to cause us harm, these are often just situations, circumstances and people with whom we are correspondent for carrying out our learning processes, although we do not yet understand them or take advantage of them efficiently.

The only way of overcoming suffering, grudges, trauma, aggression, resentment, pain, illness and death once and for all, is by *understanding what life's experiences are teaching us*. The different situations that we face and the circumstances that surround them are designed by destiny to induce understanding and the development of consciousness; therefore, when we succeed in understanding what a situation is teaching us, it immediately begins to disappear from our lives and will not happen again.

In any difficult situation we should ask ourselves: "What can I learn from this situation?" We may not find the answer immediately, and therefore the situation will continue to be present. But when we understand what life is really trying to teach us with each difficult situation, we can use the tools of love, which will enable us to transcend personal destiny and all of the difficulties arising from it. Understanding gives us the ability to use the seven tools of love. We suggest using the *seven things we give up when using the tools of love* in order not to slip into the behaviors of the ignorant.

The ignorant:

- ✓ Try to change others in order to feel good.
- ✓ Hide their incapacity behind their aggression.
- ✓ Run from the best opportunities that life offers them.
- ✓ Suffer in the face of the possibility of learning to be happy.
- ✓ Blame others for their own results.
- ✓ Criticize and judge all that is different from them.
- ✓ They complain about what they have and suffer because of what they do not have.

In contrast, people with wisdom enjoy learning, and see learning opportunities in difficult situations, and therefore they begin to experience a new life in which happiness, inner peace, and the capacity to serve and enjoy are independent of any event that happens around them.

Understanding the true meaning of life enables us to completely rearrange our memories of past experiences, as well as all of the processes of current existence, and create appropriate conditions for having an extraordinary future, filled with happiness, peace, abundance, prosperity, love and a state of total personal satisfaction and peaceful co-existence with all other beings in the Universe.

*Anyone who is happy with what they have,  
can be happy with everything.*

There are no negative situations in the Universe, only learning situations, which are positive. All that is negative is the mental interpretation that the ignorant make of a learning opportunity. When a person faces what they consider "a problem", in fact what they have before them is an opportunity to learn something about life, to find a solution to that difficulty.

In the world of matter and form there are no "bad" or "good" things, everything is neutral and necessary, and nothing happens to anyone that is not meant for them. The drama occurs when we face situations from emotion and ignorance, instead of understanding. Destiny is an opportunity for us to develop

spiritually, but if we do not seize it we will make dramas and tragedies grow around us.

The Laws of Life that have been explained here form part of the Laws of the Universe, but they are closer to us. The seven Laws of the Universe act constantly and simultaneously, whereas we can be governed or not by the Laws of Life depending on our understanding or lack of understanding.

However, ignorance of the Laws does not exempt anyone from the result; besides which, it is not enough to know them, we must be able to manage them through training.

## Conclusions

- ✓ Everything that happens is within the Law.
- ✓ The "I want" leads us to *discover the existence of the Law*.
- ✓ What we need leads us to the discovery that it is necessary to *obey the Law*.
- ✓ It is impossible to miss what we need to grow spiritually.
- ✓ Being aware of the existence of the Laws of the Universe and of Life helps us to free ourselves from suffering, conflicts and fear.
- ✓ Respecting the experiences of others and being ready to serve them not subject to any conditions is to express love in human relations.
- ✓ Nothing is created, everything is manifested or unmanifested from the pre-existing.
- ✓ The Law of Polarity makes it possible for creation to exist or manifest. The masculine principle is transmitter and creator and the feminine principle is receiver and container.
- ✓ We act within the Law of Evolution when we undertake or allow learning.
- ✓ In each place only that which must exist and happen does, and nothing happens to anyone that is not meant for them.
- ✓ The key technique for harmony is respect, which is expressed by accepting and supplementing personal experiences with those of others.
- ✓ Instinct is not rational or emotional, but automatic.
- ✓ Expect something and you will be disappointed.
- ✓ The real opportunity is the opportunity to learn.

- ✓ Through our activities (roles) we learn what we need (destiny) and we fulfill the purpose of love in life (mission).
- ✓ When we recognize what we do not know, it is possible to set about learning and opening the flow of information of wisdom to us.
- ✓ I can't stop suffering unless I accept; I can't accept what I have not understood; and I cannot understand unless I have had the experience, or I know how the Laws of the Universe operate.

*None of what has been said here should be believed*, nothing should be taken as true or fact; we must practice and *verify whether in our own lives* this information works and produces satisfactory results.

As long as we do not know, then we have no alternative but to believe, but it will be wiser to believe in something that brings us peace, harmony or a hope of something better, than hold on to beliefs that bring us suffering.

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

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

# Training Exercises

## Mental reprogramming to flow with the Laws

In order to flow with the Laws and manage vital energy it is helpful to repeat the following phrases very frequently:

- ✓ "I have all I need to be happy."
- ✓ "I won't allow any situation outside me to disturb my peace and tranquility."
- ✓ "My happiness only depends on me."
- ✓ "People are not good or bad. Everyone does the best they can according to their level of ignorance or wisdom."
- ✓ "I'm the most important person for me and I'm committed to making myself happy."
- ✓ "I'm grateful for everything I have because it enables me to access increasingly better things."

## Training to become "wise"

Once you have this information, you must verify whether it is true through the internal and external results that you obtain from your experiences.

To act as "the wise" do, practice exercises to desensitize feelings with mental reprogramming in difficult situations. When facing your own mistakes or those of others, try to find what is positive behind them, i.e., learning, so that your conflicts disappear and you are able to stop suffering.

Think always the best, say what is appropriate and do what is necessary.

## Exercise to recognize the Law of Warning

To learn to recognize the Law of Warning, we have to develop the skill of observing repetitive details, and the ability to learn from simple tasks in order not to complicate our personal destiny. Therefore, in any uncomfortable situation that life presents you with, you should always ask yourself: "What is it I have to learn?" "What is it I have to change?" "What is it I'm not accepting?".

To recognize the warning you must observe the signs, which may be anywhere. For example, if someone you do not know offers you a card and tells you to ring them, or if you lose your wallet despite being very organized.

### **Exercise for inquiring of life: The Law of Two**

This involves making a list of things that you would like to do but that you have not yet done. Give yourself the opportunity of inquiring of life whether what you would like to do is available to you or not. If it is, it will be perfect, if it is not, you just accept it.

For example, you would like to travel to Africa. By finding out about the trip and how much it costs you will understand whether you can do it or not, and in either case it will be marvelous, because life is answering your question. With this exercise we want to verify life's answer, not the one we want or imagine, in order to *learn to obey the Law*.

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