TOPICS · TOPIC 02

The Laws of the Universe and of Life

Describes the universal laws (Nature, Harmony, Correspondence, Evolution) and the Laws of Life as principles that govern the order of the universe. Analyzes their relationship to suffering and learning.

- Consciousness and the Laws of the Universe

Context. What is the purpose of the human experience?

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

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

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

Spiritual development is inner work, absolutely individual and personal. No one can do it for another person, but neither can it be done “without others.” In other words, we need

interaction and experience with other people in order to build our own development, to get to know ourselves. Sometimes, instead of taking charge of our own development, we try to interfere with that of others; in those cases, instead of learning from others, we want to change them. All this accomplishes is to distort the educational process, or to try to distort it, and in doing so we complicate our own lives.

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

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

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

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

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

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

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

Everything that brings suffering, anguish, pain, or illness does so because we are going against the Laws, and through that we come to recognize them. The results we experience when we step outside the Laws allow us to recognize their existence. It is necessary to make mistakes in order to discover the Law. Mistakes are not the problem; the problem is not learning from them.

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

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

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

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

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

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

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

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

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

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

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

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

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

Learning to **be happy**:

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

- It is essential to stop working on others and to work solely and exclusively on yourself, changing within yourself whatever bothers you (the ego) so that it stops doing so.
- If there is suffering, only one question needs to be asked: “What am I not accepting?” The answer lies there.
- Everyone, without exception, has what is needed to be happy; however, very few know how to be happy with what they have.

Learning to **have peace**:

- Nothing and no one provides peace.
- Inner peace is the result of one's own spiritual development, not a gift.
- Managing peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist; the ability to manage one's own life energy; and training.
- If you lose your peace, you need to ask yourself: “What am I resisting? What do I want to change? Whom am I blaming?”

Learning to **love your neighbor as yourself**:

- To do this, all you have to do is take part in activities or spend time with people whose behavior is very different from your own, so that you learn to love and respect them just as they are.
- Love cannot be offended; it is invulnerable, immutable, universal, and neutral.
- Love implies a total understanding of the Universe; it is a way of being and does not need an “object” onto which to project itself.
- Love is not a force, but a tool.
- Love is not a feeling.
- To love is to always give the best of yourself.
- If you’re feeling unmotivated, it’s best to ask yourself why you’re allowing this specific situation to limit your ability to serve, which in reality shouldn’t depend on external events. By developing the three inner virtues, you’ll achieve excellent external results in all four areas:
- In relationships.
- In resources.
- In health.

- In adapting to our environment. Five elements are present in the life experience of every human being: purpose, destiny, mission, function, and intention.

1. The Purpose

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

a) To be happy on your own, that is, not to depend on anything or anyone else to enjoy

inner peace and happiness.

b) To love your neighbor as yourself, that is, to respect the rights of all

the beings of the Universe.

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

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

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

Being happy means experiencing zero suffering in the face of whatever happens; and loving means offering zero resistance to others. Wisdom is equal to love, not to sentiment. A person who has love cares deeply about others but does not suffer; by contrast, a person who lacks wisdom but has kindness cares deeply about others but suffers enormously. Those who don't care, the callous and the indifferent, have neither wisdom nor kindness.

2. Destiny

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

We all bring into the world an unavoidable destiny, one of enormous value. Our culture teaches us to try to evade destiny instead of showing us how to make the most of it. The key to making the most of destiny is: "You have the ability to enjoy anything you do, because that ability is within you".. However, if someone tells their child: "You always have to do what you like", it will create an enormous block in them.

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

3. The Mission

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

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

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

4. The Function

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

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

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

5. The Intention

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

Intention is the most complex element for human beings today, because sentiment, the idea of goodness, and the other ideas that culture mistakenly passed on to us constantly lead us to try to interfere with the destinies of others. If we accepted that destiny is something extraordinary and not "bad," that it is the best opportunity we have to fulfill what we came to do in the world, we would stop trying to change other people's destinies.

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

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

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

Chapter 1. The Discovery of the Laws

When, in the 16th century, Galileo Galilei—drawing on Copernicus's studies of the motion of the celestial bodies—declared that the Earth was not the center of the Universe but merely one more planet orbiting the Sun, he was not only establishing a different worldview but also, in essence, beginning a new stage, a new evolutionary moment, for humanity. From that point on, the scientific discovery of the Laws that govern everything observable began. In addition to astronomy, biology, chemistry, medicine, and all the so-called "natural" sciences—supported by a new method of observing,

measuring, and verifying reality—reached the same conclusion, a surprising one at the time:

"Nature does not respond to chance or to the whims of an emotional and moody god; rather, behind everything we see there is a Law."

Four hundred years later, physics is the science that has come closest to that subtle boundary between what we see and what we do not see, and it seems to have reached the very core of the Laws of nature and their behavior.

The idea that social phenomena, whether collective or individual, are governed by Laws as exact as those we have discovered through physics and the natural sciences can, first of all, logically support the philosophical principle that says: “Behind every phenomenon there is a Law”. Second, and this is the most appealing part: if we accept the existence of Laws for social phenomena, the processes of our civilization on planet Earth would no longer be a mere loose wheel in the universal panorama. Or, put another way, the development processes of human beings and their social organizations would also be contemplated within the universal order, and therefore subject to the Law of Evolution. Thus, our current civilization would be one more step in the ascent of consciousness, and an additional link in the long chain that unites and relates the entire Universe, from the largest to the smallest, and from the most subtle to the densest. That chain gives meaning to our past, explains our present, and gives direction to our future, channeling it toward a new form of civilization in which greater harmony, wisdom, understanding, love, and fulfillment reign for all human beings.

As we come to understand how the universal laws work, we see a great door opening onto a future in which we will be able to build a new civilization based on our understanding of them.

It is now up to us to verify, through our own experience, the existence of this grand map that governs the perfect order of the Universe and that directly and decisively affects and controls our daily lives.

From the moment we learn of the existence of the Laws that maintain universal order and set out to obey them, we begin to be part of the team building a new evolutionary moment in today’s civilization. Then we will be able to understand the reason for our existence on this planet and give deep meaning to all the experiences we have here. We will be able to free ourselves from the belief in someone to blame and from the idea of injustice, by understanding that every event simply serves a perfect teaching purpose: to help us discover the Law that governs it and, in this way, *be able to transcend conflict, illness, pain, and death.*

Nothing happens by chance; everything that happens is governed by perfect Laws. Even if we do not know them, we can verify their presence in every event. If we learn how the process of the Universe works, we will learn to transform our lives, to flow with the Universe, and to live a life of great quality with excellent results.

There is no such thing as chance, or good or bad luck, and there is no injustice, and therefore no guilty party and no punishment. Accepting this idea creates a conflict, because our minds are full of ideas, concepts, and beliefs that run counter to the principles of the Universe.

Let us consider the following definition of **universal laws**: "They are immutable principles that govern the universal order and the processes of manifestation, creation, functioning, and understanding of the Universe."

Within the Law: what I need	Outside the Law: what I want
Everything that is within the Law works well and flows on its own	What is outside the Law does not flow
Everything we need is within the Law	Everything we want is outside the Law
We need everything that life gives us	We want everything we don't have
We are within the Law when we appreciate, love, and enjoy	We are outside the Law when we complain
Obeying the Law frees us from suffering	What we want is the cause of our suffering

Table 1. Within or Outside the Law

The Law is not personal; it is universal. What is absolutely personal is the understanding of the Law. If someone does not understand the Law, they will not be able to obey it, and the result will be that nothing they do will work.

The principles developed by human beings to organize their society, unlike the universal laws, are variable and subject to change and repeal. But to the extent that these principles allow human society to organize itself within certain parameters, which we commit to respecting or feel obliged to obey, we can also call human norms "Laws of Men."

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

The Laws of the Universe are more like those of physics, in that, in order to classify them as such, we have first had to verify that every time they are applied they produce the same result, and that when we learn to work with them we always achieve a specific purpose. The Laws of the Universe are not written in books; there we find human concepts about God, the Law, and the order of the Universe, but not their truth. Every Law is recognized by its result, since these are not beliefs but verifiable truths.

You cannot accept what you do not understand, which is why it is important to study the Laws in order to understand how the Universe works.

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

1.1 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 don't have. These "wants" can refer to financial or physical characteristics (taller, thinner…), our family relationships, where we live, and so on. This list is very important, not only for recognizing the Law but also for progressing in spiritual development.
2. The list of *what you have*. Starting with such basic things as a body full of qualities, and continuing with our knowledge, experiences, friendships, family, the place where we live, our job, a role we play, and so on. When we finish this list, we can ask ourselves how much we value what we have. By recognizing, appreciating, and being grateful for everything we have, which is far more than we imagine, our results will be more satisfying in every way.
3. The list of *what is happening around you*. What we see in the news, the behavior of the people around us, social situations, physical events…
4. The list of *what is happening to you*. What happens to someone can be completely different from what is happening around them. Sometimes people say, "I can't be at peace with everything that's happening in this country." However, if we really think about what is happening to us personally and realize that nothing serious is happening, what are we complaining about? Often we complain because we want things to work "our way"; that is why it is helpful to make a list of all the situations that cause us suffering, so we can train with them and stop suffering by applying

wisdom. The Law is not a belief; it is something we can verify through the results we obtain. Let's observe our results in the following situations:

- *What happens inside you when you don't get what you want?* What is the result? Is it suffering, dissatisfaction, or frustration? If so, you are not living within the Law.
- *What happens inside you when you don't value what you have?* What is the result? You begin to lose it, because if what you have is worth nothing, you must not need it; this is the consequence of violating the Law. Valuing everything you have is the key to prosperity.
- *How can we live within the Law, that is, obey it?* By checking the results, we stop going against the Law and come to understand that all suffering is linked to the violation of 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: internal—happiness, peace, and love—and external—relationships, health, resources, and adaptation to the environment. When we don't achieve these results, it is because we don't know how to, and so 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 go through an experience that shows us how the Laws of the Universe work. Innocence, unconsciousness, or ignorance of the Law does not exempt us from the result. Whether or not we know the Law, the result will be the same, so it is better to know how it works in order to obtain satisfying results. To escape our system of false beliefs and the ego, we need to follow this sequence: 1. Make a mistake and, when we do, recognize the existence of the Law. 2. Understand how the Law works. 3. Decide to obey the Law. Obeying the Law, or placing ourselves within it, means enjoying everything we do and accepting others as they are. If we try to impose a certain behavior on someone, it is because we don't accept them as they are and want to change them, thereby violating the Law of Evolution. The result will be conflict, disharmony, aggression… because we insist on changing something that doesn't need to be changed; what we need is to learn from that situation.

The Law is designed so that we change inwardly, not so that we try to change others.

Chapter 2. Fundamental Laws That Govern the Universe

There are Laws that govern and organize everything that happens. They are as evident as the fact that sowing a particular seed will give rise to a specific tree, while sowing

another type of seed will produce a different tree. Everything is governed by Laws; nothing is accidental.

The seven Universal Laws, from which all other processes of manifestation, creation, functioning, and understanding of the Universe—which we also call evolution—are derived, can be arranged according to the function they fulfill, as follows:

1. Law of Love

2. Law of Manifestation 3. Law of Polarity 4. Law of Evolution 5. Law of Correspondence 6. Law of Harmony 7. Law of Nature

The three higher Laws are the Laws of Creation. The highest Law is the Law of Love, since behind every purpose and every event, the principle of love is always present.

Creation occurs in the following way: first, the Law of Love contains information—for example, an idea in the mind—and then it manifests through the Law of Polarity—for example, with a marker, which would be the masculine principle, and a whiteboard, which would be the feminine principle.

Everything that has form is a creation. There are two types of creations: those of God and those of human beings. The latter also exist within the Absolute, because no one can create something out of nothing; rather, everything already exists beforehand as information. Human beings share in God's creative capacity.

Creation occurs when the masculine principle acts together 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 unites them—are essential for creation to occur.

Love can only be expressed through a pure or innocent mind, never through a mind contaminated with concepts of good and evil, blame, punishment, or revenge. That is why the first thing we need to do in order for love to be expressed through us is to clear our minds of mistaken concepts.

> *The only thing that is eternal is the perfect; the imperfect is always temporary.*

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

The Universe and all its processes exist within the Law; its functioning is perfect, and absolutely nothing happens outside of it, since nothing is possible there. Even what seems absurd or unacceptable to us is governed by exact Laws specialized in handling apparent chaos and absurdity, since in the Universe everything has a purpose and fulfills a specific function.

The processes of the Universe are permanent, eternal, constant, and unchanging. The beings in the process of evolution who pass through them are the ones who constantly change, transform, or mutate, 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.

Laws have basically two functions: the higher Laws govern *creation*; the lower ones give rise to *the understanding of creation*.

In addition, the Law operates in two directions:

- *Descending*. This is the direction that governs the manifestation and functioning of the Universe. It descends toward matter, and manifestation and creation take place.
- A*scending.* Afterward comes the process of recognizing the Law and understanding the Universe, which allows us to ascend to the higher levels, transcending the limitations of matter and attaining liberation from innocence and from all 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 higher Laws—and the pedagogy of creation—governed by the Law of Evolution. The higher Laws handle a greater level of information than the lower ones, which is the reason for the hierarchical order. Conversely, the lower Laws manage a greater number of processes and more complexity than the higher ones, which is the reason the process of evolution in the lower triangle is so dense and slow; the experience within the human form can require approximately 39,000 years, whereas the human process from the fourth to the seventh level of the development of consciousness can last about a thousand years. Let's summarize the higher Laws and their main characteristics, and then we will explain them one by one.

Higher Laws	Inviolable characteristics
Love	• It holds the information that gives rise to the creation of the Universe • It makes it possible to understand creation (principle of evolution) • It needs the other Laws so that the two preceding principles can be fulfilled. • It corresponds to the information that exists in the absolute, unmanifested archive of the essence of Being. What we call “The Father” • Love as Law is absolute wisdom
Manifestation	• It is the Law that allows everything to manifest. Manifestation is the act of the unmanifested; it is information that shows itself, that exists beforehand even if it has not yet appeared to our senses. The fact that we do not perceive something does not mean that it does not exist, only that it is not yet manifested • Example of an airplane propeller: when it is still, we see four blades (manifested); when it is spinning, however, we cannot perceive the blades (unmanifested) • It works with the masculine and feminine principles • It corresponds to the Creator Father (and it is the source from which the children emanate)

Table 2. Higher Laws and Their Characteristics

- • In every creation there is a masculine principle (sender) and a feminine principle (receiver). The ear is feminine and the voice

Polarity	masculine • Creation can manifest only through the Law of Polarity. It is the Law that allows creation to be completed

Below is a description of how each of the seven Laws works.

Table 2. Higher Laws and Their Characteristics (continued)

2.1 Law of Love

Love is the origin of everything that happens, and understanding it frees us from every event. When love is understood, nothing else can happen, because liberation from all

processes of evolution is attained, and matter is no longer needed to experiment with the Laws, because all of them have been understood and all experiences within the physical worlds have been transcended. However, even after reaching its complete evolution, consciousness will continue in its dynamism in a mysterious way…

The creation of the Universe responds to the Father's purpose for His children: that they may encode in their innocent consciousness all the information of the Universe and of the Laws that govern it and, in this way, merge with it. The creators of the Universe do so in order for it to serve as the school of their children, drawing on the total information that exists in the Absolute.

> *Everything that happens in the Universe happens out of Love.*

We recognize the Law of Love in everything that is eternity, perfection, purity, peace, joy, harmony, and happiness, regardless of any event that may occur and that may clash with our beliefs, because love does not belong to the concepts, beliefs, feelings, or emotions that we human beings experience, but only to mental understanding and Permanent Consciousness.

In daily life, we can begin to live in love when we commit to *respecting* all living beings in their functions, experiences, and behaviors, renouncing any form of aggression, imposition, prohibition, punishment, or blame, and letting go once and for all of ideas about evil, injustice, confrontation, power, and domination.

2.2 Law of Manifestation

The Law of Manifestation is what allows the preexisting, or unmanifested, to manifest in all of creation, from the most subtle to the most dense, and it is the origin of every thought, idea, word, and deed.

It is impossible to imagine, think of, or create anything that does not already exist in the unmanifested, as part of the absolute information of the preexisting Universe. Any process of what we call *creation* is merely the *result of manifestation acting upon polarity,* and not truly something new. Nevertheless, the beings who work with the information emanating from the Unmanifested Absolute are called creators. Within the Absolute lies the information that creators use for the manifestation and creation of suns, planets, plants, animals, humans, and, in general, everything that exists and happens in the Universe.

Because the Absolute exists in a timeless dimension (dimension 40), we can't speak of before or after, only of the state of the **Eternal Present**. In the Unmanifested Absolute,

past and future can be observed simultaneously, since the states where time can be measured correspond to the lower dimensions, where learning experiences for understanding take place; that is, in the three physical dimensions and the six mental dimensions. Therefore, we can speak of time and space and of before and after only up to the ninth dimension; beyond the tenth, past and future are observed simultaneously.

At the origin, everything is unmanifested in a *neutral point* or *zero point*, which is why the Law of Manifestation is also called the Law of Conciliation—or the result of the union of extremes—. The Law of Manifestation can be recognized in the thoughts that allow new things to be created for planet Earth.

We must not confuse the non-physical with the unmanifested. For example, a thought is not physical, but it manifests in the mind, which is not physical either. Dreams, too, are not found in a physical dimension, but that does not mean they are not real; they simply manifest in other, non-physical dimensions.

2.3 Law of Polarity

Creation, movement, and understanding arise between opposites. The Law of Polarity governs the interaction of all the masculine and feminine principles in the Universe, from divine creation to the deepest levels of matter, passing through all the spiritual, human, animal, plant, and mineral levels, etc., of the Universe. Through the Law of Polarity, everything can manifest in what we call *creation,* and the movement, dynamism, and evolution that are expressed in everything that exists and happens come about as a result of the principle of polarity.

The absolute dimension (dimension 40), or Unmanifested Absolute, is androgynous; that is, it simultaneously contains both masculine and feminine principles.

The masculine principle is the transmitter and creator, while the feminine principle is the receiver and container. This is why God, the Masters, and the Angels are generally referred to in the masculine: transmitting any kind of information—whether to create, teach, or guide—requires the use of the transmitting characteristic, which is masculine. However, transmitters cannot bring about any manifestation without the receiver, because receiving information, learning, and sustaining creations and their processes of operation require the characteristics of the feminine principle.

This Law operates basically through the attraction of complementary forces, which is the constitutive foundation of all matter. Atoms exist because the proton and the electron attract each other; molecules are created through the attraction of one atom to another that provides electrons of complementary magnetism; the masculine and the feminine attract each other to give rise to new life; the smooth complements the rough; the soft,

the hard; the luminous, the dark; the difficult, the easy; the long, the short; the high, the low; action, the result; and so on. In this way, polarity is expressed to give rise to diversity and interactions, which generate the experiences necessary for human beings to attain an understanding of the Universe and the perfect Laws that govern it.

Polarity is not the same as *balance*—which implies harmony—but rather *interaction*, something entirely different. Once something has been created, it can become balanced or unbalanced, and this has to do with the Law of Harmony; but polarity is not related to balance, but to the attraction of complementary opposites, such as the masculine and the feminine, because without both, there is no possibility of any creation.

Finally, all matter in the Universe is feminine because it is what receives information.

2.4 Law of Evolution

We need to transform ourselves in order to evolve. The Law of Evolution is what allows us to transcend toward levels of greater fulfillment through the development of consciousness. To do this, we must make the most of the apparent *problems* that life presents, which are in reality merely the opportunities needed to gain an understanding of the Laws and find the partial truths that lead us to universal truths.

The Law of Evolution operates through the clash of opposites, bringing all our concepts, beliefs, cultures, customs, feelings, and emotions into confrontation. It allows imbalance and apparent absurdity to exist within the Law, and enables what does not correspond in a given place to manifest. It creates circumstances opposite to the lower laws, appearing as an “anti-Law” in opposition to the Laws it opposes (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, just as we can only recognize a river’s current by going against it. Ultimately, we can only measure a force by offering resistance to it.

From an individual perspective, we recognize this Law at work through pain, suffering, anguish, and physical and mental illnesses; socially, it is recognized in “social ills”: poverty, insecurity, abuse of authority, sexual assault, theft, and, in general, everything related to corruption.

We act within the Law of Evolution when we are engaging in or allowing a learning process, because this Law requires all the processes that foster learning, however difficult they may seem to us, and does not allow anyone to hinder or limit the experiences necessary to verify and understand 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 and what is false, and to transform beliefs into truths of wisdom. Thanks to it, each of us can move from a state of ignorance to one of wisdom, in which we are invulnerable to any external influence because we can make decisions from within ourselves, knowing exactly what does work.

Within the evolutionary process that enables the transition from ignorance to wisdom, we can find three types of characters who act within the parameters of the Law, according to their understanding of it. We can call these people “the bad one,” “the good one,” and “the just one,” although in reality there are no good or bad people, only certain levels of ignorance accumulated in our minds and personalities. Unlike “the bad one,” “the good one” has come to develop deep feeling, but both are ignorant of the Law.

Each of these three characters plays a very important role in the process of human evolution.

1. “The **bad**” is an individual who, in their process of evolution, has not yet developed the feeling of kindness, so they do not worry about other people's problems or try to pull them out of their learning experiences. They are completely ignorant of the Law. The effect of the bad on the good is to provide a contrast so that the good recognize the existence of the Law, since the feelings of the good often lead them to violate the Law of Correspondence, which fills their lives with countless difficulties. The “bad” do not interfere with the Law of Correspondence, but they step outside the Law of Harmony.
2. "The **good one**" is an individual who has already developed sensitivity toward others because he has come further along in his development of consciousness; however, he is also completely ignorant of the Law, so without knowing it he tries to prevent other people's learning experiences. The effect of the "good one" on the "bad one" is to show him more harmonious options for living and to help him develop his feelings, since "the bad one" generally has terrible human relationships. In evolutionary terms, the sensitive person is somewhat more developed than the insensitive one; he has taken one step further. The evolutionary difference between the "bad" and the "good" will often be greater than "one more step." It will be "the step," because the consequences are exponential. In any case, you can't go backward in evolution, so if someone has already developed feelings, they can't go back to being insensitive; they will keep moving forward. Once feelings have been experienced as a tool for self-knowledge and spiritual development, and the existence of the Laws of the Universe is known, it is possible to recognize that feeling is of no use, and that one must head toward *desensitization,* in order to act as "the just one."
3. “The **just**” is an individual who is no longer ignorant because they have understood the principles of the Laws of Nature, Harmony, Correspondence, and Evolution. For

this reason, they respect the experiences of all people and are always willing to serve and to offer teaching at the right moment, without interfering in anyone's learning. The “just” do not look for someone to blame. The role of the “just” is to set an example and to teach, which is why they do not get involved in the activities of the “good” or the “bad” and, in general, succeed in everything they do: they manage resources with wisdom, they have peace, they do not interfere in the destinies of others, and they build very good human relationships. The “just” always teach people to fish; they do not hand over the fish. We cannot step directly from the level of the *insensitive* a *desensitized*, but rather we first need to go through the intermediate stage characterized by good feelings. Just as we cannot go directly from innocence to wisdom, because ignorance is a prior step that cannot be skipped. To reach an understanding of the Law, we need to take advantage of destiny as an opportunity to learn, and to do that we can lean on our mission. Destiny is recognized as everything that takes effort for us to do, and it comes in different levels of difficulty. Mission, on the other hand, shows up as everything we enjoy doing, what we do best and most easily, and what we identify with most. In life, it is more important to fulfill our destiny than to carry out our mission, because destiny allows us to learn what we do not know and to understand the Law so that we can evolve in the development of our consciousness. Our mission allows us to teach others what we already know and to keep our inner energy high, and although it does not directly add anything new to our own consciousness, it does add to the consciousness of others; this allows the spiritual growth of others to positively affect our own growth. The Law of Evolution is the foundation that the Pedagogues of the Universe, or Masters of the Law, take into account to establish the parameters of the destiny experiences that correspond to each person. So there is no chance or luck in the circumstances that surround the life of each human being. The place where we are born, the race we belong to, the specific genetic structure that determines an individual's temperament and physical and mental potential, the zodiac sign that influences the person, the culture and beliefs we acquire, as well as the roles each of us is meant to carry out and, in general, all the situations that can affect people's lives, are wisely determined by the Masters of the Law. They are therefore perfect for the specific learning of the evolutionary stage the person is in, and for meeting the needs of consciousness until it reaches its full development. By knowing the principles of the Law of Evolution, you can more easily understand the processes and events that happen every day on the Planet, and the reason behind the social, physical, economic, religious, and political differences that affect human beings. As a result, we can no longer speak of injustice, but rather of a correspondence of experiences, individual destinies, and the different needs of each person.

2.5 Law of Correspondence

This is the Law that governs universal order. It determines the distribution of time, space, place, action, and function for all living beings, as well as the limits that correspond to the field of action of the different species.

Once the type of experience required has been determined, along with the characteristics and places appropriate for carrying out a specific function or learning, the Law of Correspondence creates the circumstances so that, in each place, only what corresponds to that place and to the people who inhabit it manifests and occurs. For this reason, in every place only what needs to exist and happen does so, so that nothing happens to anyone that does not correspond to them.

This Law is recognized in everything that can be done, and it is futile to go against it. It is verified in whatever we cannot accomplish, no matter how much we want it, strive for it, and fight for it. The best attitude in this case is to give up. Once we verify the presence of a Law, by giving up going against it we place ourselves once again within the order of the Universe. If, on the contrary, 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 creates every blockage imaginable. If we know, things happen; if we do not know, they get blocked.

If we encounter blockages, let's give up once and for all thinking about anyone other than ourselves, and in this way we will put ourselves back in order with the Universe.

The Law of Correspondence determines where, when, how, and by whom the specific learning experiences designed by the Masters of the Law of the Universe are to be lived, in accordance with each person's need for evolution, as well as the roles they are meant to fulfill in the chosen place. Likewise, it determines the mission of love and service that corresponds to the individual, and to whom that service will be given.

Long before a person is born, their sex, race, parents, nationality, role, and all the necessary experiences associated with their destiny and mission have already been determined, corresponding exactly to the level of consciousness that comes to take on that body in order to continue its process of evolution.

All human beings, without exception, are placed in the perfect location to acquire the exact learning that brought us into the physical world. Furthermore, we always fulfill a dual purpose in accordance with the Law of Correspondence: to learn and to teach.

When we can no longer learn anything more from the place and circumstances around us, and we are no longer useful to the learning experiences of the people with whom we share our lives, we are ready to move on to another place and other circumstances—

which will likewise be fitting and perfect—to continue the development of our consciousness. Similarly, in the previous place, exactly what needs to happen will continue to happen, because it is the perfect correspondence with the people who are there.

The process by which we come to completely change our life experiences for different ones, increasingly advanced and more satisfying, can be compared to the situation of a student who, having passed all the high school courses, is admitted to college to continue learning at a higher level—without this meaning that high school ceases to be necessary and fitting for the students who attend it. In this case, it would never occur to anyone to speak of injustice.

Let's look at another example to better understand the Law of Correspondence:

“A father with two adult sons asked them what kind of business they wanted to start. One of his sons, whom we’ll call A, loved sports and wanted to open a gym. The other son, whom we’ll call B, didn’t know what he wanted and, imitating his brother, also asked his father to open a gym for him. The father set up two gyms for them in different parts of the city, but A prospered, while B ended up in ruin, complaining that his gym was in a worse location than his brother’s. They switched places, and A went to run the gym that had been B’s, and vice versa. Before long, B failed again and A was very successful.”

What was happening? Well, A came into the world to open a gym, while B did not. It wasn't his role; it's neither good nor bad, it simply wasn't meant for him. He ended up as an employee of his brother, following his orders and earning a salary. That job wasn't meant for him. This is how the Law of Correspondence works: what happens is not *what we want*, but *what we need*.

The only thing we need to ask ourselves in any circumstance is: “What do I need to learn from this?” Because every situation we live through corresponds exactly to each one of us. Recognizing this allows us to understand that each person lives a different experience, but one that is necessary and corresponds to who they are.

Our problems are the result of our mistakes, but these do not make us guilty; they simply correspond to the result: it is not a punishment, but a result. When we learn to see the value of every experience and to enjoy what we normally call difficulties, nothing will be a problem, but rather a working tool, an opportunity to learn.

Difficult situations are not unfair; they correspond to us. No circumstance is unfair. Everything that has happened in our lives, everything that is happening now, and everything that will happen is the generation of our own correspondence, so we have no reason to blame anything or anyone for it.

2.6 Law of Harmony

Everything that endures tends toward balance. This is the Law of Synchronization, which allows everything that exists and happens to function in a perfect and coordinated way. It is static when it provides organization and allows things to be perfectly arranged in their proper place, and it is dynamic when it provides the sequence and synchrony for the movement, functioning, or accomplishment of something.

The Law of Harmony manifests in everything that endures and coexists. We can recognize it in everything that interacts in the natural world to sustain life: in day and night, in the seasons, in the interaction of species, in 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 intervenes in search of balance and the maintenance of the entire system.

This Law governs the times of action and recovery, such as the measure of natural cycles and rhythms, or the allocation of space so that one individual does not invade another; and it also governs human relationships, in the agreements we establish. Likewise, it manifests in the proportion and harmonious distribution of the components of everything that evokes a sense of pleasure and beauty: the Law of Harmony is always present in everything that pleases, attracts, and brings great satisfaction.

We know we have stepped outside the Law of Harmony when we experience dissatisfaction, suffering, anguish, stress, limited resources, maladjustment to our environment, difficulty relating to others, or romantic and emotional conflicts. Psychological trauma is often the result of stepping outside the Law of Harmony in the way children are educated. 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 and excellent human relationships based on respect, acceptance, cordiality, and kindness, which produce deep feelings of pleasure. We are also within it when we act in functional and aesthetically pleasing spaces, when we set out to enjoy ourselves, learning from the different situations life presents to us, and when we voluntarily decide to remove from our minds any learned or self-imposed limitations and to overcome psychological trauma and the fear it causes us. By choosing to flow with the Law of Harmony, we can enter a new life experience in which our relationships are free of conflict. The fundamental technique of harmony is *respect,* which is expressed by accepting our experience and complementing it with that of others.

Harmony is directly related to *being flexible*, to *learning to yield*, to *seeking agreements* and to *knowing how to reconcile*, because it is an entire process of balance, of harmonization. It is a deep mental exercise.

Sometimes we confuse being *in harmony* with being *in love*, but they are different Laws. At 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 two ends of the scale, but love is not affected by it. We can be in balance without having any love at all, and we can be in love without any balance.

2.7 Law of Nature

Everything that is born dies. The Law of Nature is a horizontal law that manifests within certain limits of vibration; that is, it acts only on the dense plane of matter and has no ability to act vertically on any of the other Laws that govern the subtle and follow it in the hierarchy. All the Laws act on the Law of Nature simultaneously: the higher acts on the lower, and never the other way around.

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

The Law of Nature manifests through the four great kingdoms of creation—mineral, plant, animal, and human—and is recognized in its natural state, in the harmony of its manifestation, and in the balance 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, whose functioning is based on the reproduction and repetition of the processes that keep bodies in perfect health and vitality. This Law does not allow the deterioration or degeneration of species, which it relentlessly destroys when they weaken for any reason.

Nature is perfect, and its alterations are the result of failing to comply with the Law of Nature. This can happen through an external action permitted by a higher Law, which modifies nature's normal state of harmony and perfection, resulting in weakened immune systems, hereditary defects, malformations, hybrids, environmental pollution, diseases, and degenerative processes. However, all of this serves to help us recognize the presence of the Law of Nature and to learn to respect and obey it.

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

- Unconsciousness of the Law (innocence).
- Transgression of the Law (ignorance).
- Consciousness 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. Instinct contains all the processes necessary for the maintenance of species in perfect health. This Law operates through constant reproduction, natural selection, and the predation that forms the food chains. Its code is binary, as it allows for no intermediate states between birth and death, such as imperfection, weakness, or illness. Instinct is our natural behavior and is controlled by a part of the brain called the *reptilian brain*. The basic functions of instinct are to generate life (mating), to sustain it (feeding), and to defend it (survival). Through the process of civilization, we human beings have lost our instinctive guidance when it comes to maintaining our health, so that sometimes we no longer know what to eat, when, how much, or how to combine foods. Instinct knows all of this by nature, but we have gradually become desensitized, so it would be important to regain those abilities. Instinct is neither rational nor sentimental, but automatic. It is unconscious (it is encoded in our genes), but it is neither ignorant nor selfish. It is insensitive in the sense that it does not deal with feelings; its sole aim is the physical satisfaction needed to keep our health in balance, and that cannot be called selfishness. Instinct also marks the territory of its group; it is territorial and protective of its litter, and it guides evolutionary advantages. Instinct does not hoard; it uses what it needs. And it is perfect as long as it is used for what it is meant for, and not for anything else. The idea is to begin managing instinct by observing what our body tells us. However, when it comes to managing conflicts and advancing in spiritual development, we should not follow instinct, nor attack or flee. It is better to turn to reason or understanding, and as we make this a habit, we will eventually disconnect that automatic defense system, or survival instinct, because it will no longer be necessary. The Law of Nature is very powerful, but it handles very little information compared to the other Laws. It has the strength of a bull, but we need to learn to “bullfight” it so that it obeys us and we don’t have to fight it.

Laws	Phrases That Define Them
Love	• Love is the origin of everything that happens, and understanding it frees us from every event. In order to convey to His children the total information that exists in the Absolute, the Father creates the Universe, which will be His children's school • Everything that happens in the Universe happens out of love • To live in peace and joy is to live in love • Respecting others' experiences and being willing to serve them without any conditions is how love is expressed in human relationships
Manifestation	• Nothing is created, nothing disappears; everything is manifested or unmanifested • In the beginning, everything is unmanifested in a neutral point called the Absolute (dimension 40) • We recognize it in the thoughts of "inventors" and in everything that can be created or done
Polarity	• Between opposites, creation, movement, and understanding take place • It is engraved within us in genetic memory (gender identification), in instinct memory (sexual behavior), in destiny memory (the need to learn), and in memory-consciousness as the need to teach
Evolution	• No one can evolve without being transformed • Evolving means making the most of difficulties and learning from them • Evolution: "the bad one" (insensitive), "the good one" (sensitive), and "the just one" (desensitized) • Equivalent to the internal process of moving from innocence to ignorance and then to wisdom • It works through the clash of opposites

Table 3. The Laws and Their Definitions

Laws	Phrases That Define Them
Correspondence	• A place for everything and everything in its place • It determines the distribution of time, space, place, action, and function for all living beings • It can be recognized in everything that can be done • Nothing happens to anyone that isn't meant to happen to them • Within the Law, the relationship between learning and teaching is fulfilled • What We Need vs. What We Want • By changing the correspondence (replacing false beliefs with truths of understanding), we change our destiny. • It means giving up fighting against anything or anyone
Harmony	• Everything that endures tends toward balance • It is the Law of Synchronization, which enables the perfect and coordinated functioning of everything that exists and happens • It is recognized in day and night, in the seasons, in tolerance, in socialization, and in all events that tend toward balance • It works by regulating the periods of action and recovery • The fundamental technique of harmony is respect, which is expressed by accepting and complementing our own experience with that of others
Nature	• Everything that is born dies • Horizontal law: it acts on the dense plane of matter • We act in accordance with the Law when we follow our instincts in their three functions: generating life (mating), sustaining it (feeding ourselves), and defending it (surviving)

Table 3. The Laws and Their Definitions (continued)

Chapter 3. Recognizing the Effect of the Law

To analyze the effects of the Laws of the Universe, we can adopt two perspectives: that of the ego or that of understanding. If we view life from the ego, we step outside the Law and adopt the “I want” mindset: “I want others to change; I want things to happen the way I think they should; I want everything I don’t need, everything I don’t have.” If, on the

other hand, we view life from understanding or wisdom, we flow with the Law and adopt the “I need” mindset: “I need everything I have.”

3.1 “I Need”

Letting go, and letting others go, means recognizing these four points:

- When I *want* nothing, I follow the order of the Law.
- I don't *seek* anything because I know that what I need is already here and I can make use of it.
- I don't *expect* anything, because I am satisfied.
- I don't *ask for* anything —when we ask, it's because we don't value what we have; the only thing we should ask for is information—. We must let ourselves be guided and let others go as well, not try to control them. Let's let go and flow with life instead of resisting it.

To do this, we need to give up “I want,” “I seek,” and “I ask.” It’s about working on two things: **asking**, which is not the same as seeking, and **acting**. With these two tools, everything we need will come to us, and we will have to appreciate whatever comes our way. That is all we need to do. When we ask life, it will say “yes,” providing us with what we desire, or “no,” in which case it will be blocked and impossible for us to achieve. If the answer is “no,” it’s best to let it go, and if the answer is “yes,” we take it and act.

When we want nothing, our inner being impels us to obey the Law, to guide our lives wisely, and to meet our needs; it leads us to know the Law. When we want nothing, we are offering a service of love, because instead of asking for or desiring things, we devote ourselves to action. And when we serve with love, we find the path to balance and wisdom.

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

When we expect nothing, we find satisfaction and are spared disappointment. Expectations only lead to disappointment, especially when we expect others to make us happy; but they are not meant to fulfill our expectations. Only we ourselves can make ourselves happy.

When we ask for nothing, it is because we are following the order of the Universe and preparing ourselves to receive the information we need in order to act. In this way, we move toward wisdom.

All of this shows up in our lives as *humility*. Humility is an inner virtue that is expressed when someone is able to acknowledge a mistake, learn from it, apologize when necessary, and regard everyone as just 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 expecting nothing, we remain unperturbed; and by asking for nothing, our lives become perfect because we can flow with the order of the Universe. When someone does this, they recognize and accept what life gives them; after all, the Universe always gives us everything we need.

Let's not suffer through life; let's enjoy it. Let's recognize that we can choose, and let's act on the options life offers us. Life always presents us with options; it's just that sometimes we don't take them because they don't align with our ego.

> *We always have everything we need to be happy; let's appreciate what we have, and much more will come to us.*

When we seek nothing, we keep the purpose of our life in mind, without questioning fate, since we don't expect anything different from what we have; life always gives us what we need to make the most of it.

When we act from what we truly need, we are not asking for the circumstances of the Universe to change; rather, we respect individual and collective processes and set an example of neutrality and understanding.

Everything we need will always come to us, but for that it is essential to always think the best; it is the wisest attitude. We don’t need to expect anything, because life will give us what is ours.

When	Our Being guides us...	Then we find...	Because...	And it manifests as...	We recognize and accept what the Father gives us when...
We want nothing	Being Obedient to the Law	Happiness, peace, and service in love	We do the Father's will	Humility	We don't struggle or resist; rather, we make the most of the circumstances
We seek nothing	Giving Direction to Our Lives	The Path to the Father	We act with absolute faith	Tranquility and Peace	We choose to act with the options that life presents to us
We expect nothing	Meeting All Our Needs	Satisfaction	We are in balance	Imperturbability	Things come easily to us without our forcing them
We ask for nothing	Recognizing our ability to create, do, and serve	Wisdom	We follow the universal order	Abundance and the ability to enjoy life	We don't act out of feelings or beliefs, but with understanding

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

3.2 “I Want”

When we seek something, our personality and ego lead us to think that we know what is good for us and for others. In reality, however, we need to ask in order to learn it. If we act as though we know what we need, what do we find? Opposition, so that we can see that things aren’t that way. Sometimes we don’t recognize that something isn’t meant for us, and we persist; we blame circumstances or ourselves because we believe that opportunities aren’t equal for everyone. But opportunities are always there; it’s just that some people take advantage of them and others don’t. The ego blames, 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 in the end we become frustrated, because what the ego demands is never enough; it always wants exactly what it doesn’t have, and no matter how much it has, it always wants something more, because it doesn’t recognize its needs and blames others for its supposed shortcomings.

> *The ego is never satisfied with anything; since it is not satisfied with what it has, nothing will ever satisfy it.*

Driven by our ego, we ask for things to change; we ask for peace; we ask and ask, but things don’t happen because we aren’t following the order of the Universe. Nothing happens the way we ask for it, but the way it has to happen; yet our ego often refuses to accept that everyone has exactly what they need, and that is why things don’t flow and we experience suffering and frustration. We may even become depressed because we don’t get what we want, or blame others, which makes the conflict even worse.

When	Our personality guides us to…	Then we find…	And we don't recognize …	We blame…	Because…
We want	To act on concepts and use free will	That life isn't fair to us	Our mistakes and real needs	Life and others	We can't get what we want, but others can
We seek	Thinking that we know what is good for us and for others	Opposition and a sense of dissatisfaction	That we don't know what we need	Fate, circumstances, and ourselves	We believe that opportunities are not the same for everyone
We expect	Creating expectations for our personal satisfaction	Frustration because what we expect doesn't happen	Our true needs	Others, for being unable to satisfy us	We believe we deserve much more and there is no one who can fulfill us
We ask	Believing that we can obtain what we want	That things don't happen the way we ask	That each person has just what they need	God	We think life is unfair

Table 5. When we want, seek, expect, or ask for nothing, our personality...

3.3 A Proposal for Flowing with the Law

To flow with the Law, we suggest using two tools: gratitude and appreciation.

Gratitude has a profound purpose rooted in love. It's not about being grateful for difficulties, but for what we learn from them, because that is how we fulfill life's purpose: to learn to love and to be happy. Being grateful means being able to make the most of "problems" by seeing them as learning opportunities.

When we learn to be grateful, in the true sense of the word, all bitterness, resentment, and guilt, as well as any impulse toward aggression, are cleansed from our minds. These negative aspects keep us anchored to suffering and its limiting effect on our actions, which weigh us down both financially and in terms of our health.

When we appreciate everything we have, which is exactly what we need, we feel happy because it is incredibly valuable; instead of blaming, we recognize the presence of what can bring peace and happiness within us. To appreciate these things, all we need to do is be aware and observe everything we have: a body, values, five senses, knowledge, a home, food, clothing, family, friends…

When we don't appreciate what we have, when we scorn it or complain about it, we're on the path to losing it, because when "the Law" is applied, if something isn't serving us, it can be taken away from us.

Each of us can flow with the Law and thus transform our own destiny into a mission, but to do so we need to be grateful for and value what we do, and love the role we play. We can summarize what we need in three points:

- Information of wisdom.
- Managing vital energy.
- Training.

Chapter 4. The Laws of Life

When we are unaware of the Laws of Life, some events seem miraculous to us, and we cannot understand why they happen; others seem normal, so we don't give them much importance; but there are still others that seem so absurd and unacceptable that we even go so far as to consider the possibility that God does not exist or is incapable of governing human society. What is really happening, however, is that most people have not yet learned how to recognize the signs through which the Divine expresses itself so that we can recognize the Law and the Perfect Order of the Universe. This means that we are witnessing the result of many people's ignorance as they are pitted against the Laws of Life, squandering most of the opportunities that exist to learn how to attain high levels of human and social fulfillment.

Ignorance of the Laws of Life leaves individuals with very little chance of avoiding situations that exceed their capacity for action. These situations often become repetitive, and there is nothing they can do about them except lament and complain about their "bad luck." But this is not actually bad luck at all; they are simply reaping the result of

unconsciously disobeying the Laws of Life. Similarly, we see that many people let the best opportunities slip away simply because they do not know how the Laws of Life operate.

Understanding the Laws of the Universe and of Life allows us to develop the ability to *transform our destiny into a mission*, thereby turning adverse circumstances into opportunities to learn and teach, voluntarily balancing our destiny and our mission, and thus making the most of our life experience. This ability is developed by learning to recognize clear indicators in our daily lives, both internal ones (happiness, peace, and love) and external ones (relationships with others, health, resources, and adaptability).

There are many Laws of Life, but here we will focus on the 14 main ones:

1. The Law of Warning 2. The Law of Opportunity 3. The Law of Two or the Law of the Question 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 the Choice of Love 14. The Law of Understanding

4.1 The Law of Warning

Nothing happens in our lives that hasn't been announced beforehand, even though we sometimes have a hard time seeing the "warnings."

When we begin to understand what life's learning is all about, our ideas become clearer and mental confusion disappears, giving way to a new experience. *Problems begin to be seen as opportunities to learn*; what was once difficult becomes easy; and we acquire the right tools to build excellent relationships, stabilize our physical health, achieve abundance and prosperity, and enjoy life to the fullest wherever we are and whatever we are called to do.

The purpose of educators with regard to their sons and daughters, and their students, is to *make learning easier for them* in the best possible way, always beginning with the simplest examples and exercises. However, when students, for whatever reason, make **errors of omission** *(wasting life's opportunities)* **or of excess** *(doing what is not theirs to do)* then the circumstances around them will present an ever greater level of difficulty. Parents, teachers, friends, bosses, or anyone else that life may place in our path will often point this out with phrases like: "If you don't take advantage of studying now that

you're young, it will be very hard for you to do it later; if you don't do your homework, no TV; remember that life is very hard for the poor; the ignorant limit their chances of success in life."

Life, just like educators, also wants our learning to be as painless as possible. However, our ignorance, stubbornness, pride, and learned limitations often lead us to face increasingly difficult and sometimes dramatic situations, 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" and resign ourselves to our "fate," unaware that each of us is the architect of our own destiny, and that it is designed according to our own level of ignorance.

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

Life warns us well in advance about the difficulties we can avoid if we are willing to follow the order of the Universe; otherwise, our lives will become complicated to give us another chance to learn to obey the Laws. For something to be classified as a warning, there must be a **blockage**, that is, something that doesn't work, that does *not flow* in any way. When there are difficulties but we observe that, despite them, things are moving forward, even if slowly, we will know that we can work in that direction.

We have the opportunity to learn from life in a simple and pleasant way, and even to enjoy learning, if we set aside "free will" and devote ourselves to obeying the Law of Warning. *Disobedience to the Law will always be a cause of suffering*, but it is the only way for the ignorant, the disobedient, the arrogant, the stubborn, and the proud to discover the existence of the Law. And how? By confronting it with their airs of freedom, independence, and self-sufficiency, only to finally discover that the only way to free 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 spare us suffering*

that serves no purpose, and it manifests in a very subtle way, through simple and seemingly insignificant details that generally appear in sequences of three or more warnings: an ill-timed phone call that delays us, lost keys, a flat tire, a road closure, a canceled flight… Faced with these situations, we usually complain, "Why is this happening to me?" when life is simply warning us about something: that we shouldn't keep that appointment or take that trip. Other times, the Law of Warning speaks to us about business, investments, relationships, health, and so on. It also manifests in certain repetitive situations in which we always make the same mistake, or adopt the same

attitude or reaction, ignoring the warning. That's when life leads us to experience much harder things, in order to teach us new attitudes toward life, because the easier tests weren't enough to bring about understanding and a change of attitude.

The possibilities of the Law of Warning are almost endless. However, there is one characteristic that defines them quite clearly: in most cases, they appear as *details that seem unrelated to the situation* at hand, which can only be interpreted by the person to whom they are directed, because of the connection between the warning and that person's own intention to act. For example: someone tells us something about a place without knowing that we intend to go there, or they tell us about a business without knowing that we're thinking of starting one. Other times, people we don't know tell us things, and those things relate to situations we're currently experiencing; or else, what we were planning to do gets blocked.[1]

We must distinguish between a sense of warning and fear. Although fear can sometimes serve as a form of protection, most of the time it becomes an obstacle, especially in the relationship between parents and children and, in general, between people who have an emotional bond. In such cases, the fear of loss predominates, and people are unable to be objective in their

1 Carl Jung used the term "meaningful coincidence," or synchronicity, for situations in which the person experiencing them sees their meaning and significance, and for those in which phenomena of reality coincide with mental states. It is the psychological fact of the individual that determines the meaningful coincidence. For Jung, the unconscious part of the psyche plays a role in these manifestations; it is a transpsychic experience because it goes beyond the psychic and manifests in the physical. According to Jung, it is our unconscious that speaks to us, not the Universe…

Table 5. When we don't want, seek, expect, or ask for anything, our personality... (continued)

feelings. That fear is not a warning, but a mental limitation. Generally, the greatest satisfactions we experience in life come precisely from doing the things we were afraid of. Difficulties are opportunities to learn something—they are challenges—while fear is one of the greatest obstacles to developing our inner potential and achieving success and fulfillment in life.

4.2 The Law of Opportunity

Opportunity is always there; some people seize it and succeed, while others fight against life and call failure injustice or bad luck.

A person who fails isn't unlucky; they are simply outside the Law, don't know it, or don't know how to be guided by it, and they violate it without realizing it. A successful person isn't lucky; they are flowing with the Law, even without knowing it. *A wise person flows with the Law and is aware of it*, and everything simply works out for them. Successful people don't place limits on what life offers them. For example, they take a job offer even if the role seems difficult, even if the pay is low, even if it takes a lot of effort, even if at first they don't know how to do it…

> *The real opportunity is the opportunity to learn.*

If we aren't consistent in what we do, say, and think, we create a disruption in the flow of the Universe, and everything becomes blocked for us. If we rebel against our role and fail to value it, resources are blocked—just as they are if we refuse to receive because we think we don't deserve it or feel guilty. If we don't adapt to where we live and try to find another role outside our city or country of residence—and everything becomes difficult—the best thing to do is give up on leaving in order to break free of the blockage, and decide instead to adapt to where we are. Another reason resources may be blocked is interfering with other people's destinies and "playing the good guy" by paying off 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 chance to find great satisfaction. Both Laws can be recognized in the small, subtle details of life.

Many people turn down opportunities because they think, mistakenly: "This isn't my thing, I don't like it, it's not my turn, the atmosphere isn't good, they don't motivate me, they don't value me, I can't take it anymore, etc." And in this way, they let the best opportunities life has to offer slip away. An opportunity can present itself through simple signs, such as someone asking us for a favor, our boss assigning us a task we've never done before, or a stranger giving us a business card for someone who can help us.

> *Seizing the opportunity means that whatever we decide to do, we should do*

it with all our energy and love, as if it were the most important thing in our lives, or as if we were doing it for the person we love most—regardless of what kind of work it is, where we do it, or for whom we do it. That way, we'll put the Law on our side: the result for our lives can be surprising!

Let's look at an example: a person worked very hard to pay for his psychology degree, but no one would hire him as a psychologist. One day, he was offered a very entry-level position, but little by little, his coworkers began confiding their problems to him, and they found his advice very helpful. It seemed unfair to him that he wasn't getting paid for it and that the company psychologist wasn't resolving the cases, but once he learned about the Laws of the Universe, he continued working with enthusiasm, helping everyone who was sent to him for free—and, as if by magic, the psychologist submitted her irrevocable resignation, and he was hired as the company psychologist.

4.3 The Law of Two, or the Law of the Question

Life always has the answers ready for all our questions. The Law of Two manifests itself through a binary language (yes-no), which is recognized in what is made easy and what is blocked. This Law responds only to questions asked through action. The Universe does not respond to inertia; we must ask about our correspondences through action.

> *Don't make assumptions; instead, use your ability to ask questions.*

To remain within the educational processes governed by the Law of Evolution, when we exercise our "free will," we will find that life blocks what is not meant for us, while allowing us to follow that path if, on the contrary, it is meant for us.

Our questions should be aimed at getting life's answer, which may differ from the one we desire. Therefore, if we're looking for a job, we'll search both at the companies we like best and at those we like least. Sometimes life has great satisfactions in store for us precisely where our personality refuses to work. Sometimes it is in that very place where we can be of greatest service and find fulfillment as human beings, and the only way to know this is to ask life. However, to follow a logical order in the process of asking life, it is suggested that we always begin by directing our questions toward the things or experiences we would most like to have; if, after a reasonable amount of time, we do not receive affirmative answers, then it is important to direct our questions toward the things we have been refusing to consider as options for our lives.

It's also important to set a timeframe for checking each question; in other words, even if the initial answer was "no," it may simply not be the right time. Therefore, we can ask again in a month, six months, or a year.

Our questions can take many forms, since you can ask life just about anything: from what to study, wear, or eat, to how to have fun, where to travel, where to work or live, what business to start, how and with whom to build relationships, and so on.

To stay within the bounds of the Law, we must use what we have and enjoy what life gives us. In this case, "I want"—as a tool for asking—is healthy. If we want something and, upon asking, it is given to us, it turns out that it wasn't just a simple "I want," but a necessity for our role. If, on the other hand, it is not given, we will let it go, since we are being told that it is not what we need. This exercise puts an end to conflicts and mental dualities.

4.4 The Law of Three (Consistency vs. Stubbornness)

The Law of Three allows for reasonable consistency in the face of life's options and our personal expectations. However, in many cases, what we have is not *consistency*, but *stubbornness* in circumstances in which the Law of Warning is telling us "no."

When we have doubts about a particular situation, the wisest course of action is to **try at least three times**, to make sure it isn't a lack of consistency; and, of course, to observe the result each time. If any progress is noticed—even if it is small—the endeavor has a chance of success; but if, on the contrary, stagnation or regression is observed, it is better to abandon the endeavor so as not to fall into stubbornness or disobedience to the Law. However, if the person is still unsure of the answer, they may try **up to a maximum of seven times**, since stubbornness only leads us to get what we want, but not what we need for our development.

The Law of Three is the Law of rationalizing the use of vital energy. Sometimes we can get what we want, but at a very high cost, or by uselessly draining our energy, because these situations contribute little to our learning. A typical example of wasting vital energy is trying to change another person, since that is impossible.

There are no good or bad businesses, jobs, or places—only those that are right for some people and those that aren't. Learning to distinguish between these situations can save us a lot of energy and suffering in life, because where one person fails, another succeeds; a business that's excellent for one person can be the worst for another. The best way to know which one is right for us is to use the Law of Three, because life has a specific function for each person.

The following table summarizes the characteristics of perseverance and stubbornness.

Perseverance	Stubbornness
The right amount of energy is spent	More energy is spent than is produced
Energy is spent, and there are results	Energy is spent, but there are no results
There is work	There is struggle (understanding is lacking)
We live in the order of the Universe	Pride (it has to be done at all costs). Ego (you have to get your way)
Progress is made, even if slowly	There is no progress, or we begin to move backward. The situation stagnates and doesn't flow, but we keep insisting

Table 6. Perseverance vs. Stubbornness

4.5 The Law of Communicating Vessels

This Law governs the loss or gain of energy, because only those who have can give; those who have nothing can only receive.

We often lose a lot of energy, and without realizing it we end up drained in the presence of certain people, situations, jobs, or external or internal conflicts. As we will see, this is explained by a principle of physics called the “Law of Communicating Vessels.”

Everyone's mental balance depends on the amount of vital energy they have to work with. Enthusiasm, joy, optimism, and the ability to seize opportunities to create a successful life in every sense are directly related to high energy levels. Conversely, people who are apathetic, depressed, sad, frustrated, and defeated have very low levels of vital energy. When a person with a high level of energy spends time with people who have very little, their vital energy flows toward the low points, and they may end up completely exhausted without knowing why.

The Law of Communicating Vessels applies to every situation in our lives, and it is one of the great secrets of wisdom, because how well we apply this Law determines the level of vital energy available to us to make the most of our life experience and reach immense levels of satisfaction in every way.

Applying the Law of Communicating Vessels properly requires a very careful selection of our friendships, relationships, business dealings, housing, work, the places we frequent, and the thoughts we allow in. It is also necessary to train constantly in managing the

negative feelings and emotions that arise spontaneously in response to certain people, situations, or news we receive, so that we don't give away our energy involuntarily.

> *Whoever leans on a good tree is sheltered by good shade.*

When we face depressed or unsuccessful people, or certain dramatic situations we may happen to witness, we must “turn off the tap” of our feelings and emotions and simply do what we must from our understanding; otherwise, our energy will immediately drop. If someone needs help, we can give them enthusiasm, support, and energy, but we must act wisely, avoiding suffering. If, instead, we get caught up and don't turn off the tap, we will never have enough inner peace to be able to help others.

It is very important to manage our feelings deliberately, not automatically, so that they don't end up managing us. And, little by little, to *replace feeling with the understanding of love*. Feeling is a double-edged sword, because today it can be positive and tomorrow entirely negative; in other words, it has a complicated duality. Understanding, however, has no duality, and it allows us to act wisely and think clearly. Each of us is responsible for our own vital energy, and if we let it become destabilized, we will not be able to activate our center of understanding and wisdom.

Our vital energy rises or falls depending on how we manage our thoughts, feelings, and emotions. The greatest “thief” of energy is not outside of us but within; it resides in our mind and is called the ego. The ego steals our energy in alarming amounts when it blames others, worries about unnecessary things, fills itself with stress and anguish, and uses negative thoughts. It feeds on suffering and ignorance, which is why we need to clear the mind in order to stop suffering and emerge from ignorance through information rooted in wisdom.

Light is equivalent to vital energy and mental attitude. If a person has a mental attitude of love, joy, and enthusiasm, they are generally not vulnerable to the darkness of “vampires” or “energy thieves,” because those beings go away—they don't like that attitude. But if we find ourselves in a depressive mental state, we will be much more vulnerable, since we become attuned to all kinds of dark situations, in the sense of a lack of mental clarity. This, in turn, keeps us from finding job options or being able to create anything, because we are in a state of low energy.

The best way to get through a difficulty and keep your energy high is to persist in expressing joy and to smile at life. The simple act of smiling produces endorphins and increases energy. By contrast, expressing bitterness, sadness, frustration, or apathy releases other chemicals within us that deepen depression and reduce energy. Although it may seem incongruous, we must fill ourselves with joy in the face of difficulties in

order to solve them; if we fill ourselves with bitterness, the difficulties will only grow, because we accentuate our limitations and close the doors to 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 positively or negatively affects a person's experience is not the result of chance or luck, since all processes in the Universe, without exception, are governed by mathematically exact laws. Therefore, every result we obtain in life has a specific cause, just as every thought, word, or action has an effect on the person from whom it comes.

> *There is no idle word, no thought without effect, and no action without a result.*

No one should be judged by their past mistakes, but by their present behavior. 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, when a person thinks, they create or maintain a mental structure that has an affinity with the minds and circumstances of other people who have similar thoughts; that is, they attract everything that resembles their own thoughts. By the Law of Correspondence, a person's words and actions are a direct consequence of their way of thinking, and they immediately affect their relationships, health, and finances, creating the circumstances that correspond to their attitude and behavior.

Knowing the cause behind every result we obtain, the most appropriate way to achieve excellent results in our lives is to:

- Always think the best of every circumstance and every person.
- Wish the best for everyone, especially those with whom we have had conflicts.
- Accept all of life's circumstances as an opportunity to learn new things.
- Provide the best service to others, without restriction and without any conditions.
- Always maintain a kind and calm attitude.
- Enjoy everything you do to the fullest.
- Deeply appreciate everything you have.

4.7 The Law of Saturation

Liberation begins where suffering ends. Wisdom information will reach us when we are prepared to make an inner change, not before, because the mind only accepts new options once it has become saturated with the previous ones. That is why this information is for those who no longer need to suffer.

When a person finally becomes convinced of the futility of fighting against life circumstances they cannot change, and feels weighed down by the dismal results they are getting—whether in their relationships, their health, or their finances—or is bored with the activities they do and desperate about where they live—that is, when they are *totally saturated with suffering*, conflicts, failures, or illness—they will be ready to accept new information and will no longer resist *inner change*, and so they will be able to move forward in their process of spiritual development.

The mind becomes saturated after verifying that confrontation and suffering are useless. Only at that moment is it ripe to receive new information that leads it to successful results. No one transcends suffering without having suffered.

4.8 The Law of Generation

Everything that happens to us in life has been generated by ourselves. Human beings have a great creative capacity and "design" their own life experience, gradually building their mission and, without realizing it, generating the fabric of their own destiny, which emerges as a result of their struggle against everything they do not accept and have not yet come to understand.

We are shaping our future at every moment. Everything that has been created in our minds—consciously or unconsciously—manifests as the reality in which we live.

Every creation begins with a thought or an idea that is then carried over into corresponding actions, so that everything that was previously created in a person's mind through their thoughts and imagination manifests in their life in a mathematically precise way. However, the generation of external circumstances is governed by the Laws of Evolution and Correspondence, the purpose of which is for a person to change their conception of life and adopt a new behavior in the face of the circumstances life presents to them, so that they may come to understand and accept what they lack.

When we realize that nothing and no one can harm us—that we ourselves generate all the circumstances of our lives—we can begin, right at that moment, to create a new life. To do this, we need to learn to take pleasure in everything we do and to see the value in every experience we have—especially the most difficult ones. In other words, it's about

enjoying learning until we attain an unshakable peace, total happiness, and a constant expression of love toward all people and things.

Our thoughts, words, and actions today are the seeds of the fruit we will reap in the future. What seeds are we planting today in thought, word, and deed? If we sow within ourselves acceptance, peace, trust, commitment, loyalty, service, enthusiasm, joy, self-confidence, serenity, flexibility, adaptability, and an understanding of the value of the experiences we go through, we will begin to reap excellent results from now on.

The **sequence followed by the Law of Generation** is a powerful tool for transforming our lives: our mental conception of life generates an *internal attitude* toward it—either an attitude of acceptance and appreciation of life, or one of complaint and rejection. That attitude generates specific *thoughts* and *feelings*, positive or negative. These cause external behavior, peaceful or aggressive. *Behaviors* have results that can be verified, either satisfying or conflict-ridden and full of suffering. And *verifying the results* generates *an understanding of life and wisdom*. In this last step of the sequence, we discover whether we are full of falsehoods that we need to discard and change or, on the contrary, full of virtues and truths that we need to reaffirm. Generally, the personality holds a mixture of truths and falsehoods. As we can see in this sequence, *when we change our conception of life, everything else outside begins to change.* It is not possible to succeed in life unless we maintain an attitude of success inside.

Each person is the generator of every situation in their life, and other people are the instruments they choose in order to live the experience they have decided to learn from.

4.9 The Law of Compensation

Every action or service generates a right that must be compensated. Perfect balance is governed by the *principle of action–recovery*, according to which any activity or movement consumes a certain amount of energy that must be recovered in order to maintain the efficiency and continuity of the activity.

Every human or divine interaction is sustained and made efficient by the Law of Compensation. In every type of relationship, there is a healthy, mutual interest in complementing one another and obtaining a common benefit.

Examples of interaction:

- In a buying and selling relationship, efficiency exists when both parties benefit equally, allowing commercial activity to remain stable for all customers.
- In a friendship, there is a mutual benefit of support, companionship, solidarity, freedom, and having someone to trust and turn to. Each person is always willing to

return the same support they have received from their friends, which compensates for the effort their friends made earlier.

- In the parent-child relationship, parents give their young children all the love, affection, support, help, security, guidance, and the best services they are capable of offering. When a harmonious upbringing has taken place, parents can be sure that their children will always be willing to compensate them with the same love, making all their resources available to support and help them whenever necessary.
- In the teacher-student relationship, the teacher imparts knowledge to students, and the students compensate the teacher with the corresponding payment so that the teacher can meet their needs and keep their teaching service active and efficient. Compensation within economic systems is usually money. However, people can establish other, non-monetary forms of compensation. But it is essential—in order not to step outside the Law of Harmony—that there always be a clearly defined compensation. It is the only way to remain in balance with the Universe and to keep active and efficient the sources that generate the products and services that make human well-being possible at all social levels. *Giving without receiving* depletes the sources of mutual well-being, causes products and services to disappear, and deteriorates quality of life and common well-being. *Receiving without giving* produces poverty and people who are unable to serve, create, act, take charge of their lives, or commit to any activity. And this is in addition to the disastrous results of increasing poverty, which gives rise to all kinds of psychosocial illnesses.

4.10 The Law of Sharing

The right information can solve all human problems. Let's manage it as a service of love.

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

Sharing, distributing, or passing along information within human hierarchies is governed by the Laws of Evolution and Correspondence of the Universe, which determine the appropriate use of information. For this reason, before giving information, it is important to verify that it is truly **appropriate** information, so that you can share it in a way that is **sufficient, efficient, and timely**, both for the person who gives it and for those who receive it.

When it comes to sharing (giving and receiving) information, people may find themselves in one of these four situations:

1. Ignorance: when we *believe* that we know. Giving information out of ignorance causes destiny to take hold. When the person giving the information *believes* they know—that is, they haven't verified their information through satisfactory, voluntarily obtained results—they pass along false information with the best of intentions. However, when this happens it is because destiny needs to be installed in the mind of the person receiving the false information, so that they can carry out the process of verifying it for themselves, and thus learn to clear their mind of all acquired limitations. Blaming something or someone for our own results reveals our personal ignorance.
2. Innocence: when we *do not know*. The moment a person acknowledges that they do not know, they realize their innocence and set out to learn what they lack in order to obtain more satisfying results, both internally and externally, without struggling against life or blaming anyone or anything for the mistakes they may make during their learning process. Recognizing innocence is the first step in a person's spiritual development. Involuntary results, whether external or internal, reveal mental innocence.
3. Wisdom: when *we know*. Giving wisdom-based information is a service of love. When a person truly knows, they verify that their internal and external results are voluntary and completely satisfying. Nothing can serve a person better than receiving information that helps them solve their problems once and for all, so that they can finally become completely happy, have an invulnerable peace, and maintain a capacity for unconditional service. All these virtues will allow them to enjoy excellent relationships, perfect health, abundant resources, and the ability to deeply enjoy everything they do, wherever they are. Teaching what you know facilitates the development of your own mission.
4. We may give untimely information for one of these three reasons: by omission, by excess, or because it was not requested. When a person neither asks for nor accepts the information offered, it is because the time is not yet right for them to receive it; we must wait until the Law of Saturation is fulfilled. It is also important, if the recipient accepts the information, that it be sufficient and that it be understandable and logical to them—that is, that it not be excessive. We recognize the right moment to give information when people ask for or accept what we offer—that is, when someone gives us permission to advise them. Understanding the information of love allows us to transcend every human limitation and achieve extraordinary results of harmony. It is very important to keep in mind that the application of information as action—whether for teaching or for the creation of goods, products, or services—is always governed by the Law of Compensation. From the above, we reach the following conclusions:

- When we acknowledge that we don't know, we can open ourselves to learning and open the flow of wisdom information toward us.
- If we teach what we believe, we multiply beliefs; truth, however, is not a belief but understanding through verification.
- We need to verify that what we share is a true match for the other person before sharing it: both omission and excess create blockages.
- It is necessary to ask permission to share. Imposing, forcing, and compelling create resistance.
- Sharing what we have verified in our own life experience is a service of love.

Evaluating Results	
If the result is unsatisfactory…	…it's always unintentional
If the result is satisfactory…	…it may or may not be unintentional
If the result is external…	…we have four performance indicators: relationships, health, resources, and adaptation
If the result is internal…	…we have three performance indicators: happiness, peace, and love (or unconditional service)
If the result is unintentional…	…it may or may not be satisfactory
If the result is intentional…	…it's always satisfactory

Table 7. Evaluation of Results

4.11 The Law of Affinity

All kindred beings tend to come together in the same place. Our personal mental condition creates an affinity that attracts similar things from the outside world.

To develop within ourselves the characteristics that are in affinity with places, situations, and people of a high level of satisfaction, it is essential *to constantly monitor our thoughts,* since thought is the tool that programs the mind and either maintains or transforms the personality—from which human attitudes and behaviors are derived, and which can determine an individual's success or failure in their 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 rather with spiritual development. That is why we can say that all people, without exception, can become highly attractive if they cultivate their inner virtues. These virtues are developed by using the techniques of wisdom thinking—directing thought in a voluntary and sustained way—and by understanding the principles of the Laws of the Universe and of life so as to be able to use wisdom information. It is this information that allows us to clear the mind of acquired limitations, learning instead to fill it with the principles of trustworthiness, commitment, loyalty, and the service of love.

The best is always associated with the best. Everything we nurture within ourselves generates situations, people, and places in affinity with that energy.

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

Principles of Wisdom	We can always think…
Abundance	That we are aligned with abundance
Joy	That there are many reasons for joy in life
Harmony	That we have the ability to express harmony
Commitment	In the value of our capacity for commitment
Trust	That we are capable of generating complete trust
Enthusiasm	That everything we do fills us with enthusiasm
Happiness	That we have everything we need to be happy
Loyalty	That our agreements require our loyalty
Peace	In something that brings us peace
Prosperity	That we possess the virtue of prosperity
Respect	That every living being deserves our respect
Health	That we were created with a perfect pattern of health
Satisfaction	At events that make us feel satisfied
Service	That others count on our service

Table 8. Principles of Wisdom

4.12 The Law of Empty Spaces

Every empty space tends to fill up with something new, so everything that leaves our lives or our minds will be replaced by something new.

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

Through the Law of Empty Spaces we are always accompanied, *never alone*; the feeling of loneliness is only a mental limitation, because it is impossible to be alone. The attachments, dependencies, and feelings of loneliness or abandonment that many people experience are the result of not recognizing or accepting the need to work with the Law of Empty Spaces.

Human beings can learn to be happy, peaceful, helpful, respectful, healthy, abundant, prosperous, and adaptable by understanding that, with the exception of the spiritual plane, everything else is temporary and therefore completely replaceable. Furthermore, we can take advantage of this characteristic to completely renew our way of life and the elements we use every day, as well as our body, our mental field, and the way we relate to people and other beings in the Universe, in case any of these aspects are not fully satisfactory at present.

Let's clear our minds of everything that is not satisfactory to make room for the new. By allowing the ego's thoughts and attitudes to leave our lives, we open space for the energy of wisdom to enter.

4.13 The Law of Choice of Love

Choosing love allows us to pass the tests that life presents. The choice that pride does not allow us to make is the gateway to the kingdom of love, peace, and happiness.

Life constantly subjects us to *tests* to measure the state of our spiritual development. All human beings, with greater or lesser frequency, face different situations of varying degrees of difficulty related to relationships, health, finances, and the places where we find ourselves, which confront us with our deepest fears. In these situations, the mental limitations we have not yet overcome come to light, provoking states of anguish, suffering, aggression, defensiveness, stress, guilt, anger, resentment, hatred, revenge, and violence, all so common in human experience.

When we understand that daily difficulties are opportunities to learn what we do not yet know, and that later we will face tests to verify what we have already learned about the Laws of the Universe and of life, we are ready to use the *choice of love* in the face of any kind of difficulty that life presents.

When the ego—which contains pride—is stronger than understanding, the individual is not yet able to use the choice of love and therefore cannot obtain satisfactory results. Freeing ourselves from inner conflict and finding peace, harmony, and satisfaction in life requires letting go of pride, which is a bad counselor because it is rigid, does not acknowledge mistakes, never gives in, does not know how to ask for forgiveness, does not take the first step, never asks for help, does not forgive, does not keep trying…

The Law of Choice allows us to give love a chance, especially in those situations where we find ourselves at a "dead end" and don't know what to do. That is when we need to fill ourselves with courage to accept the situation, setting pride aside to ask for forgiveness when it is called for. Even when we feel like losers, we can wish the best for the one who defeated us. Or we can yield on our aspirations to give another person the opportunity to find their own happiness, and even learn to be happy with the happiness of others. And we can thank those who hurt us with their mistakes or ignorance, because they give us the opportunity to learn to love and to transcend our own selfishness by wishing them, with all our hearts, prosperity, happiness, and good health.

Each time we complete a new lesson in love, we move closer to a life filled with happiness, peace, service, harmony, health, abundance, and prosperity. When we learn to love, there is nothing left to learn from difficulties, so they will disappear one by one. There is always a choice of love in any situation.

> *Everything we do with love works well. The choice of love never fails.*

We must not limit our capacity to love because of external circumstances, because what happens outside is generated by ourselves; even if we justify our behavior, it is often a consequence of our ignorance. It is necessary to *dismantle justifications*, since things or people don't bother us; we are the ones who get bothered by them. When we realize that the problem is ours, not the other person's, anger immediately disappears, because the justification that sustained the bad temper leaves the mind. Let's look at an example: "You are the head of accounting at a company. You go to the archive to get a document and it isn't in its place. A common reaction might be to get upset with the secretary, who is in charge of the archive; you're furious and scold her. The secretary calmly says: 'Remember that you took the document out yourself, then I gave it back to you, and you were the one who didn't put it back in the archive…' At that moment the anger and annoyance disappear, because there is no justification."

Justifications are a kind of mental file that makes us suffer and become distressed, damages our relationships, and keeps us from succeeding in life. They lead us to react negatively, to blame others, to avoid taking responsibility for our own processes, and to fall into states of crisis, bitterness, frustration, and depression, so that our life becomes completely blocked. We learned justifications through dreadful educational systems or inadequate information, and through phrases like: “When someone doesn't greet you, get furious; when someone breaks an appointment, get angry and scold them; when you see your partner with someone else, feel sick, jealous, and distressed; when your child goes out without your consent, punish him…” This is how we build our file of justifications.

The choice of love consists of being happy with the other person's happiness, not of wanting to be right. We suggest taking advantage of every opportunity life gives us to free ourselves from pride. To do this, we can practice not contradicting anyone who disagrees with us, starting with simple, unimportant matters.

> *Pride wants; love understands and accepts.*

As explained earlier, the ego is a weapon we use to fight against life, and it keeps us from building good relationships or achieving success. The moment we effectively replace the weapons of the ego with the tools of love, we are ready to become human beings of peace and love, and to train ourselves in the use of those tools.

Tools of Love	Explanation	We renounce
Accept	We accept situations and people as they are. We are happy for their happiness. We accept that everything that happens is neutral and necessary.	Trying to change others. Confronting and trying to alter the perfect order of the Universe. Trying to interfere with others' life experiences
Take Action	We act with complete effectiveness and serenity in any circumstance that arises, giving our best. Doing is the key to having. Instead of reacting, we act	We renounce attacking anything or anyone in thought, word, or deed. We will be absolutely steadfast and loyal to the agreements and commitments we freely make.
Adapt	To the place where we are meant to fulfill our roles in order to achieve a life full of satisfaction	Giving up running away from the place and the situations we are meant to live through. Believing that happiness lies outside ourselves is a false illusion
Be Grateful	We are grateful for everything we have and for all the difficult and painful situations, because they are opportunities that life gives us to learn and improve in our spiritual development	Giving up suffering in the face of difficulties, understanding that they have a profound purpose of love: to help us recognize the Law and free ourselves from suffering
Take Ownership	We take responsibility for the results of our decisions and our life experience. We ourselves create our own thoughts, feelings, and emotions—not what happens around us or what others think, say, or do	We renounce blaming anything or anyone for what happens to us or fails to happen to us. The guilty party does not exist. Others may make mistakes, but they are not to blame

Table 9. Tools of Love

Respect	We respect all people in their ideas, customs, behaviors, and their right to make their own decisions. We need to understand that everyone does the best they know how, even when they make mistakes	Criticizing, judging, condemning, or punishing anyone for any reason, because we understand that everyone does the best they know how. We will share wisdom only with those who accept the offer
To value	We value and deeply enjoy everything we have and everything we do. We always have what we need	Giving up complaining about what we have. Prosperity is the result of appreciation

Table 9. Tools of Love (continued)

4.14 The Law of Understanding

> *It is the Law that makes it possible to assess whether life's tests have been*

transcended. Life never repeats a situation that has already been understood.

There are no negative situations or circumstances, and no bad people who want to harm us. Rather, these are often situations, circumstances, and people that correspond to us so that we can carry out our learning, even if we cannot yet understand this or make good use of it.

The only way to overcome suffering, rancor, trauma, aggression, resentment, pain, illness, and death once and for all is by *understanding what life's experiences teach us*. The different situations we face and the circumstances surrounding them are designed by destiny to bring about understanding and the development of consciousness. That is why, when we manage to understand what a situation is teaching us, it immediately begins to disappear from our lives and does not repeat itself.

In any difficult situation, we should ask ourselves: “What can I learn from this situation?” We may not find the answer right away, so the situation will remain present. But when we understand what life is really trying to teach us through each difficult situation, we will be able to use the tools of love, which will allow us to transcend our personal destiny and all the difficulties that stem from it. Understanding gives us the ability to use the seven tools of love. We suggest practicing the *seven renunciations of the tools of love* so as not to fall into the behaviors of the ignorant.

The ignorant person:

- Tries to change others in order to feel good.
- Hides their inability behind their aggression.
- Runs away from the best opportunities life offers.
- Suffers at the prospect of learning to be happy.
- Blames others for their own results.
- Criticizes and judges everything that is different from themselves.
- Complains about what they have and suffers over what they don't have. In contrast, the person with wisdom enjoys learning and sees difficult situations as an opportunity to learn, and so begins 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 allows us to completely reorganize our memories of past experiences and all the processes of our present existence, and to create the right conditions for an extraordinary future, full of happiness, peace, abundance, prosperity, love, and a state of total personal fulfillment and peaceful coexistence with all other beings in the Universe. *Whoever is happy with what they have is able to be happy with everything*. There are no negative situations in the Universe, only learning situations, which are positive. The only thing that is negative is the ignorant person's mental interpretation of a learning opportunity. When a person faces what they consider “a problem,” what they actually have before them is the 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 no one faces a situation that does not correspond to them. Drama arises when we face situations from feeling and ignorance rather than from understanding. Destiny is an opportunity to develop ourselves spiritually, but if we do not make use of it, we will make dramas and tragedies grow around us. The Laws of Life explained in this topic are part of the Laws of the Universe, but they are closer to us. The seven universal laws act constantly and simultaneously, whereas we as people may or may not be guided by the Laws of Life, depending on our understanding or lack of it. Moreover, ignorance of the Laws does not exempt us from their results;

moreover, it is not enough to know them; we must learn to handle them through training.

Conclusions

- Everything that happens is within the Law.
- “I want” leads us to *discover the existence of the Law.*

- What we need leads us to discover the need to *obey the Law.*
- It is impossible to lose what is needed for spiritual growth
- Knowing that the universal laws and the Laws of Life exist helps us free ourselves from suffering, conflict, and fear.
- Respecting the experiences of others and being willing to serve them without any conditions is how we express love in human relationships.
- Nothing is created; everything manifests or unmanifests from what already exists.
- The Law of Polarity is what allows creation to exist or manifest. The masculine principle is the emitter and creator, and the feminine principle is the receiver and container.
- We act within the Law of Evolution when we learn or allow learning to happen.
- In every place, only what has to exist and happen exists and happens, and nothing happens to anyone that does not correspond to them.
- The fundamental technique of harmony is respect, which is expressed by accepting and complementing our experience with that of others.
- Instinct is neither rational nor sentimental, but automatic.
- Hold an expectation, and you will find disappointment.
- The real opportunity is the opportunity to learn.
- Through our activities (functions) we learn what we lack (destiny) and fulfill the purpose of love in life (mission).
- When you recognize what you don't know, you can get ready to learn and open the flow of wisdom-bearing information toward you.
- I cannot stop suffering unless I accept; I cannot accept what I have not understood; and I cannot understand unless I have lived the experience or know how the Laws of the Universe work. *You don't have to believe anything stated above*; you don't have to take anything as true or as a given; you need to practice and *verify in your own life* whether this information works and produces satisfying results. As long as we don't know, we have no choice but to believe, but it is wiser to believe in something that brings us peace, harmony, or hope for improvement than to hold on to beliefs that cause us suffering. With this information, we have *three options for action*:

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

Training Exercises

Mental Reprogramming to Flow with the Laws

To flow with the Laws and manage vital energy, it is helpful to repeat the following phrases very often:

- "I have everything I need to be happy."
- "I will not allow any situation outside of myself to disturb my peace and serenity."
- "My happiness depends only on me."
- "People aren't good or bad. Everyone does the best they can based on their level of ignorance or wisdom."
- "I am the most important person to me, and I commit to making myself happy."
- "I'm grateful for everything I have because it allows me to access better and better things."

Training to Become “Just”

Once you have this wisdom, you need to verify whether it is true through the inner and outer results you get from your experiences.

To act like “the just one,” practice emotional desensitization exercises with mental reprogramming in difficult situations. When you face your own mistakes or those of others, try to find the positive side behind them—that is, the lesson to be learned—so that your conflicts disappear and you can stop suffering.

Always think the best, say the right thing, and do what's necessary.

Exercise to Recognize the Law of Warning

Learning to recognize the Law of Warning requires developing the ability to observe repetitive details and the capacity to learn from simple tasks so as not to complicate your personal destiny. For this reason, whenever life presents you with an uncomfortable situation, it’s important to always ask yourself: “What do I need to learn? What do I need to change? What am I not accepting?”

To recognize the Warning, you need to watch for the signs, which can appear anywhere. For example, if a stranger hands you a business card and tells you to call, or if you lose your wallet even though you're usually very organized.

Exercise for Asking Life: The Law of Two

It consists of making a list of things you'd like to do but haven't done yet. Give yourself the chance to ask life whether what you'd like to do is available to you or not. If it is, that's perfect, and if not, you'll simply accept it.

For example, say you want to take a trip to Africa. When you find out about the trip and how much it costs, you'll understand whether or not you can go—and either way, it will be wonderful, because life will be answering your question. With this exercise, we want to verify life's answer—not the one we wish for or assume—in order to *learn to obey the Law.*

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