

Néstor Hugo Almagro

TIME OF THE NEW MAN

Transdisciplinary Project on
Synchronic Education,
Physiognomic Diagnosis
and a Balanced Diet.

«But as for you, blessed are your eyes, for they see, and your ears, for they hear»

Matthew 13:16

« Behold, I make all things new. »

Apocalypse 21:5

“There is a monopathology, based on ignorance, but also there is a monotherapeutic, based on Knowledge”

Medical Doctor Scolnik, Rosa

Copyright © 2007 by Néstor Hugo Almagro

Original Title: *Tiempo del HOMBRE NUEVO*

Translated Title: Time of a NEW MAN

First Printing - Argentina; Mendoza Province - *Zeta* Printing Press, 2007,

Cover picture: Andy Elías

Copyright pursuant to Act No 11723

ISBN - 978-987-05-2348-2

Copyright Act No 308600 / April 7th 1993

Printed in Argentina; Mendoza Province

All rights reserved. No part of this book shall be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photocopying, recording, or otherwise – without written permission from the publisher. No patent liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken in the preparation of this book, the publisher and author assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information contained herein.

Acknowledgements

- ◆ I would like to express my gratitude to all who have provided support through the writing process of this book.
- ◆ I am grateful to all my unconditional family members, for always being nearby from their heart and soul.
- ◆ Thanks to my close friends, who have quietly cooperated with this solidarity piece of work.
- ◆ Thanks to *Eduardo Alfonso, Rosa and Jaime Scolnik, Vicente Giner, Salvador Porta March* and to *Father Narciso Irala*.
- ◆ Thanks to all the patients that I have seen throughout my life, for being my masters too.
- ◆ I want to thank *Father Jorge Contreras, Marcelino Altamirano* and all the children from "*La Casita Del Puente Afectivo*", for their selfless sharing.
- ◆ I would like to thank all children and adolescents that have been born with a special gift: "the amplified vision". In addition, it is their mission to build up a New Humanity.
- ◆ I Thank to, *Oscar Brancal* and *Melisa Landa* for doing their best in the Translation process of the original book written in Spanish.
- ◆ Finally, yet importantly, I would like to thank *Alejandro* and *Daniel Arcos* for their photographic material contribution.

MAN'S TIME

The cosmic particle navigating in my blood
is an infinite world of sidereal forces.
It came to me after a long journey of thousand years,
when maybe, I was sand for the air's feet.

Then I was wood, a desperate root.
I was a sunken root in the silence of a dry wilderness.
Soon, who knows where, I became a snail
and sailing the seas I learnt the first word.

Soon afterward, the human being displayed over the world,
the universal banner of muscle and tears
and blasphemy emerged all over the Ancient Earth
as well the saffron and linden, and the verse and the prayer.

Then I came to America to become a man.
Thus, I met the Pampas, the forests and the mountains.
There, a grandfather who lived in the plain galloped up to my cradle
along with other who told stories to me while playing his cane flute.

I do not study the things, neither attempt to understand them
I just know them; even though it is true that some time ago, I lived in them.

Among the woodland I talk to the leaves
and I retrieve their messages through the hidden roots.

I wander all over the world without caring about age or destiny.
Hence, I am under the protection of the cosmos.
I love the light, the rivers, the path, and the stars,
and I bloom in guitars because I was a wood.

Atahualpa Yupanqui



Time of a New Man

As it can be appreciated, the book's title refers to the poem named "Man's Time" written by *Don Atahualpa Yupanqui* (31st January 1908 – 23rd May 1992). He was an Argentine singer, songwriter, guitarist, and writer. He is considered one of the most important Argentine folk musicians of the 20th century.

In spite of not being able to tell about this project of the book to Don "Ata"- as people often used to call him - I still keep his poem very deeply in my heart. I would like to thank *Maria Celia Baqueiro*, a Literature Teacher, who handed me in the manuscript of *Atahualpa's* poem. Reason why since that time, I was sure that someday I would write a book under this poem's title. This work aims to help this suffering humanity. That is way the title clearly defines the plot of the book. However, my intention is by no means; to contend with the transcendental language used by *Yupanqui* in his poem.

I sincerely hope that this work - which leitmotiv is always interwoven into a subtly frame that binds the sacred that dwells in all man - will join other contributions already made, and to the ones that are going to be done in the future. There is no doubt that we

are united in a common cause, although in those cases in which we do not know each other, and in spite of our differences in language, culture, religion, race, etc... The point here is that we are also brothers in the joy of serving Human Race.

On behalf of *Don Ata*, I would like to acknowledge all migrating minstrels who during centuries traveled dusty roads, carrying in his poems and songs, the Culture of Peoples, along with an announcement going out from their mouths to the ear: communication to connect us to the ancestors belonging to the entire Human Race.

The new man must arise as the outcome of the integration between the inner masculine and the inner feminine, setting aside the opposites by respecting his father and his mother. In addition, he has to avoid confronting them not to be involved in a war of gender and opposites.

It happens that when we learn to observe our own behavior as the result of the Cause and Effect Law - so-called Karma in India - the analysis that we can do of any situation involving us is deeper, and at the same time, we find this observation process simpler. There exist inside us, self-centered attitudes which are of little importance for our social environment. Reason why, when we hurt a woman we are therefore destroying everything representing the inner feminine in us. Established that the inner feminine in her represents one of the two forces of Creation, thus man's inner is made up of these two forces from the very moment of his conception as well.

Just a little while ago, we realized that performing any action being "asleep", i.e. being unaware would bring about a damage that then, will not be easily repaired. What makes it even worse is that this attitude encourages us to deny and even to destroy our Intuitive Data Processing as a Potential Source of our mind's feminine expression, which is present in both sexes and determines our creativity potential. We have to be acquainted with the way in which we behave and make decisions. Otherwise, we will not be cooperating with our positive internal development and it will affect our relationship with Nature in a negative way. Actually, if nowadays intuition were truly prevailing over intellect, there would be no wars. In addition, competition would be changed into integration and in

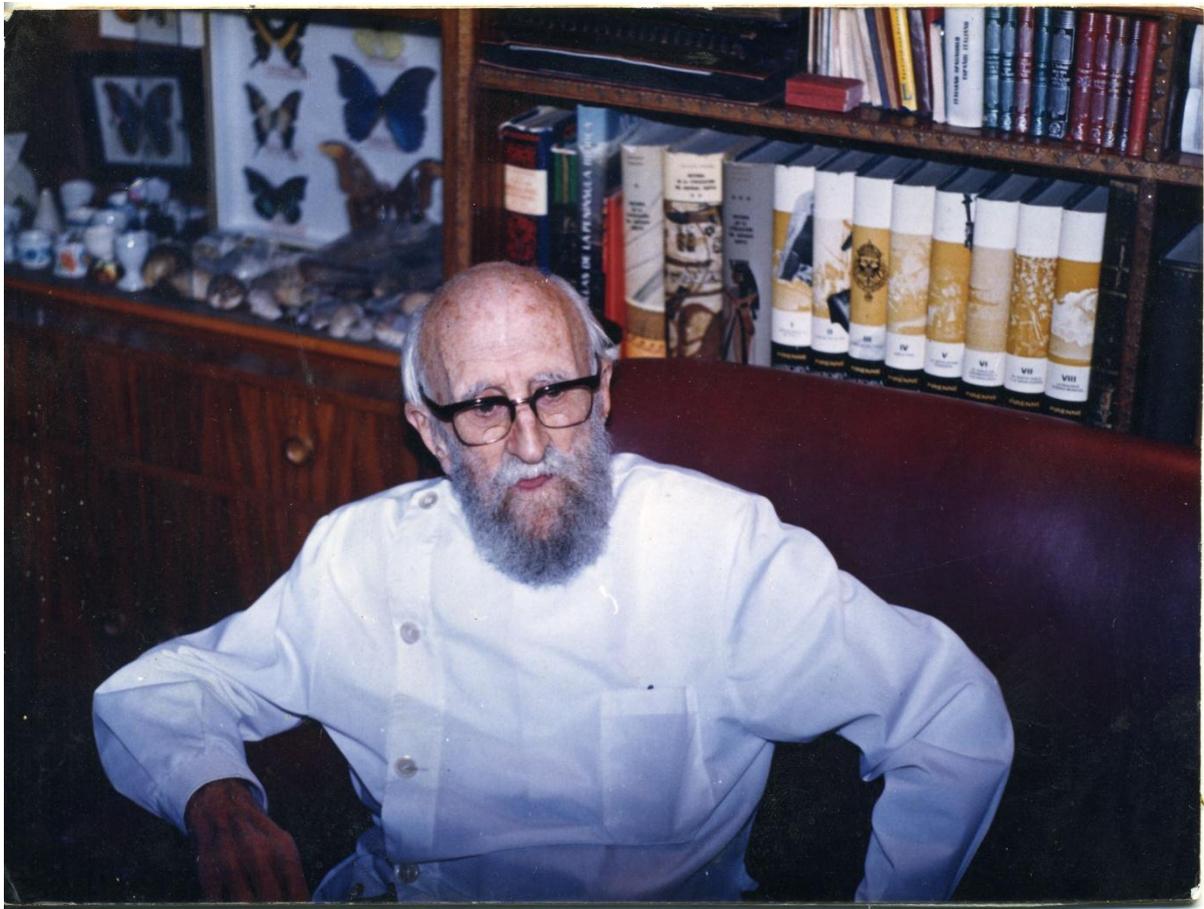
the same way; psychological degradation would be changed into a Pleasant Harmonious Development.

To sum up, I would say that we should start from the assumption that we will save our soul only if we do not discriminate others by means of segregationist prejudices such as race, caste, religion, sex, social class, etc. These segregationist prejudices do not allow people to know their own soul nor their Inner Master. However, those who know their own soul as well as their Inner Master are the ones who do not prejudice others for being different, but look for integration based on sharing love among every single humane being instead. Segregationist prejudices lead to the concept of a dissociative thinking. When the individual is able to perceive the Aura, i.e. the Subtle Bodies that make up the aura, the effects caused because of a dissociative thinking will be better appreciated. There is no doubt that someday, Science will concentrate on standards, which nowadays are only considered from a Spiritual standpoint. Therefore, by that time, a Spiritual Science will emerge and at the same time, it will support a New Ecology development based upon the existence of Laws of Nature. Hence, for the sake of it, the new man will stop being harmful with his surrounding nature. Only under these circumstances, we will be able to understand the importance of one of *Zulema Svirez's* thoughts, born out of transcendental meditation: *"If the inner feminine dances, the world will dance too."*

I really hope that every single person living on this battered Planet will be able to notice, *"The cosmic particle navigating in his blood"* as a sign of Eternal Life.

Néstor Hugo Almagro

Prologue Post-mortem



“Some weeks ago, passengers on a flight coming from South America to Madrid were present at the decease of one of the travelers. He was a well-respected and pleasant old man who some hours before passing away, was joking about his age with the onboard

flight attendants. He was a Medical Doctor and his name was *Eduardo Alfonso*". MD, *Octavi Piulats* expressed himself very clearly about the demise of this honorable master of life.

Doctor Alfonso was born in Madrid and when he was about to die his last prank was to pass away exactly in the same place where he was born. He was born in 1894 and departed this life in 1991. I wish he wrote some lines of this book. Yet, he did much more than filling some blank space on a book. He has gone beyond his limits and he is still present in the memories of those who somehow had the chance of meeting him. He was one of the Fathers of Natural Medicine around the world. He devoted his whole life to teaching and medicine. He went beyond the boundaries of conventional medical science to the soul of his patients.

He clearly represents a paradigm of what a human being can achieve with a rational life, including his love for climbing, his eagerness for winter sports and his friendship cult. I must confess that throughout my life, I have rarely met someone like him. Dr. Alfonso's personality reminds me one of Walt Whitman's well-known phrases: "*Men in my class need no arguments nor introduction, their mere presence is enough.*" Alfonso's self-discipline allowed him to get a lot out of time, and in turn, he enjoyed his free time.

The picture above shows Dr. Alfonso at the age of ninety-two. It was taken from his office located in Madrid while he was waiting for one of his young patients for medical assistance. Dr. Alfonso was not only an internationally known expert on Natural Medicine but also professor, researcher, lecturer, philosopher, historian, poet, philologist, musician, painter and Egyptologist. He also wrote a wonderful hieroglyphic grammar in Spanish. Neither in prison -such as many other wise persons- under authoritarian dictatorship of Francisco Franco regime, nor in exile, nor the tricks of fate shattered his faith, his joy of living the present with full awareness.

All I request is that through his magnanimity, Dr. Alfonso may help us to be wise in our everyday life. Our Lord rests his soul.

Néstor Hugo Almagro

Introduction

Only when we are able to live for the present as an unpredictable phenomenon, we will realize that the crisis experienced by human soul is the most powerful catalyst of consciousness.

In the history of all peoples, in every culture, however small it may seem, we find *New People*. That is, those who were able to go beyond the limits imposed by the time in which they lived and in turn, their own personality, always thirsty for knowledge coming from the Source of Universal Wisdom. Their mission was to become forerunners of new paradigms. They are regarded as the mainstays that will guide us into new states of consciousness leading to the creation of a New Humanity.

When we are able to go beyond our own limitations, we are also able to notice those people who previously performed the same task. However, by no means, this implies that we are going to list those who were able to find light and those who were not but to let us be guided by the intuitive force until almost without becoming aware of it, naturally, we find Wholeness.

If we focus on the transdisciplinary phenomenon - that demands current thinking - we will notice that its common factor has always been present in the New Men of all times. Consequently, we will be able to understand that at this time we are encouraged to be protagonists and not merely worldwide observers. Not only all the way through words, but also by means of a coherent life, based on knowledge and awareness of the Laws of Nature.

According to the Argentinean writer, *Ricardo Tudela*, *"we go in pursuit of a complete man, as a synthesis of a re-humanized Humanity as a result of new lifestyles, where love, beauty, justice and wisdom, universalize the heart and conscience of peoples and men"*

Amid this New Birth - *as Jesus told Nicodemo*-based on Solidarity, Love and Freedom of conscience, the old patriarchal and matriarchal system, based on protectionism and dependence, sustained by repression and violence has to die; acting, most of the time, as a multiplier of hate and pain and consuming our energy and those of the planet. The social hypocrisy, based mainly on discrimination will become in short time obsolete and obscene. Wholeness among all must occur as soon as possible, beyond the differences. We are all the expression of our father and mother and when we are able to honor them, we will be able to get back the energy required to achieve a high self-esteem and, therefore, to love our neighbors. (Matthew: 19-19).

The author

First part

Synchronic Education

Synchronic education

If we take as a starting point that every single man is our teacher, we will fortunately find out that it does not exist any period in men's life lacking pedagogical sense. Once the educator is willing to a deep understanding, he at the same time is helping his students to liberate their soul's potentials; thus entering a process of mutual transformation. This is similar to qualify as a bird, that is to say, undertaking together the challenge of knowing what is unknown for them given that Real Love sets them free.

This task becomes more important when we are aware that we are for the most part, the result of a rational and materialistic education, which has turned us into competitive and at the same time repressive men. In addition, the process of conventional learning has been a bad influence causing stress on both, the educator and the student. However, the increasing behavior disorder in young students' classrooms will in short put an end to this conflict. When pain makes us equal, we realize about the importance of overcoming pain as a therapeutic measure. This synchronicity among united souls makes them take part in the evolution process of the human soul.

We all agree that humanity is physically and psychologically severely ill, and it is essential that every man of good will be able to fulfill the mission he was born to. Taking into consideration this issue and away from any discrimination, it will be possible to establish a new model of coexistence, based on the dynamics provided by permanent learning; where everything that exists, even in the most isolated corners of the Universe turns out to be teaching material. Under the basis for what we might call Divine Pedagogy, based on the Soul and Spirit integration.

Undoubtedly, we have lost the *Sense of Wholeness*; consequently, we believe that love is synonym for possession, that freedom is synonym for expanding limits, but we continue being our own prisoners or slaves, drowning in our own fiction. It is time that as basic components of Humanity, every individual, every family, every social group, will be able to find out its inner strength to develop a new state of consciousness that brings us back the necessary Faith, Creativity, Love, Understanding and Intuition in order to find out the Fountain of Wisdom, which is present in simple things.

Nowadays we are consciously transforming ignorance into knowledge through a phenomenon known as *All-embracing Phenomenon*, where absolutely nothing is left out - we are all inside it. This *Comprehensive Phenomenon* is in favor of everyone and at the same time, it respects the process of individual evolution. Achieving this *All-embracing Phenomenon* will be possible as soon as we place our soul's individuality into contact with the *Integrated Wholeness* of the Spirit.

As far as we face our internal and external conditionings, the I AM and YOU ARE will gradually turn into WE ARE thus, making easy the collective awakening of consciousness. In this way, we will be able to apply *Causal Therapy* on every situation, bearing in mind that the solution to every circumstance is dissimilar, depending on time and place. Even though there are neither molds nor archetypes of thought, we should raise people's consciousness in order to contribute to the awakening of their Conscious Soul. This phenomenon comes up as the result of inner discomfort, bringing about man's inner awakening. That is, when we find that vibrating at a level that is unpleasant for us, growth is imminent, as we dis-cover, or take off the veil of ignorance that covered new knowledge. This process is related to *Revelation*. Being aware that the only ultimate truth is Love, the others are relative. Therefore, only if we are able to love we will be invulnerable.

As regards Revelation, it becomes apparent according to an unpredictable arrhythmic sequence. It possesses a logical sequence that we must find out by means of integrating those who precede it together with the ones that we are living now, and in turn, with the ones taking place in the future. In a Pedagogic sense, revelation connects us in such a transcendent way because it goes beyond our personality traits or ego limits. Revelation exists per se, and it liberates our soul's forces. Therefore, being alert to perceive it will allow us to appreciate the real value of knowing what is unknown for us. Revelation also reminds us that sadness, acts as an inhibitor of it. In other words, doing our best to be happy and grateful predisposes us to perceive the healing effect of revelation.

When facing everyday reality, decision-making for each situation varies in three different ways: 1) to do whatever we want, 2) to do what we do not want to and 3) to do whatever must be done. The first and second ways of facing reality, turns us into inefficient individuals and cause us to waste our energies to exhaustion. The last possibility consists of approaching the existing Unit in all things without any trauma. Let us call this phenomenon *parable of the good rider*, since the *rider* is not damaged when he changes his horse one after another, for the reason that he is constantly on the same Unit. This is because he continually works on Acceptance and Resignation. He accepts diversity of forms without being damaged, because he learned to be in touch with the vital element, which is present on every living thing. Consequently, he refuses the nonsense that his ego may express. Thus, as long as he behaves consciously, conflicts disappear, and united integration arises, hence understanding the sacred nature of education. For this reason, I named this as a genuine *learning opportunity* because it makes the rational and intuitive process more dynamic turning it into a true eternal-temporary conjunction, integrating not only what is tangible but also the intangible. In addition, this *learning opportunity* takes into account the Soul-Spirit union, which allows us to merge into an evolutionary individual able to transform the individual, social, collective and humanitarian consciousness.

Every current moment gives us the chance of a *synchronous learning*. That is to say, when meeting somebody from our soul, we at the same time, are smoothing the continuous recycling progress of Energy by means of a permanent *giving and receiving*. In addition, we are leaving aside submissions, repression and any conditionings whatsoever. Thus, we will be able to perform higher levels of energy. This *synchronous learning* process will generate humility and consciousness from our inner towards outside and from behind - representing the past-, towards ahead. Finally, from down upwards, that is to say, from ignorance towards Knowledge we will be serving by means of an immense happiness.

One of the results emerging from conditioning is that our real hope is that someone could cope with and even solve our conflicts. However, this should be the other way about since we must be aware and responsible for our own existence. In this way, we will be able to transform our potential energy into kinetic energy for the reason that we will realize that every present moment could be improved; thus, allowing us to restore our inner

balance and peace. In addition, we would not be anxious about the future, that is to say, to what is unknown for us. We will be able to dispel all our doubts, our fear of passing away, or worrying about illnesses, as well.

Freedom is perceived through a subtle transformation where the individual is able to develop not only his individual or social performance, but also to feel one hundred per cent fulfilled due to his willingness of being immersed into a humanitarian philosophy. At this point, neither abuses nor violations but a synchronic awareness based on mutual regard and respect to the Laws of Nature takes place.

How does Synchronic Education come up?

Despite being just a Medical Doctor devoted to Natural Medicine and not being an expert on the education system, I have always been interested on issues concerning educational problems given that the process of training and developing knowledge plays a leading role on every person. Consequently, it is closely related to the psychological, anthropological, and sociological aspects of human life. In other words, it is kind of a *bridge between the sacred and the profane*.

Synchronic Education is defined as a synthesis method, which subordinates intellect to intuition. Hence, this sort of education is considered the most challenging task regarding matter of thought. This process emerges from the communion between our Soul and the Universal Spirit. Even this education may to some extent, seem grandiloquent, it might be recognized and adopted by little children in their everyday life, even outside their educational cloisters. In other words, Synchronic Education refers to a conscious lifestyle choice.

This piece of information shared with you is the result of many years studying and researching the educational system in itself. Consequently, inspired on it, I have always attended many courses, workshops and national and international conferences as well. All of them carried out by specialized teachers on issues concerning education, especially those related to problems encountered by children and adolescents when trying to assess social adjustment. In addition, as a physician I have been serving thousands of patients

throughout the last thirty years. I have always been focused on the healing process based on Synchronous Education applied to health. However, there are no statistics on this pedagogic process, since the single standard cannot make visible the effects taking place between the educator and the learner, given that every human being is unique and should be considered as such. Still, the Physiognomic Diagnosis allows us to behave according to any particular circumstance; that is; being useful tools helping others liberate their soul.

Paradoxical Phenomenon

The Paradoxical Phenomenon - resulting from the Binary or Dual behaviour - is related to one of the most striking peculiarities of the ego. This phenomenon represents the dual forces in our lives. In general terms, this dichotomy – two conflicting forces driving us all the time – becomes apparent in so many ways; for instance: our hope is to live in peace but at the same time we support wars; or in the same way, we claim for health but instead, we cause our own disease. Unfortunately, this phenomenon will remain as an inherent part of every aspect of existence unless conventional education, which is based on traditional pedagogy. Thus, it considers our minds as *simple storage devices*, will change its focus. Moreover, to make this concept even clearer, I quote *Paulo Freire* (1921-1997) who was best known for his attack on what he called the *banking concept of education*, in which the student is regarded as an empty account to be filled by the teacher.

On the other hand, only if we are aware -self-aware- of our subconscious patterns of manipulation and control, and be willing to release them for healthier patterns of acceptance and flow without forcing our expectations on others nor on events we will be able to consider others as a whole, that is, from a holistic viewpoint. In order to let this happen, both, the teacher and the student need to be authentic, allowing their souls to get in tune -making up the perfect Dialogue, which is the result of the integration between both souls together with the Inner Master or Spiritual Self, sharing it with Humanity. Under this condition, humility arises and there is no need of inhibiting from our weaknesses or strengths.

In addition, this behaviour puts forward the transcendent truth as the basis of deep knowledge, leaving behind egocentrism, which is part of the old speculative theory. In such a way, we understand that consciousness is nothing but a *sagittalincision* that allows us to observe the contact quality occurring between the soul and the Inner Master. This is somewhat similar to slicing fresh-baked bread: the way in which its dough can be appreciated is unique, different in each slice. The same goes with a river flow; its stream is permanently changing. This also applies to the progression of our consciousness states, which are magnificently represented in this biblical ancient teaching: *I am the Way, the Truth, and the Life*, Jesus answered (John 14:5-7). Related to this, *John Heider* reminds us *Unique Principle and process*. Thus, if performing a comprehensive energy use, we will understand that nothing should be dismissed out of hand. Therefore, even those who harm us, contribute to our inner awakening – bearing in mind that shortcomings are complementary to the soul's powers. This makes clear that those attempting to condition us on their egocentric thinking, does not mean that it will harm us indefinitely because their way of behaving is actively involved in the breakdown of conditioning, therefore, the inner liberation. We should be aware that we have never been alone, because even lost; we were coming towards our conscious soul. When we come to this point, we realize that arguing is no sense even if we disagree with somebody about something. Then, if it is not necessary to get angry when dissenting from something, we will be able to appreciate the real value of being UNITED. All possibilities are met into Eternity. For this reason, I would encourage you to keep on reading the topics below.

Personal and Impersonal Relationships

The Catalan scholar and wise man, *Salvador Porta March*, reminds us: *“personalism takes us away from God; while impersonality brings us closer to Him”*. We already know that duality is the “son” of personalism. In the Bhagavad Gita, the Battle of Arjuna as called in India, takes place inside us and strengthens its effects when interacting with other selves. Then, this confrontation results in the awakening of consciousness. In such a way, we could deduce that absolutely nothing – even what might have caused suffering –was useless or happened at random. Everything has an ultimate goal in our life and it is the evolution of human soul to higher states of consciousness.

At this crucial time, we are all running out our Karma, as the result of our past behaviour. This phenomenon is based on the Cause and Effect Law. We already know that God is faithful; He will not let us be tempted beyond what we can bear. However when we are tempted, He will also provide a way out so that we can endure it. (1st Corinthians 10-13). If we observe deeply, we could develop intuition. If we analyse the issues concerning the teaching process, we will notice that we are all teachers and learners at the same time. As *Paulo Freire* stated, we are all students and teachers and vice versa. In addition, we can say that when we are experiencing it, this the most wonderful teaching act ever, where the observer and the observed merge into real Knowledge. Only through the practice of impersonality and the Divine Love forces, we will be able to transcend the egocentric personal remarks.

Wholeness is not discriminatory

Our Creator is completely undiscriminating. Therefore, if we apply Synchronic Education (SE) correctly, we will understand that it is not discriminatory under any circumstance. In the case that someone intends to implement it, he may not understand its basic root. At the beginning, it may be something difficult for some people to implement it, because we have been educated to compete, to kill each other such as if we were in a Global War. For this reason- Global Wars - our planet is hurt. Nevertheless, we must accept that exists a permanent confronting among Catholics and Protestants, Jews and Muslims, Protestants against Muslims and Buddhists against Catholics, etcetera. When in fact, God is the ONLY ONE and, as that were not enough HE represents LOVE. What has happened to us? Social madness and trusting anybody represent our "life moral standards". We are in a process against entropic evolution. This is due to the personal or collective ego, the worst administrator of our energy. The ego squanders our vital energy because it ignores how to manage it as a natural resource. God gives us Life and Nature with the aim of taking care and respecting them. However, we, in our ignorance, violate their laws at every moment, contaminating everything and producing a waste of energy of such a magnitude to break the ecological balance planetarium as well as affecting human relationships and our planet itself.

However, when we penetrate the unfathomable mystery that men involve, we are shocked to the wonder of the Creation itself. Everything that is required is to implement the Pythagorean Mathematical, until we understand that the Monad represents the strength of Creation, and Universal Love, which is the essential wholeness of all things. All of us are students; therefore, the whole Creation is full of lessons and mysteries that we still have to clear up - with love and humility.

These days there is too little attention to the archaeological value of the remains of all historic shipwrecks' relics, mummies from native Indigenous peoples, as well as to the fossils, which are given an erotic importance and -what is more- they are sold to the highest bidders. Instead of being declared as one of the Humanity's cultural heritages, it is all part of a vile trade. Everything has become corrupted, even the word. Henri Nouwen reminds us: *"Silence is the home of the word"*. These days we should understand that the only way to transmute this complex Humanity is through Divine Love, considering it as the Greatest Undiscriminating point. For this reason, it is essential to notice those elements performing with a common factor. That is, integrating the shortcomings and the strengths common to all men indistinctively. The increasing need to love not only the Creator but also our neighbour as ourselves will provide us the fundamentals of a New Paradigm, based on what has been called the Commandment of Love. This episode will no longer occur as an external command but as an inner need to contribute to the creation of a New Humanity.

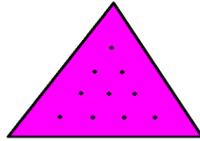
In order to love it is necessary to forget it all

Sometimes, not always,
but sometimes
Somebody dictates us, leads us
from an act to another one,
we are an instrument,
nothing else than a doll
with invisible threads.
Who is he, or who are they,
or who are we?

Returned horse of the
chain dump giving
Equal yesterday that now.
How beautiful freedom
the one of your furrow!
Transit, I mean to me, I cross.
Of surprise in surprise my places,
I take myself again from the hands.
We need no memory in order to live.
In order to love, we must forget it all.

Joaquin Sabina

Pythagoras' Decanate as a scientific and life method



This book, based on Wholeness and true Love - by its purity and didactics -, aims to be a useful tool for the New Pedagogy. *Loron Wade* used to remind us: "A symbol may, in some cases be a useful tool to clarify and in some other cases to confuse; it may help to reveal the truth or to hide it. For some people, a symbol seems to be incomprehensible and absurd, whereas for others it sheds light and clarity on the way". Pythagoras' Decanate encompasses the genuine meaning of the sacred symbols and contains elements that belong to Universal Wisdom. By means of its analysis, we will verify once again, its synthetic and geometric character.

Pythagoras' Decanate is represented through the simple silhouette shown above, which is constituted by an equilateral triangle that shows ten inserted points in its interior. Anyhow, that it is placed; it always represents the **Wholeness** or the **Monad** on its upper

side. Pythagoras, who was inspired by his acquired knowledge in old Egypt, created the Pythagorean Decanate 2,500 years ago. Actually, Pythagoras' Decanate is the representation of the points contained in the Egyptian pyramids. The apex matches the **Monad** and both points of the pyramid's base stands for what is known as **Duad**. The three points in each of its sides symbolizes the **Triad** and finally the **Tetrad**, which is the result of the four points of its base. Each of its sides embodies a noteworthy feature: Truth, Goodness, and Beauty. Hence, if we analyze these aspects in deep we will notice that Philosophy and Wisdom come up from Truth, Love and Providence emerge from Kindness and Art and Creation springs from Beauty.

The Greek term, *μονάς*, from which the word **Monad** derives, means **unit** or **one**. The **Monad** may thus entail a theory of cosmic harmony, based upon a mathematical or scientific functionalism or upon a psychology of inter subjective relations, as well as a theory of relations, in which the relations constituting this cosmic harmony are brought into being through a monadic action. This monadic harmony might be regarded as the **Unity**, or cosmic **Monad** or **Wholeness** as well; and this view may involve the theory of creation.

On the other hand, the term **Dualism** or **Duality** refers to a philosophical doctrine, which posits two ultimate beings. The universe is perceived as a cosmic struggle between the forces of good and the forces of evil. In other words, its meaning conveys the belief in a radical opposition between matter and spirit. **Duality** is the word used in Philosophy meaning: "what is real exists in God's Reality" while "what is not real" does not exist at all. Therefore, what is not real can be said to exist only as an imaginary fiction of the ego.

The **Unity** or **Monad** has been isolated by the philosophical dissociated thinking—especially by the persons leading our world. In this way, **Dual** thinking could be exemplified in many common ego-polarities such as submissiveness versus domination, bad versus good, pain versus pleasure; anger versus appeasement, insecurity versus security. This is the reason why, the binary nature of rational and materialistic science fosters conflict and ignorance. Nowadays, this **binary** or **dual** thinking has brought about discrimination, competition, hate, fighting, selfishness, envy, man's exploitation, corruption, etc. Consequently, all disputes tend to be "solved" by means of violence - generating victims and perpetrators instead of peace and mutual understanding.

However, it is evident that it is impossible for us to overcome any conflict by means of **dual** thinking– it is fiction. Thus, **Dualism** is what the Hindu people names *Maya* -an illusion.

Fortunately, in spite of dual thinking some people strongly support the importance of **Unity**. Such is the e.g. of *Miguel Tauzig* who works in the Culture sector for the UNESCO. This organization not only encourages an Intercultural Dialogue but also promotes Cultural Pluralism within different organizations. One of these proposals is entitled *Towards a True Meeting of Peoples on Earth*, under the slogan *Wholeness in the Diversity*. Manly Hall said, *The building of Science, although cracked and old, will not be destroyed by the weight of ignorance*. Regarding this issue, it is well worthy bringing one of *Alexis Carrel's* famous phrases back; *Science without conscience is the ruin of the soul*.

The Viennese expert, Father of Ethology, *Konrad Lorenz* reminds us: *Humanity is on the verge of collapse and Science is turning against the Man in a world of Giants*. In an alarming manner, *Lorenz* invites us to return to simple things, based on Loving Others and Respecting Nature.

The Monad or Wholeness refers to the principle that contains in its essence all human beings and all things. The Monad is the generating force, the creator of the Universe. We are able to assign its real meaning when analyzing every single fact of our life, even in the little ones. In other words, we should consider each fact as a whole - examining its limitations and possibilities. The Monad represents the union of opposites and consequently, the Divine Love. The Monad is not only the lei motive of this book but also, it should be of any beneficial project carried out in the future for the creation of the New Humanity based mainly on loving our neighbor. Henceforth, we will be recalling it and we will see it applied in different samples through this work.

How to apply Pythagoras' Decanate scientifically



The picture above shows us a decoded version of the Decanate. When we refer to the development of a thesis or any other scientific work, it is advisable for us to design it based on Pythagoras' Decanate. In this case, we should start from the Unity represented in the Monad bearing in mind that this Wholeness is what represents The Universal Love and consequently our guide for building the New Humanity. Then we should continue explaining in detail the limitations and possibilities arising from the subject matter.

Moreover, if we consider the Monad in the development of a project, we are commanded to act in humility. Being humble and finding joy in serving will allow us to reach the highest Divine Plans. Otherwise, we would not be able to get a better understanding of Life and Nature.

Another reason to follow the notion of Pythagoras' Decanate based on a "deep knowledge of Men" would be in the field of pedagogy. The Decanate gives us the chance of guiding ourselves accurately; allowing us to immediately discern between apparent from real – essential from superfluous; that is, without margin to make a mistake and what is more, assisting our planet in order to save energy from our environment. Acting consciously means that we are applying the Divine Economy which in turn, let us travel around the Right Way. All of us are able *to learn practicing discernment* in everything concerning life. From the moment we are able to discern, we will recognize what is false - not real- as the result of the Egocentric Duality whereas what is true -real- as the outcome of The Unity.

It is worth clarifying that in case we decide to design our scientific work based on Pythagoras' Decanate we should consider it as if it were an architectural scaffold. Only when the work is done, the scaffold must be removed. Thus, this implies that we have to

focus our attention in order to favor clarity and adequacy in each scientific approach – taking for granted that there are not preset molds. However, it must be sustained by universal philosophical basis favoring Humankind.

The Monad (-/+) reminds us about the unitary pattern that turns the human being into an individual, “*created in God's image and likeness*”. Therefore, we have to become aware of self-observation and observing others as a living totalities, identifying similarities and differences from the biological, psychological and spiritual point of view. *The Unity of All Things only exists in the Unit.* Ricardo Tudela reminds us: *We go in pursuit of a complete man, as a synthesis of a re-humanized Humanity as a result of new lifestyles; where love, beauty, justice and wisdom universalize the heart and conscience of peoples and men.* Nowadays, our Planet and atmospheric surroundings have become into an enormous dustbin because of men’s unawareness about the Monad. The term “ecology” often sounds so much as a “green political party” or the chance of moving our dirty industries to neighboring countries. Love is missing in our life and that is the reason why people have difficulty to understand what is the real meaning of the Monad. However, if in turn, we loved God above all things, everything else would be simpler and effective.

Duality’s (-).....(+) binary and unstable nature perpetuates oscillation. For thousands of years this world has been focused on duality and polarization. When engaged in different polarities we tend to feel good and free with our choice while judging the opposite as bad or evil, often without even understanding the deeper reasons behind the differences. Because of these deeply ingrained dualities, we have ended up in numerous conflicts and wars in the world, and even inside ourselves. From the mathematical point of view these poles are denominated as positive (+) or negative (-). However, when we refer to humankind the choice between *good or bad* comes as a result of our personality or ego. Thus, if we are not aware about The Monad or Unity we are behaving against harmonic development. Today, we should be aware that the only purpose of *splitting the opposites* is to sustain the bases of current thinking; which is based on competition and selfishness bringing about constant wars, man’s exploitation, racial discrimination, etc. It takes us longer to understand that inner-development comes to us as the result of feeling uncomfortable and it is necessary for us to understand that the very same Duality is what produces our consciousness awakening as well as recovering the

Monad's true significance. Therefore, when working as a transformation engine in men's inner, the Duad is relevant. In this case, duality is similar to energy gradient, working from the unconscious, reconsidering the gist of the crisis as a starting point of real Knowledge. Due to the modern, popular exaltation of selfishness and untrammled freedom directly influenced by bipolarity, today we are foreshadowing one of the most profound transformations in humankind's history. In case we are able to understand this, hatred will build love, wars and weapons will bring a peaceful coexistence. So on and so forth, until there comes a day in which we forget the effects of so much stored ignorance.

Regarding the development of a scientific work, it is advisable to approach both aspects of the Duad. Assuming that the permanent oscillation triggered because of our rational thought, that is to say a preponderance of intellect over intuition has produced aberrant energy consumption all over the Planet. From the moment everyone understands and puts into practice these lessons applied to ecology, we will notice that instead of shortcomings we will live in abundance. This phenomenon is noticed from the moment an apple seed is planted in soil and this seed is multiplied along its life. Nature is very generous. However, it is undergoing the upshot of humankind selfishness.

The merging between the Monad and the Duad results in the Triad (-) (-/+) (+). This Triad is the clearest representation of Universal Harmony, which is revealed through three Divine aspects such as Will, Wisdom and Love. The Triad behaves according to its three forces: constructive, destructive and stabilizing. At the same time, it represents Justice, Harmony and Balance. Actually, the Triad is an archetype of the highest human achievements since it provides the best energy efficiency for those who apply it.

It is worth mentioning that the Triad applied on issues concerning National or International Law, makes easier the reconciliation process between the conflict parties by mediation effects. Consequently, the resolution of legal disputes will be simpler and more peaceful. It is worth recalling that *mediation* refers to taking the middle road, the straight way – i.e. choosing the right path; the shortest line between two points. Christianity through the Holy Trinity - God is Father, Son and Holy Spirit - represents the Triad. Similarly, in the Jewish religion, the Triad integrates the Star of David. Likewise, in Taoism, the Monad

corresponds to the Tao. Therefore, at the base of the Triad the Yin and the Yang are separated at each vertex representing in perfect harmony the forces of Creation.

From a scientific viewpoint, the Triad provides the basis for a suitable administration of human and material resources within the framework of an ecological balance. Consequently, this aspect will change the current binary conception based on supply and demand in relation to what is profitable where earning a high salary at any cost, even involved in the 21st Century labor slavery. In a near future, this will encompass another way of crime. Destroying, i.e. not building on solid ground causes decreasing. Future generations, due to their awakening of consciousness, will be the guardians of right action regarding Laws of Nature. Nowadays, glaciers are contaminated or intended to be displaced from its natural place polluting the apical sources with cyanide, arsenic, mercury, xanthate and other toxic elements; some of them radioactive used for obtaining gold, copper and other metals. Unfortunately, with government support, which still sustain “development” at any cost. What is more, paying no attention to the critical low water reserves all over the Planet. This paradigm allows us to understand that when science is not linked to awareness it works against itself. For this reason, we have to understand that every single scientific work based on speculation and selfishness is harmful to the Humanity's health because it damages the Planetary Vital Body. *Randolfo López Barboza* stated, “*Who takes advantage? ... Is the ego or Inner Master?*” According to Pythagoras' Decanate, the Tetrad: (W) (O) (F) (T), we realize that this corresponds with the four elements of nature (Fire, Water, Air and Earth), with the four seasons, the four cardinal points of our planet and with the four sides of the Ecliptic respectively. At the same time, the Tetrad is related to the four temperaments which allow the development of *Will, Observation, Feeling* and conscious *Thinking* that also represent the four Cardinal Points of Human Psychology corresponding to four temperaments: Choleric, Phlegmatic, Sanguineous and Melancholic as well. Let us remember that there four weeks in a month. Additionally, the evangelists are four. Finally, four demonstrations are the ones that represent human being as an expression of embodiment, vitality, emotionality and mentality. They constitute the physical aspect, the vital, the emotional and the mental or spiritual aspect, as well. These three last aspects make up the Auric Field. Indeed, we assert that when humbleness is present inside a soul, human will submits to Divine Will. Thus, human observation surrenders to Divine Omnipresence or Divine Presence.

Consequently, we learn to submit human love to Divine Love. As a final point, human wisdom surrenders to Divine Wisdom. This is the true meaning of the word "Amen".

Josefina Maynadé in her wonderful work "Pythagoras' auric verses, symbols and Hieros Logos (Holy Word)" provides crucial lessons for understanding Pythagoras' Decanate. "This Decanate wisdom is revealing and it is completely beyond our means insofar as it contains the fundamentals concerning human evolution, divine creation as well as Anthropogenesis and Cosmogogenesis: the universe as an abstract definition and the individual as the highest possibility and perfection. The simple and geometric expression displayed in Pythagoras' triangle could be considered as the Eternal Book. It contains permanent and renascent ideas, which are present in all cyclical periods. In this sense, it constitutes the avant-garde abstract art since it is based on abstract ideas and cosmic symbols. The points registered on it constitute the codex of the highest wisdom as these points structure the high spiritual hierarchy that governs the world and man from super-universal sources. Therefore, the Pythagorean triangle as a whole is considered a treaty not only in religion, but also in art and science at the same time".

Mrs. Maynadé also states, "Each face of the triangle represents Goodness, Truth and Beauty. The truth prevails over science and philosophy, beauty prevails over the arts, and kindness prevails over religion. Imbalance, disorder, anguish, discourtesy and rudeness prevail in our everyday life because we are cutting ourselves off from the Pythagorean harmony. Lack of elegance is present in every nuance of sensitivity since we are apart from Divine Providence as we ignore it we have become incredulous, hard, skeptical, materialistic, selfish, ruthless, insensitive towards others. In addition, since we are apart from the ONE great law that governs the Universe we break not only nature laws but human laws as well. Moreover, the law and moral decay, customs degrade and distort the order fundamentals, rules of conduct, and obedience to the biological processes of our wise nature".

Pythagoras' Decanate is considered as the Eternal Book for its continuous relevance to understanding the mysteries of Nature and the Cosmos. We must trust this teaching since it will provide the basis for our consciousness evolution, as it is necessary to overcome the crisis facing humanity today. Simultaneously, Pythagoras' Decanate contains in its symbolic architecture two aspects, which seem to be opposites, i.e.

extremely complex and simple at the same time. Therefore, we realize that it will not be possible to condense it in this book. It is only trying to sow the seed in every sensitive soul willing to learn this teachings belonging to Universal Wisdom and unite all peoples on Earth.

When it comes to applying the Pythagorean teachings on a scientific work it is essential to work with each of its four aspects separately. Our consciousness must be alert for it to be sustainable. When referring to “Will” we integrate all the necessary resources. Always based on a harmonious development, such as Pythagoras would state it. In this case, integrating everything that corresponds to a proper management of energy, in both aspects: tangible and intangible as well. In addition, the exploitation of natural and human resources based on respect for life and human evolution. Reasonably, Pythagoras’ Decanate looks like something out of context nowadays; however, this Decanate was born 2,500 years ago and still is integrated into the design in all universities around the world. Therefore, it is not worth stating that it is “useless”.

When referring to “Observation” it is worth stating that when it comes to applying the Pythagorean teachings on a scientific work it is essential not only “to look” but “to see”, thus we will be observing reality in a tangential way. In other words, when looking egocentrically we are not able to see reality; we just look at it stuck into illusion. No doubt that the current relational conflict is based on the simple fact that no one sees anyone. The resources’ management in addition to an inadequate way of observing - for worshipping the action for the action itself, without reflection – allow falling into damageability, based on mutual damage. Thus, from a scientific point of view, if we behave according to the Laws of Nature, it will be easier for us to make unprecedented contributions to Humanity. Otherwise, nothing will change, which is anything but simple. If we appeal to deep observation, it will be possible to perceive the man as a whole, as integrity, and so, from the energy standpoint the consequences will be different for everyone and for the planet. For this reason, we should understand that Observation must prevail over the Action.

Other aspect to take into consideration is “Feeling”. The way in which we feel not only our needs but also others’ determines the quality of relationships. It is therefore essential to work based on the Common Good. This will immediately benefit all the parties

involved. In addition, the way we manage the prevention and safety determines the final product's quality. Today large companies have integrated computer systems based on war strategies. This is something absolutely at odds with the solidarity suggested by holistic thinking. This phenomenon is based on selfishness. Consequently, a man becomes competitive but not competent. These competitive attitudes are against Love. When we understand that "Feeling" must prevail over "Thinking", we will stop wasting energy on useless issues.

Finally, as soon as "Thinking"- this is considered as the highest manifestation of mind - is based on preponderance of intuition over intellect, creativity emerges. Consequently, better energy consumption arises. In case of the scientist aware of his behavior, if persistent in his position, he will behave facilitating the returning back to the Center, i.e. the balance between opposites and harmonious development, finding Unity in all things. Thus, capital is humanized and life is reassessed above all things. This produces a satiety or fullness condition, which will in the future feed and educate all humankind without discrimination. The old self-centered ways of behavior would be considered archaic and outdated. As a result, they would be forgotten. It is very easy to differentiate when some learning is based on speculation and selfishness or when it is based on Love. In the first case, education is sectarian and dissociative but in the second one, allows us to feel closer to all humankind. In one of the passages contained in the Book of Revelation, St. John makes reference to the learning where God's Spirit goes down to the Seven Churches. "I am Alpha and Omega, the first one and last one. Write on a scroll what you see and send it to the seven churches in Asia, to Ephesus and Smyrna, and Pergamum, and Thyatira, and Sardis, and Philadelphia, and Laodicea."(Rev: 1-11). In other words, and referring to a comprehensive development of man, we state that when behaving in the light of an expanded awareness we liberate the forces of our soul and the seven centers or indwelling enlighten. Therefore, the work of the human ceases to be harmful for Life. Consequently, it is no longer tied to the immanent and becomes transcendent, transpersonal and transdisciplinary, acting in the service of all humanity at the same time.

As mentioned before, the Decanate results from the sum of the Monad, the Duad, the Triad, plus the Tetrad. It represents the number ten (10), which the Greeks named Panteleia or "All complete". In detail, we will see that by analogy, the zero resembles a

female egg and number one resembles a male sperm. It is also associated to the circle and the point inserted in the center, reminiscent of the relationship between Soul and Spirit. The microcosm serves the macrocosm. In modern science, emerging from the university senates, each dean manages his faculty from the dean's office. In this case, referred to the place where he works. Unfortunately, many ignore the transcendent meaning of this word. On the other hand, others know it but do not practice it, which is the same: to perpetuate the materialist view of every man and life. If in all existing educational levels were studied the laws of nature in depth, it would be simpler to understand the value of a universal symbol such as Pythagoras' Decanate. Do not forget that by denying the Unity or Monad we are dealing with scientific knowledge from the Duad due to the speculative aspect of the rational mind. This means that we are working in a dissociative way, competing between opposites in a bitter war that leaves us exhausted and far from the social reality of the world. For instance, the theft of information in the scientific level today shames science itself. Such attitudes terrify every honest person. We know that this task is arduous and only the hand of God can help us to achieve it. Jesus said, "I and my Father are One." The One represents the Monad and eventually it will head the destinies of humankind, based on Love and conscious Freedom. At present, we must observe with regret how the monotheistic religions are faced in fratricidal wars even when the Monad is equivalent to the Hebrews' Star of David, to the Muslims' Mohabbat and to the Chinese Tao as well. Somehow, we are always expressing Unity in all things.

To the extent that more and more people are willing to observe the bridge between old and new, as a renewal of knowledge and as a sign of times we will be able to apply this universal teaching more efficiently. Reminding that the meaning of the word Philosophy is Love to Wisdom and it is also the mother of all sciences. Therefore, if we are truthful and deep enough we will be able to self-assess the path to self-awareness and knowledge.

Remember that in this process, everything becomes *apprenticeship material*. So far, we learned issues we were fond of but we only acquired 50% of them and sometimes less since dual intellect prevailed over unitive intuition. M.D. Rubén Feldman González states, *Taste and dislike are not acceptable*. When applying the Decanate to Synchronic Education intellect no longer prevail over intuition. On the contrary, the mind is used as a

whole, preponderating intuition over intellect. For that reason, creativity increases considerably.

For those who use the Decanate as a tool designed for knowledge are allowed to observe immediately how it is possible to go forward in the path of knowledge very quickly. That is, saving energy in building a diagnosis or in a particular job. Sweeping the personality that binds us to time and space encounters the transcendent. Eventually it will be increasingly used to carry out any thorough investigation, and it will allow a genuine integration of all sciences, through converging inputs from all cultures and peoples around the world. It is very easy to get lost if we go through the labyrinth of existence by means of intellect, which performs in conjunction with dual and self-centered thinking. In contrast, if we find the unit or monad in all things it is imperative to do it without selfishness and by means of intuition. All we need is as much Love as possible.

Proper application of Pythagoras' from the university senates will result in an evolutionary leap in material Science to achieve the Spiritual Science level, which has nothing to do with spiritualism. This level must be ruled by conscience and not by the impulses of the unconscious. The Decanate will be used in building a scientific work even more and more. This can be applied to different subjects with the same efficacy. This Decanate performs without damage. It works as an anchor between integral thinking, which links intuition to intellect and it is renewed in daily practice. Just as we envision the building of a New Humanity, based on Loving our neighbor – that is, re-humanized - also will arise a new science, called Spiritual Science. Thus, we will be able to understand that the art of self-observation and science are not at odds, but are two essential tools in building peaceful coexistence. Leaving behind the speculative and fractional theories, which have only helped to blur reality. Let us remember that God is Love, because He is One in Himself. For this reason, He embraces all of creation and in turn, we are all one in Him.

The Straight Path

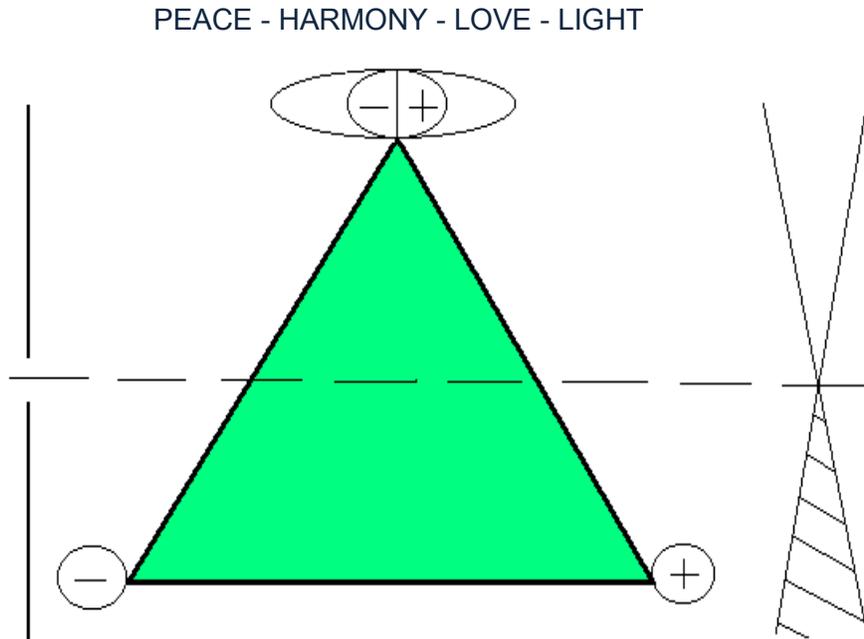
Remember that from the architectural viewpoint, the design from Universities all around the world is supported by an equilateral triangular - face quartz prism. If we strike a

beam of light on one side of its faces, because of the crystal features, it will open as a fan displaying the rainbow's seven colors. From the beam emerges the idea of each university's Dean, as the place where the One is taught in diversity and vice versa. Each Dean will eventually be an expert on the Straight Path, which means not comparing to anyone but it represents the shortest path between two points, as a sign of the "principle of least effort". In such a way, that it could guide every dean in the organization of superior knowledge. The idea of how to articulate the performance of the different Faculties must emerge from the resulting colors. For example, if the University has seven faculties each one will show a color or vibration according to the spectrum of the Rainbow. However, if more faculties, they would be associated with the basic color combinations. This takes meaning when we are able to understand that the whole spectrum ranges from the arts through those careers that are related to science and art, such as medicine and architecture up to the sciences such as Physics and Mathematics. We already know that the academic person responsible for each faculty is named Dean. Similarly, the place where he performs his functions is called Dean's office. This means that to become a Dean, one must be an expert in the management of the Dean's office, i.e. pointing reality from the Monad or Unity. A lesson Pythagoras left us, allows us to realize that in shape, everything changes, is mutant but in turn, all living things coexist with the essential and what is important. This makes possible to establish a qualitative ranking based on the Hierarchy Law, where the higher-ranking works in favor of the lower one. Consequently, each Dean is empowered to work as a Rector does, when appropriate. As appreciated, this is an offering feedback system. This is also applied to full university professors, associate teachers, assistant professors together with students, as well. The latter may one day hold the university senates and even be in charge of the University. Perhaps, one day soon we may amend the thought stated by Dr. Alexis Carrel and instead quote, "SCIENCE WITH CONSCIENCE IS FOR THE SOUL'S BENEFIT".

The term "University" does not belong to any particular culture or people. It refers to the place where students are encouraged to implement all human faculties and educated to know and to love the qualitative aspect of the Universe by inserting the microcosmic man in the macrocosm. If we trust in the *triumph of Light over darkness* there will come a time when most human beings will be able to hug their inner divinity through their consciousness awakening to the Light of Universal Knowledge. For this reason, we should

live each present moment as an unpredictable phenomenon and as regards crisis; we should live it as if it were an awareness catalyst.

Matrix for a Harmonious Development



ANGUISH

EGO

ANXIETY

FEAR

DOUBT

PAIN

IRA

FIGHT

SUFFERING

SACRIFICE

VIOLENCE

HATE

IMBALANCE

DISHARMONY

INJUSTICE

EGOCENTRISM

DISEASE

DEPRESSION

DISSOCIATION

DEPENDENCE

WEAKNESS

DELIRIUM

Etc.

Matrix Functioning for a Harmonious Development

It is essential to explain the term *matrix* in order to lay the foundations for its functioning. *Matrix* derives from the organ where gestation of fetus occurs. Its triangular shape contains what might be called three apexes: there are two fallopian tubes on either side of the uterus, which extend out from the uterus such as arms and there is one uterine cervix. Applying the Law of Analogy, we will notice that instead of giving birth to a child, the matrix will allow us to begin a new state of consciousness.

In order to deal with the 'geometric development' mentioned above, we are going to take into account an equilateral triangle similar to the Decanate. This triangle not only refers to 'harmony' but it has been used in several symbolic representations such as the Egyptian Pyramids, the Star of David and the Holy Trinity. Thus, we are not discovering anything new; we are just employing sacred geometry due to its extraordinary pedagogical value. On behalf of its simplicity, both the educator and the student may apply it. The educator, such as an obstetrician, should receive the 'child' who represents Spiritual Awareness. This responsibility requires nothing - no effort - but Love. Just as the baby's head passes through the birth canal, we should only be channels of Divine Love. The rest does not concern us. Human soul's evolution displays by itself.

If we go over the crossed oblique lines as shown in the graph above, we could see that the dotted line separates 'darkness from Light', i.e. ignorance from Knowledge. When we are being influenced by our ego, the energy is passing into and from the first, second and third chakra. Consequently, the quantitative aspect prevails over the qualitative and the intellect over the intuition as well. On the other hand, if we look at the top angle we could see that 'Light prevails over darkness' and 'Knowledge over ignorance' respectively. Actually, both dual aspects are always present in us. Therefore, we should keep a close eye on clarity as the archetype of our consciousness.

Paul Feyerabend, in his book named *Against Method*, describes teachers as if they were 'sheepdogs' and students as if they were 'sheep'. Nevertheless, there is no doubt that real change will only be possible when we get to realize about the negative

connotation of social conditioning on us. At first, it looks as if conditioning would make our coexistence easier. However, it is a repressive order, which in change requests our freedom of conscience and free will. In addition, conditioning is contrary to Unity and Love. Then, in this case, the individual must be determined enough in order to transcend not only his own limits but also the ones imposed by the society in which he lives. Going beyond our limits is possible when we do not damage anything surrounding us but instead, we love as much as we could. Conditioning, from a positive viewpoint, may help the person to become aware of his freedom of conscience and consequently he starts the deconditioning process.

Considering the ongoing pedagogy, we realize that its deficiency goes beyond the complex characteristics shown by the present-day learner, who in fact displays an extraordinary degree of sensitivity and most of the times this is unknown or repressed. However, if we are able to perceive the natural urge affecting the didactic and pedagogic field we will be able to participate in the Inner Revolution such as *José Hernández* suggested. For this reason, it is essential to sharpen our perception in order to realize that the end of this process is only possible when becoming transformers/transformed because of the souls interacting in the pedagogic field. This might not only lead the teacher to find himself but also to contribute to social healing. This pedagogic task has always been appreciated; however, nowadays it is in decline because of the competition by computer systems with current teaching. Nevertheless, this will be temporary since computers cannot develop Self-awareness nor have Soul. It is nothing more than a tool. The rest is imagination applied to the resolution of certain variables. If we just think about the greatest civilizations, we could notice that they were developed without any computer systems; however, today's society is by no means considered as an example of civilization for future generations.

Traditionally, even in the planet's smallest communities, education has been considered as a valid tool to educate all its members. Nevertheless, while the aims regarding schooling are self-centered, individuals will continue studying through force of habit. Only when we consider the chance of freeing our soul we will be able to approach the transcendent, where boundaries of Time and Form are of secondary importance. The desire to "produce" trained persons has left many gaps in their personal growing.

Moreover, this scholastic condition was exacerbated when secular education was exchanged for theocratic education, which in fact did not change anything in depth because the same theocratic viewpoints governed by its dogmatic philosophy, proved to be generating a visible contempt to the imposed order. Likewise, this affects all religions since they stand themselves as power structures. However, if we stopped antagonizing and instead we worked on “the common factor” that unites us, we will be able to enjoy Spiritual Science, which represents a bridge that allows us to cross from self-centered confrontation to integration and solidarity, based on love and mutual respect. Just as an example of what comes in the following years regarding “human behavior”, is the case of the Daniel Barenboim (born 15 November 1942) Argentine and Israeli pianist and conductor. He is descended from Jewish grandparents who belonged to an endless war people against Palestinian. However, this honorable orchestra conductor is also known for his work with the West-Eastern Divan Orchestra, a Sevilla-based orchestra that provides a place for musicians of varying races, expertise and religions - including Muslims whom Israel is still in conflict- to express their talents. In order to build a temple, the inner prison must be destroyed by means of our Inner Revolution. Thus, we will be able to understand that in a self-centered society, ‘disharmony, imbalance and injustice’ are the upshots resulting from a collective dissociation. Moreover, these are symptoms based on a small target: ‘power accumulation’, which is also contrary to solidarity and peaceful coexistence. Changing this kind of attitude that is so ingrained in every society requires the immense power of love to integrate the dissociated counterparts. Just considering that, the opposites’ fusion is manifested through the Forces of Creation and Universal Love. However, this COMMUNION is not an issue concerning some persons or entities’ commitment but an integrated one.

Today, in the XXI century, a woman is sold for two hundred dollars and children are induced into prostitution. What is the point in using technology, if this degrades the integrity of humans and increases their degree of perversity? It is a difficult task and its responsibility is everyone's concern. We only could be save by means of our impersonality and being willing to die in every moment, bearing in mind that the Divine Plan must likewise be achieved. No one is indispensable, but we are all involved in a common destiny within the Planetary Spiritual Body. The matrix works as an “inner mirror” and allows us to observe consciously our reality, thus favoring the development of humbleness i.e. the acceptance of the unpredictable.

The bipolarity of the lower self

By using the three polarities, we could clearly define the three aspects of desire: the positive (+) aspect refers to what we want to happen; and the negative (-) aspect to what we want to avoid. These two polar aspects define the doubt. In ordinary discourse, these polar aspects are manifested in different ways and frequently confusing the person. For example, “should I stay or should I go”, “does he love me or not”, etc. It is important to be able to recognize, by internal observation, how these dualities not only consume our energy, but lead to illness. These dualities perform as a germ coming not only from a family conflict but also from a social, national and international conflict. In this antagonistic game, there are four key words: struggle, pain, suffering and sacrifice, the rest are secondary effects as a result of egocentric thinking. This performs as a germ of a vast number of psychosomatic illnesses, which ultimately affect the entire social body. The constant oscillation between the polar extremes of the Matrix exacerbates anxiety and permanent anguish for the person’s Harmonious Development. Bearing in mind something fundamental from the point of view of the Amplified Vision: through a mere thought about the future we are turning off our auric field, allowing us to understand that anxiety is an effect of dissociative thinking. Another pattern concerning dissociative thinking arises whenever we think about our past, and the same effect applies, i.e. a state of anguish. In the absence of an adequate practice on Conscious Breathing, we will be stuck to the unchangeable past-future bipolarity. The past has already happened, and the future has yet to come, therefore, it is unpredictable and unchangeable. The constant mind oscillation plunges us into a fiction or illusory world and as a result, the person feels a constant fear to what is still unknown, to die, or to get sick. Similarly, and to complete this philosophy, when are aware of our true-life present, our vital energy is expanded immediately and our face is full of color and joy.

It is also worth mentioning that children and young people have the chance to live situations alike, which in many cases are exacerbated by authoritarianism, lack of limits and the suppression exerted by certain educational systems, as well as the frequent alterations coming from the family circle. These stimuli induce them to struggle with

depression. This happens, especially when it is about Indigo or Crystal children, who need a dose of love and special understanding. Without realizing it, we submit them through permanent stress. Not including what happens in conflict zones.

When we want to understand something in detail, we should observe it in ourselves. Bearing in mind that the ego or lower self hinders the learning process because of their relentless oscillation in the field of desire, the polar ups and downs of love and the exhaustion caused by rational thought.

Our ego seems to be what it desires, wants and thinks. By the way, J. Krishnamurti said, *"What I want does not represent my Real I"*. In addition, *Salvador Porta March* used to say; *"Personalism puts us away from God and impersonality brings us closer to Him"*.

Nowadays, the conduct disorders shown in youth belong to the society in which we live. Therefore, it is our responsibility. Violence, theft, collective insecurity, different kinds of addiction, etc., are all the consequences that we have all generated by omission or commission. Only with the conscious cooperation of humble persons, based on solidarity and love, we will be able to open the gaps that divide us to achieve a peaceful coexistence.

The matrix for the benefit of a harmonic development, does not behave as a rigid element, but on the contrary. The starting point regarding the matrix deals with the preponderance of the egocentric duality and returns to balance by means of the awakening of consciousness. Whenever the human condition prevails over the divine status, the matrix oscillates and in many instances, it is reversed. This oscillation constitutes the starting point of doubt and fear. At the same time, emerges as an adaptive response or as a defense mechanism the individual violence, the family violence and the social violence, which tend to justify and / or repress.

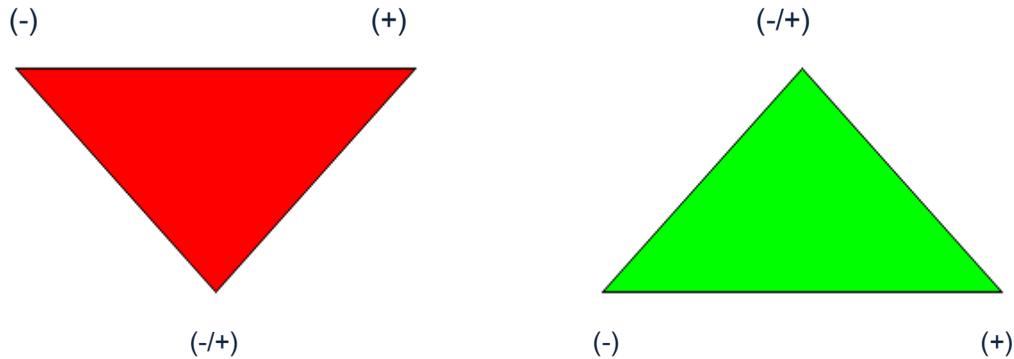
The dotted line separating the Real from the illusory would be represented in our body by the diaphragm. At the bottom of the diaphragm are located the three lower centers, better known as the first, second and third Chakra or Dwelling. This allows us to understand that everything that our ego disputes as our own thought, feeling or desire, reflects our conditioning and dependency. However, we should realize that this is

unavoidable, because the conflict created within us, by its actions, is at the same time the necessary impulse to transcend duality and the conflict at the adequate moment.

When we apply both, Amplified Vision (issue that will be developed after the interpretation of the subtle bodies) and Conscious Breathing the connection with our Inner Master is simpler for us, thereby opening the higher centers, i.e. the fourth, fifth, sixth and seventh chakra. This allows us to understand St. Paul's philosophy: *"It is no longer I who live, but Christ lives in me"*. This teaching refers to the Living Christ or Spiritual self. For those who do not believe in him, it is represented as the Inner Master. In addition, this element is perfectly noticeable even in atheists. In some way, we could say that everything is all right. From the viewpoint of an expanded consciousness and serving others, we could state that there is always a chance to return to the center - repent and walk -. If at this moment prevails an illusory world within us, it literally represents a reminder that in the future will prevail what is Real. This is hope functioning.

Just as the lower self or ego emerges from a chaotic world, the Higher self appears connected to the Order and to the Undifferentiated Energy. In the process of creation of different worlds, where the subtle aspect descends into the dense aspect through the Involution Law, it acquires a differentiated form involving both, inorganic and living organisms. Then, in an eternal return, the dense aspect rises up to the subtle aspect transformed into an evolutionary process, where everything is placed as a whole, i.e. in connection to the Harmonious Development. *Albert Einstein* stated that, *condensed matter is energy and energy is matter in solution*. Therefore, in case we interrupt any of the stages in Human Evolution and the evolution of our soul at the same time, we will understand that everything is acceptable and functioning according to the Divine Plan.

The Artwork Creation is similar to a huge room plenty of educational content. Moreover, the human being is the most evolved creature on the Planet. Thus, he contains in himself the dual ability to become a master and a disciple at the same time, also an educator and a learner, going beyond human discrimination. Taking for granted that in this school, the "headmaster" is the Divine Master or Inner Master. Therefore, it is worth mentioning that we will be able to approach real knowledge only by means of our awakening of consciousness, i.e. as a whole unity but not as a fragmented being.



The dissection carried out by the lower self or ego between what has been established as OK (+) and what has been established as WRONG (-) is illusory. We need to understand that by no means, our ego represents the common good, which is based on common sense. Nowadays hunger and poverty are the clearest expression based on an egocentric thinking. Just as two persons out of control - under the impulse of instinct and desire - struggle to confront their ignorance, the same case is exemplified by societies, which are victims of fratricidal struggles due to religious issues, shortage of natural resources or racial discrimination. Our ego by means of doubt and duality swallows our energy. Then the Unit, which is represented by our Higher self, is endangered to irrational and unconscious impulses. The red triangle above shows this viewpoint.

By incorporating Conscious Breathing and Amplified Vision, reversal of such mechanism is possible. The Unit prevailing over duality. In addition, the Higher Self prevailing over the personal ego. This offers us the possibility of regaining harmony, balance and justice, as expressed in the green triangle shown in the above picture, placed on the right. State to which *Künkel & Dickerson* referred to as "*mature self*". Let us remember that every time our human condition prevails over our divine condition, we immediately lose our inner balance. This dynamic is part of our everyday life and our task is just realizing, what is happening at every moment.

As we have already seen, Nature has three forces with equivalent polarities. When the ego prevails over the Duad or duality, so do, in a dissociated and chaotic way their destructive and constructive forces, causing disease, imbalance, and death as it happens today. When the Higher self is over the ego, the stabilizing force prevails as a manifestation of Unity and Love, over the destructive and constructive forces, slowing the

pace and thus reaching the dynamic equilibrium of psychophysical and spiritual health. Only if we analyze this process we will understand why man was created in the image and likeness of God. Therefore, we need to be aware of all that occurs inside us when we return to our inner center, where the Inner Master teaches us that peace is possible and that the ego must attend meekness' lessons.

By the way, *J. Krishnamurti* defined this condition in the title of his shortest but most meaningful book named: "At The Feet of the Master". Every time we realize that not all the ways we were going round were productive for us, we find ourselves exhausted and emerges a need to return to our inner center. Then, it is time to begin the "Way Back", as stated by *José Hernández*. This is the exact moment when the Evolution of the Human Soul grows in importance. It is worth saying that we are not watertight compartments because of the phenomenon involved in Subatomic Physics, we are all included in a common process concerning the whole humanity. We should understand that there are not fixed patterns of thought, because every person has exclusive gifts to develop and help in the construction of the New Humanity, a place where not only the crisis flows as a river of living water, but also a place where each person revives his lost voice: his Consciousness.

If in our daily life, we practice the necessary "training" to overcome duality, by means of integrating Divine Breath or Conscious Breathing in addition to what St. Paul instructed us: "Pray without ceasing", we will be able to transform an educational procedure in an educational experience. In this case, not only the educator but also the learners are constantly growing by expanding their subtle bodies and the synchronicity of their souls. This spiritual resonance allows us to recover creativity and, consequently, to produce a harmonious development.

Künkel & Dickerson stated that *Individualism develops by means of self-centered lines, which consist in pursuing false targets based on misconceptions about the person. As a result, every individual finds it difficult to fit properly in an unrealistic world. This issue causes in some people frequent psychological crisis in which the person must give up false ideas about himself and what life really represents and demands from him. Sometimes, it involves a complete collapse of the current egocentric system.*

The human being is able to perceive the unity either, in relation to his wife or in relation to his family or in a group not exceeding his family's members. Similarly, he is able to notice the unity in larger groups, such as his tribe, his party or his country. Likewise, he is able to feel this unity in different relations as in the church, in a trade union, in a community or even in the club. However, only few people are aware of the subtle perception, which leads us to notice unity in the all-inclusive humanity.

Unit's Behavior

Being aware of the Unit in all things, the teacher begins to establish this unity inside him. As a result, he not only strengthens his faith but also, he powers his life and the life of those around him. Achieving Unity is essential to perceive the student's soul potential in connection to his own. This is what we have already mentioned as "Synchronic Education". This dynamic exalts the educational system to its fullest. Being aware of this synchronicity allows us to understand that the resulting energy is not his, but still it is available for him. At this point the observer and the observed become ONE, a Unit. This is an expression of Love where light comes down shining through the door and understanding the relationship between a selfless service meeting others.

Harmonious Development

Harmonious development is a consequence but not the primary cause. It comes as a result of applying this aphorism "knowledge of non-knowledge" at every moment. This maxim was the archetype to be reached in the Pythagorean School, where the follower was led until he was able to release the forces of his soul, in as many aspects as possible. The revelation has always been considered the manna or spiritual food substance. Therefore, a way of perpetuating ignorance is by means of accumulating intellectual knowledge. The harmonious development is not something we could find by looking up eagerly. It may well emerge instantly by simply being aware of whatever triggers our inner disharmony and then we will be able to go the opposite way, i.e. to go along "the straight way". *Harish Johari* in one of his books titled "*Lilah*" represents the harmonious development as well. A snake and an arrow represent the *Lilah*. The snake leads us to lower levels of consciousness and the arrow leads us to the highest states of soul. The

harmonious development arises as a result of our inner work, based on the awareness about how things happen. We already know that any work based on Love enlivens us. Therefore, it contributes to the expansion of our consciousness.

I think that it is important to reassess the true meaning of “crisis” because far from being a destructive element for the individual, it helps to make his mind clear allowing him to perceive life in a new way. As the individual’s crisis is unexpected for him, it should be regarded -in terms of Human Evolution- as the best opportunity of real growing. The apparent individual’s harmony is indeed, forced and obsolete. If we observe nature, we will see that it is renewed through its cycles and dynamics and life takes on new forms of expression. Life takes different connotations in the different evolutionary stages of man. Today we are facing unexpected facts, because it deals with a global phenomenon, which commits the human race and the entire planet. The Subatomic physicist *Fritjof Capra*, in one of his books, named “The crucial point” he states: ‘*The progress of our civilization has been largely the result of a mere development of the rational and the intellectual, and this unilateral evolution, has now reached an alarming stage, a situation so paradoxical that borders on insanity*’

Increasingly, men and women as scientists, artists, students, teachers, religious, leaders, etc., find out at this moment, the right time to carry out their inner transformation and become participants in the construction of a New Humanity. They understand that the Alchemy of the Spirit that takes place within each of us, allow us, almost without effort, to transmute limitation into possibility and ignorance into knowledge. Consider this statement as a Sign of the Times, where the One is manifested by the perception of the Christ consciousness within all those with a humble heart.

Today, children and young people know intuitively that when the strength of bonds is able to perform, contradictions disappear and the Unit upsurges. We pray that every person of good will could become in a short time a bastion of Peace.

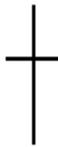
The world is constantly moved by the horror of war. This makes us understand that duality not only creates inner conflicts in humans but also in the concert of nations, causing havoc in international relations. An anonymous passage reminds us that; ‘A single moment of distraction is equivalent to much time of sorrow’. We are manufacturers of

darkness. The same nations that today seek to stop the madness of a chemical war or a possible nuclear conflagration are themselves complicit in the destruction and death and bastions of armaments at the same time. How much shared schizophrenia. There is no doubt that all of us are somehow complicit by our indifference and ignorance. This is not a favorable time for regrets. Instead, it is time to work for Peace with all the importance that the issue requires.

The mutation of forms

The mutant character of forms shows as if everything were changing, different and so often confusing and unstable. Since, essentially everything is within the Whole. Therefore, there is diversity in Unity. *Saint-Exupéry* left us this message in his work *The Little Prince* 'What is essential is invisible to the eye'. Indeed, the Monad or One, is in all beings and all things, as a representation of the Undifferentiated Energy. It has been incorporated in different forms for different cultures, philosophies and religions that have emerged along the history of humanity, because each of them acquired their own identity. However, all of them contain a common factor, which breaks with appearances and it is precisely, that all of them knew the value of Conscious Breathing and Amplified Vision. Even pre-Columbian cultures. Both elements are essential in the building of this work. Without them, it would be impossible to consider the possibility of Synchronous Education and even less integration Soul / Spirit. As differentiated energy, in the case of the Soul and Undifferentiated Energy in the Spirit or Higher Self. Thus we find Unity in everything that has been created in the living expression of Love and Unity of Creation, whose energy is boundless, which, to be amalgamated with the Universal Wisdom, shows that we are all united in a sacred destiny, which goes beyond any discrimination.

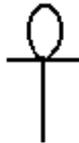
Here we describe nine different representations of the same universal message. There is no doubt that education is the path to a free conscious, therefore, it is essential to understand that in analyzing the language of symbols, we are not apart from the Unit *teacher / student*. On the contrary, we will find out the common denominator that exists in each of these symbols.



The Christian Cross itself constitutes the simplest representation of the eternal / temporal conjunction that Man is. If we open our arms in a cross, let us note that the horizontal rod corresponds to the relationship nature in Time and Space. Everything that exists is subject to past, present and future. We are born, we grow up and we die. Outer space responds to the Law of Cycles; therefore, it contains orbits, moons, planets, systems, galaxies and the cosmos totality. In addition, as the moon takes four weeks in orbit around the Earth, it orbits around the sun 365 days. Our Sun, together with the millions of suns that make up the Milky Way, is also subject to time and space, since it must go a full cycle every 250 million years. However, no time nor space or the uncreateated also exist, find correspondence in the vertical shaft of the Cross, where we find the relationship we have in terms of what the Eternal as ubiquitous manifestation of the Higher Self or Divine Spirit and Soul. Without forgetting the past was present, the present is in itself, and the future will be submitted in due time. Therefore, we could say that time-space travel into Eternity. Looking further, we will understand that every moment of our life forms in itself a combination of both aspects from the standpoint of the eternal / temporal. The person is only able to enter this conjunction in a conscious state, and interacting by means of Conscious Breathing and Amplified Vision. So as to retrace our life, from birth to death, we could see that our soul has been transformed, as it has been in contact with the Spirit or Divine I. *José Hernández* describes this process, 'rescuing The Captive' (the soul). As an example, we may note the changes in the life of Jesus as a child, in the time from adolescence to youth, and after thirty years, when he received baptism in the Jordan up to the moment corresponding the Mystery of Golgotha. Similarly,

and bridging gaps, all of us mature our eternal / temporal relationship according to our own inner needs.

The central point at the confluence of two vectors is related to the Fourth Heart Chakra or Residence. From there we issue our prayers, when we use Conscious Breathing. If we become aware of this point, we will see that it determines the quality of our posture. If it is depressed, we will form an arc with our head and pelvis forward, and the abdomen and chest inward. In this position, we only lose energy unnecessarily.



The Egyptian Cross or *Ansata* or *Ankh* is the symbol of this ancient nation and represents immortality. It expresses eternity, without beginning or end, which falls on Nature and beyond. In turn, this means the inclusion of microcosmic man in the Macrocosm. It is an androgynous symbol and contains the Forces of Creation. If we put our feet together and open our arms, our body contains the *Ansata Cross*. It is an Egyptian hieroglyph, as is the winged sun representing Conscious Breathing, which allows us to render a prayer from the meeting point between the two vectors that form it.



The Star of David represents the Center of Love and Self-awareness and in turn, Balance, resulting from harmonizing our male and female inmates. In the *Torah* or *Old Testament*, we find that one of the Ten Commandments is "Honor thy father and thy mother". For this reason, the Star of David is representative of the Unity, Love and the Forces of Creation. We should observe how they fit and the correspondence of the two equilateral triangles that compose it, placed in inverted form with respect to one another and inserted in their centers. Making up a wonderful symbol that represents Jewish people. Unexpectedly in India, a twelve petals lotus, corresponding to the Fourth Chakra or Heart Center, shows an internal representation of the Star of David.



Muslim people cannot, by their principles represent God through anthropomorphic forms, but through Sacred Geometry. Hence, all Moorish architecture, used for the building of mosques, fountains and gardens, geometric elements that have a symbolic and aesthetic feature at the same time, the highest spiritual hierarchy. The inclusion of four right angles to the four semicircles of *Mohabbat*, confronts us with an image of real beauty, which represents the integration of the Forces of Creation and Unity, through the merger of male -present in the straights- to female -present in the curves, harmoniously integrated. The Sufi tradition emphasizes the importance of opening the Chakra or Heart Center through *Mohabbat*, as a manifestation of Universal Love. Remember that a fifth of the world's population is Muslim and therefore, this is the largest monotheistic religion on the planet.



The Tao shows the interplay of opposites, represented by the yin and yang, as even essential that regulates the rhythms of the universe. According to *Lao-Tsé*, the Tao is the source where all things spring. It is the sole principle. Its meaning is “ongoing”, “track” or “path.” Taoism is a religious system based on the Tao and created by the Chinese philosopher *Lao-Tsé*, born in 604 BCE. At present, Taoism, along with Buddhism and Confucianism are professed in China. Its teachings have reached us through the *Tao-Te-King*. As explained in it *I Ching*, the saints or sages, in devising the Book of Changes or *I Ching* wanted to scrutinize the orders of the inner law and destiny. Therefore, they established the *Tao (way) of Heaven*, and named it ‘*the dark and light*’. In addition, they established the *Tao (way) of the Earth* and named it: ‘*the soft and firm*’. They established *the Tao (way) of man* and named it ‘*love and justice*’. *They put together these three fundamental energies and doubled them. For this reason, there are always six lines or hexagrams in the Book of Changes.*



While it is not possible to develop in a few paragraphs so complex and profound issues that conform the spiritual life of humanity, here are cited the ones that have a common language, referred to the Universal Wisdom. Such is the case with Alpha and Omega in Revelation 21-6. This teaching appears to take the first and last letters of the Greek alphabet, a clear representation of cyclic origin of the whole universe. Not as an imperative mood, but an inner necessity, when requesting to the Heaven's forces to close any plan on Earth. In this way, everything becomes sacred. When it occurs the opposite way, it will only defile the whole of nature, because we generate fractures that affect the evolution of man on Earth, with implications on the cosmic level that they do not fit into the human mind. Only when we understand the value of reaching our goals, we will be able to understand the meaning of the 'Word or Hieros Logos'.

We appreciate that each of the symbols shown here are distinguished by their outward appearance, but all of them represent the Unit within us. This awareness is achieved by not reading whole libraries in all languages. Only this can be achieved through meditation and opening the heart so that knowledge can stream revealed by the Universal Love. Understanding such teachings with our soul, will gradually allow us to leave absurd circles, based on the anticyclical mechanism, whereby the lower self or self-centered, based its ineffectiveness, to start over, leaving it unfinished, both honoring father and mother, such as paying bills, or complete the studies or any other high goal. When this is not understood, this process generates a huge energy waste, which puts into question the survival on the planet. Especially if we analyze it from the ecological point of view, because the speed with which we hurt ourselves, is vastly superior to that performed by environmental sanitation.

When we truly understand the power contained in these words, we will be free from the egocentric slavery. I am Alpha and Omega, beginning and end. (Rev: 21-6). From this statement is that human strength, even inadequate and fragile, can be accomplished by the Inner Master's hand, the energy needed not to antagonize the Laws of Nature and thus helping in fulfilling the Divine Plan for the Evolution of Humanity.



The Pythagorean Decanate, symbol of the Pythagorean School, has already been explained in detail in this work, but now is integrated - as a sacred symbol - to this family. Its importance is extremely significant because it is the usual tool for construction of Spiritual Science. The Monad or Unity, with its surrounding energy field, contains the Forces of Creation. Perhaps one day soon, in all institutions of higher education, it will be used in the development and practical application of scientific works to serve the common good.



Finally, we find the Fertilization Unit, consisting of two opposing elements, which are integrated: the manifestation of the egg and sperm at the very moment of conception. Phenomenon - with a few different connotations- that occurs in nature - animal life and human life -, as representing the integration of masculine and feminine.

The Language of Symbols

The semantic language contains in itself the embodiment of the word, which may be profane or sacred as the impulse that gives it, the intention with which it is used. This has to do with thought and the spoken word. Both produce the same effect in the subtle bodies of those who are rendering it, and that person to whom it is rendered. For example, when love is egocentric, barely reaches the level of polar desires. It is diametrically opposed to the vision of love in unitary or totalizing action. The person is not Love, but Love is channeled through us. As regards the language of symbols, this allows us to address the essential and transcendent knowledge that has endured throughout the history of humanity, being recorded in the collective unconscious.

Sam Keen said, *'We are now entering an era of discoveries, reminding us that marriage between science and mysticism will open new possibilities and it will release potential that we might scarcely imagine'*.

Spiritual Science

One thing that stands out is the knowledge of how things happen. It is no longer a mere accumulation of computer-based data, and becomes the effect it has on the inside of man, the profound transformation of joining sacred as the knower with the object of knowledge. This process is not appropriative; however, it is based on the overwhelming need to serve others. It does not have an owner and belongs to the Universal Wisdom. It is there, to be used in the service of humanity in solidarity. When we do so, there comes an unconventional level of understanding, which presupposes the possibility of reaching higher states of consciousness.

Carl G. Jung refers to the principle of synchronicity, as the expression itself of conjugate movement of opposites, through the harmony resulting from the cessation of conflict and the integration of the Unit. *Jung* in his books 'The Secret of the Golden Flower' and then, in 'Synchronicity' he states as a starting point Synchronous Education. This refers to science: *I am a doctor and I have to do with ordinary people. Therefore, I know that universities have ceased to act as sources of light. People are satisfied with scientific and rationalistic intellectualism. I want to hear about a truth not narrow, but widening, not dark, but lights, not as a drain on water, but moving it to penetrate to the marrow of our bones. This way of looking for something is threatening, in a large anonymous public with false paths to lead.*

Interestingly, too, what Rudolf Steiner raised regarding Spiritual Science, in conjunction with the ability to find the true meaning of the New Paradigm: *Now Humanity needs the hidden development (nothing is hidden, no longer be stated), therefore it is necessary to inculcate it. Only the aspiration to truth, from object to object, will lead to a true brotherhood. This is the best to reach the Unit and to have the means that leads to the ultimate goal of humanity. As stated above, the Spiritual Science shows us not only as a great ideal, but as a force that penetrates and which emanates Knowledge. Increasingly Spiritual Science will become popular interest; it will penetrate all religious and political aspects of life, as well as the great law of life force in all beings and it is a factor of evolution for Humanity.*

The immortal philosopher of Samos, *Pythagoras*, who already incorporated the Deanery, was the first to raise the spiritual science from a holistic education, to apply the *Harmonious Development and Fair Measure in everything*. Undoubtedly, he was a precursor of precursors, if we consider that 2,500 years ago he could enunciate the principles of this New Era. In his long stay in Egypt, he acquired the most profound knowledge, as in Babylon, Phoenicia, India and mainland Greece, where his contact with scholars of the time allowed him to provide this Synthesis' language with such magnificence.

In the Sphinx of Gizeh, monument of great value as evidence of the attainments of the Egyptian People, we can see beautifully interpreted the four temperaments (choleric, phlegmatic, sanguine and melancholic). It is very interesting to state, their relationship with the four elements of nature (fire, water, air, earth) and, in turn, with the four bodies (physical, vital, emotional and mental), resulting in the whole human. Remember that in the Bible (Revelation 4-6 and 7), we find the Sphinx represented in the four living creatures. These themes have been developed more extensively in my first book "*Martin Fierro. A path to our inner development*". Notably, these concepts reach a different dimension if we apply the synchronous Education.

Subtle Bodies in the Human being

When we transcend the limits of form, of the tangible that the materialistic mind gives us, and we address the whole man, we realize how very little we know about him. We have classified and organized everything and we lost the necessary to get to capture the real human being, complete, including the gross and subtle in a fully conscious.

In the case of the physical body, there are too many interpretations, since it is accepted and studied by all of us for being the most accessible one. It has correspondence with the Mineral Kingdom. We have in turn, minerals, plants, animals and man, giving specific and individual characteristics for each of them.

If we pay attention to the plants, animals and humans, we find that a common bond unites all of them: Life. This is shown in living organisms through the vital body, which reaches its maximum at birth and turns off when dying.

By observing the individual with Amplified Vision -topic to be developed then- we immediately will notice how the vital body is modified by the action of desires, emotions and dissociative or egocentric thoughts related to truth and love. The current system of life deteriorates the radiant power, but also affects the vital body the amount and quality of food we eat. Especially if it is toxic food with chemical additives, or grown with chemicals that affect the vitality of them. The same happens when inhaling high-density particles, which are suspended in the heavily polluted air in big cities or industrial areas. It is essential to observe the expansion produced by Conscious Breathing in the Body Life because we can verify that it has the power to separate the Physical Body from the Emotional Body, and thus makes our existence bearable. This phenomenon is deeply related to the immune system, from which we infer that the greater the care of our vital body, the higher the quality of life.

Emotional Body, located below the vital body is common to animals and humans. And because of the stress we live, this body is constantly disturbed. It is also vulnerable to anger, so prevalent in human behavior. All Emotional Body excitation, because of stress, hatred, slander, anxiety, distress, envy, competition, fraud and all forms of corruption, exploitation of man-by-man, fear, delirium, among other factors, affect the completeness and immediately interfere in the vital body energy, exposing us to the vagaries of the emotional level. When working with Amplified Vision is possible to observe this phenomenon. Just the thought of a lie, or when we distrust which is not the same as being wise, or when we think sarcastically bad of others, the potential energy of the vital body decreases instantly, both from us and the others, and leaves us exposed to the influence of the Emotional Body. This facilitates congestive and inflammatory processes or sclerotic, which will determine whether or not in future, the production of acute or chronic disorders, according to the magnitude of the conflict.

By reducing the energy of the vital body, the emotional body immediately access to the physical body and generates the full range of psychosomatic disorders that humans have today. The areas most affected are those in which the individual has higher energy

fragility. The variety and quantity of subliminal stimuli to which it is subjected most of the world population, for predetermined purposes to encourage consumerism, today left exposed the individual to the effects of emotional poison, as Toltec wisdom considers it or as *Dr. Miguel Ruiz* said. Most people are unprotected in this regard, because they do not know how to control their emotional outbursts. However, it is simple and it is available to everyone. Both, the Amplified Vision and Conscious Breath perform effectively without discrimination.

With some pain, we notice the deterioration produced annually on the sacred teachings, the effect of what might be called egocentric friction, which transforms the profane in sacred and turns off the Light of Knowledge, with the miserable aim of perpetuating the most inept power. This invites us to keep alive the flame of conscious awareness, through a practical life.

When we collect information on this issue, we find out that both Conscious Breathing as the Amplified Vision, were known since antiquity, which shows that the perception of the auric field is not new. Only in recent times, by a preponderance of intellect over intuition that materialistic science has generated, it seems that ceased to be reliable some sacred teachings to humanity and everything seems to be ruled by reason. However, we must not forget that future generations will not operate properly without the daily application of this knowledge. If we reject the adults, we will be exposed to an irreparable generational gap.

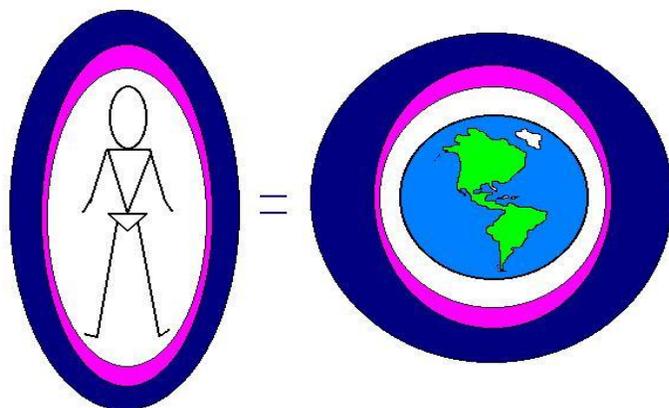
Today we can see that a civilization based on egocentric bipolarity is contrary to Love. Egocentric thinking hurts, because it prevents the integration of peoples and causes severe damage in the human auric field and planetarium as well. This blindness allows certain nations to believe they are educated and ecology advocates, when in fact their "cleaning" is to dump their toxic effluents in the most vulnerable and needy nations. It was believed that education today would be a mitigating factor in this situation. Nothing is further from the truth. Only now we understand that people with more ability to harm others, are those that have overgrown their intellect. These are easy terms to the consumption of superfluous and, therefore, become breeding grounds for all kinds of addictions and violence. Stress alters our astral or emotional body constantly. Accordingly,

we intend to suppress their symptoms with suppressive or alternative therapies, never knowing the root causes that link us to the etiologic diagnosis on the origin of the process. These substances create drug dependence, and obstruct the knowledge of the true etiology. Therefore, they are generally useful to perpetuate and cover up the conflict.

As far as the Mental Body or place of location of the Spiritual Self as a manifestation of the last envelope, it has the ability to distinguish who is the man from all creation, and that gives him the power to deal with the conscious mind. Especially after the Mystery of Golgotha, which marks a turning point in history, because until that time the initiation was in unconscious state, and from this event on it happens to be in conscious state.

As we can see, the task of education is more than just teaching "to add and to subtract." When we take into account the whole man, we understand that to the extent that teachers at all levels of education, apply the old / new conjugate Synchronous Education, will come a love of knowledge so deep in educators and students, that philosophy as a mother of all the sciences will be adorned by the resulting Love of Wisdom.

In a near future, the knowledge-based Teaching of the subtle bodies, will give us the basics of Continuing Education, which allows us to continue learning beyond the classroom or university cloisters, due to the integration Soul / Spirit. By its inclusive and indiscriminate action, this will perform as a starting point for deeper understanding. We cannot love what is unknown for us. Similarly, the act of will to get in contact with the object of knowledge, will serve as a vector for future generations. This aspect works as a quality control on the functioning of the Synchronous Education.



The chart above explains in simple terms, the correlation between the effects produced in the subtle bodies of man and the planet. I call for reflection and meditation to those who are concerned with Deep Ecology. We should realize that our subtle bodies are in absolute relation to the planet, as well as all the existing souls. There is no separation, this is illusory. Therefore, it is essential at the earliest, that children and adults perform a systematic and thorough learning of the Laws of Nature, to understand once and for all that we are united in common cause with all mankind. Despite the simplicity of the lines, we can appreciate their mutual correspondence, which makes us happy and sad at the same time. Happiness arises because we were never closer than now, to understand that the awakening of our consciousness has a direct impact on the awakening of the planetary consciousness. Moreover, sadness is because, most of humanity still does not understand this. Therefore, it is a commitment for all of us to take care of the planet's ecology, because of its close link with the human aura.

Amplified Vision

“Attentive to be awake.”

Krishnamurti

It seems as if the ego would strip the leaves from the Book of Life, to replace them with their egocentric speculations. However, when we understand the value of the phenomenon involved, supported by the Subatomic Physics, we realize that nobody is out of the great energy field that contains all of Creation. Therefore, if we are all within what

has been created, any separation or discrimination is illusory, and then let us do our contribution to the World Peace. *Carlos González Vallés* says; 'Things are as they are and not as we claim them to be'. There is no doubt that reality is the best place where our ego attends lessons of meekness. This allows us to understand that every mistake is wise, understanding that the wisdom of the unconscious is complementary to conscious awareness, although it seems otherwise. Both are part of Universal Wisdom. San Pablo left us as life skills, these four legacies applicable to everyday life: Joy, Thanksgiving, pray without ceasing, Put on the armor of God (i.e., to do everything with amplified vision.) In this connection, in *Lk. 10-23, 24* we find this teaching: · *"Blessed are the eyes that see what you see: I tell you that many prophets and kings desired to see what you see and they do not see it, and hear what you hear and they do not hear. José Hernández, meanwhile, wrote in the Martin Fierro; 'In a glance the man has to see everything at the time. While in Mt: 6 to 22.23* we read: *The body lamp is the eye: if therefore thine eye be single, thy whole body will be bright. However, if thine eye be evil, thy whole body will be dark. So if the fire that is in you is darkness, how great that darkness? Finally, I quote a wise old saying that says; 'The best way to understand others is putting in their place'. (From the Soul).*

Look and See

Clear, transparent,
The transparent heart.
In case Life is looking for you
In case, death finds you.
The thing is to come and go,
Clear, transparent.

Armando Tejada Gómez

Without realizing it, we spend most of our lives looking without seeing. Sometimes we got to the final moment of existence, not knowing who we are, or who have been the beings who have lived so long with us. This is because we do not know that the lamp of

our body is the spiritual eye. Again, poetry participates in our inner awakening; in this case, the poet is *Armando Tejada Gómez*. It plays a role equivalent to the *koans* of Zen Buddhism persuading us to deepen the quality of our observation and the expansion of consciousness.

When using egocentric or focal vision, we look without seeing, being caught by fiction, without grasping reality. This can be seen when observing an object or just the index finger, about 15 cm. from the face, taking as a starting point between the eyebrows. As it is easy to realize, we are able to see double and sometimes blurred to objects or people in front of us. In other words, we do not see them as they are. This means that when we look through egocentric or focal vision, no one sees anyone. Each one of us places in front of ourselves and the others, what we want and what we do not want it may occur, what we wish and what we do not wish for one or other circumstance and what we think in opposition to what we do not agree. This is compounded by what we see and do not want to see. However, for each particular event, we must consider these eight variables, if we are alone, but when someone comes along and quickly adopts the opposition plan, conflict arises and leads us away from understanding. The specialist in school violence, *Alejandro Castro Santander*, clearly defined this issue saying; 'we have XIX century schools with teachers trained in the XX and with XXI children. He briefly defined the phase shift that produces looking without seeing, which will eventually be remedied, because it seriously affects the social organism.

The extraordinary difference that gives us the amplified vision is leading us to avoid unnecessary wasting of energy that suppresses the body and exacerbates the Emotional Life. By understanding this process properly, thus arises the energy savings required to perform the task we have assigned.

The amplified vision affects our quality of living, both with the family, as society, because we integrate into the Common Good . with focal or egocentric vision, it is almost impossible for us to work without damaging and not be damaged as well, but more serious is that under these conditions, we extend the damage to the environment. In this case, we have the aura dimmed by the strong decrease of the vital body, which is equivalent to the "*evil eye*" in *Matthew 6-23*, whom he describes as a dark body, wondering then: So, if the light that is in you is darkness, how great that darkness?

Let us analyze world events and check their actual force. Egocentric or focal vision is the vision necessary to make war, to envy, steal, cheat, kidnap, compete, dominate, subdue and to allow the exploitation of man by man. It is imperative to lie, cheat, discriminate or be under the effect of any kind of addiction. The egocentric view or focal, is responsible for the ecological damage that our planet faces today. Not forgetting that selfishness is responsible for the marginalization in the world. This marginalization will not be gone by means of repression and handouts, but with solidarity and love. Look at the people who still perpetuate tribal consciousness, linked to inbreeding period, and in many cases we will see how hard they stop fighting with other neighboring tribes. The opposite happens with those individuals who carry in their blood a true melting pot, because they are facing an exogamous period. This allows them to more easily feel the otherness, i.e. the quality of the other, by their mere presence.

If we wish to teach children to stop being self-destructive, we must learn, first of all to see our true face, recognizing all the internal aspects that prevent us from ourselves. The system of banking education, which is critically defined by *Paulo Freire*, invites us to deposit data in the mind of the learner and then to evaluate him quantitatively. By contrast, using synchronous Education, we could immediately realize, with amplified vision, the effects that occur in the auric field, correcting each other, acting as mirrors. Educate comes from *educere* therefore suggests taking the best from each of us. For this task, there is no anesthesia needed and it is the only reality. This is done by means of a profound inner change in ourselves to begin the construction of the New Humanity.

Amplified Vision emerges as a result of the eye muscle relaxation. It allows to capture the whole acting as a double-wide. Thus we can see everything that happens at our feet and head. As well, everything that happens on the left and right visual field. This view is extremely useful for the practice of different human activities, such as sports, including water or underwater, to drive, watch shows and in general, for all we have to do with during our everyday life. To implement the amplified vision we have to see the setting from what is called "horizontal line", as used in the perspective of artists and architects. This is unique in immediate improvement in posture and walk quality in general, making it more pleasant and relaxed.

Practicing Amplified Vision also produces an immediate good feeling at the height of the legs, feet and hands, improving lymphatic, venous, arterial and energy circulation. Similarly in the head appears a phenomenon that, to make simpler, we refer to as a "scalp massage." Immediately this massage may extend to the area of the spinal column and neck, respectively. This is accompanied by a welfare state, typical of those moments when we are happy and at peace, reflecting the immediate releasing of endorphins in the body. Parallel and in relation to the above, there is the perception of body light or auric field, especially if we are in front to a 80 or 100 cm person tall. approx. In this case, if the person is watching the same way, he is going to capture simultaneously with phenomenon observed by ourselves. This is called Amplified Vision, which Matthew defines as: If you look with your good eye, your whole body will be bright. Indeed, the subtle bodies are transparent, as defined *Armando Tejada Gomez* 'Look and See' in his poetry, and bright at the same time, even when the light diminishes in the environment.

It is of crucial importance that this issue is related to the education of indigo or crystal children. They, at an early age, including in their first years of life, naturally capture these phenomena. Therefore, telling lies or suppressing them without any criteria, as well as educating them by traditional means will create us a headache, because they notice when we lie or to impose them strict orders, our aura is turned off immediately, as well as theirs. Not understanding this teaching that kept Matthew in the New Testament is equivalent to trying to send an e-mail by means of traditional mail posting. Then, we must verify that the aura goes off when we feel fear or doubt, or when we act self-centered.

It is important to check how when we see a person by means of amplified vision, the subtle bodies are radiant, but become really expanded when we practice Conscious Breathing. This allows us to understand the eternal link between Amplified Vision and Conscious Breathing, as two key members of the Universal Wisdom with Divine Love. But the most beautiful thing is that it unites us with all peoples of the earth, and we can find them expressed in all cultures around the world. In one person, without even moving, we can observe three different energy levels. When the egocentric or self-centered vision prevails, the aura is off, and when the aura is on is because of amplified vision, and when we integrate conscious breathing. It is obvious that we are more vulnerable to psychosomatic illness, as we are trapped by our own pain. As we can see, this teaching

cannot be theorized and then say, “ I understood it.” It must be renewed in continuous practice until it becomes a way of life. Amplified Vision, with time and without any commands, will allow each of us to discover the true potential of the soul, and may well come in the period of stable transformation and harmonious development.

The range of possibilities offered by the amplified vision is incalculable. Its incorporation into everyday life opens doors for depth perception at zero cost. The frequent application of it will generate a radical change in the Sciences and Arts. Amplified Vision can be used in research, because it is not necessary to study Nature and damage it, because it brings about catastrophic consequences for the ecosystem. Therefore, biology, medicine, veterinary, agricultural science should seriously consider how we relate to living organisms. *Masanobu Fukuoka* is not wrong in inviting us to return to natural farming. As the only possible way to preserve life on Earth.

From the education standpoint, it completely changes the parameter in the relation teacher / student, because both can be in resonance, synchronizing their souls. While we recognize that both, the amplified vision, such as the conscious breathing, are the two key elements of the greatest religious and philosophical teachings that have been in all humanity, the most beautiful thing is that they act as the common factor in the development of solidarity and love of neighbor. Just as in a home where children, parents and grandparents practice this teaching, generational conflicts are abolished. Also, the traditional conflict between the different philosophies and religions, mostly monotheistic soon be abolished, to the extent that we open our hearts to what makes us equal in the fate of living and dying. We can easily notice that the greatest civilizations, religions and philosophies existing in ancient times, had access to these teachings and left messages equivalent in meaning in petroglyphs, hieroglyphics, papyrus, monuments, poems, sacred teachings, and so on. All manifestations of real worth. Now we have the honor to learn to use them. The importance of this change is such, that the common man and woman, when use Conscious Breathing and Amplified Vision, immediately become what St. Paul calls the New Man. Therefore, they become new members of the New Humanity, reunited in the love of God above all things and others as ourselves.

The perception of the subtle bodies, through the Amplified Vision, allowed teachers of Chinese Medicine to describe the energy channels of Acupuncture, known for thousands of years. *Chi* was named to the expanded power of the subtle bodies. In Japan it is called *Ki*. The Maya named it *Kin*. In India, it is called *Prana*. The Hebrew people called it *Ruach Yhavé*. Jesus taught it to his disciples and is known as the Divine Breath. Pythagoras suggested the Harmonious Development, based on this knowledge, contained in the Asclepius or Mercury staff and then used under the name of the Caduceus as a symbol of medicine. Also Plato, Socrates and Hippocrates, practiced these teachings. The Celtic rose rock from 60 tons in the construction of monuments. In America, the Incas left petroglyphs etched in these teachings, as testimony to their superior knowledge. The equivalent of the Andean condor was called *Huayno*, a living representation of the Sun Wing, remembering that the male has a collar that looks like the sun.

When we perceive the flow of vital energy in our body, we are in turn realizing that this phenomenon is captured with different degrees of intensity by children, animals and plants, in turn, is resulting from the union of our soul, with the Higher Self or Divine. Therefore, when we look at the reality in this new / old perspective, arises in the mind and the human heart, naturally, the desire for a new use of the planet's resources. We will achieve, from the Planetary Consciousness, a new eco-design, which we might call it 'ecosynthesis'. This is based on the Straight Path, as the shortest path between two points. Applying the Law of Least Effort, i.e. less damage between each other and the planet. This attitude will create a new concept of humanitarian fellowship to reach one day the state of non-damage at all.

Auric Field Vision or Body Light, comes as the result of practicing amplified vision. But this is a warning: unless we learn to calm our mind, through conscious breathing, we are in risk of false answers. In search of serenity, we need to practice silence. *José Hernández* alludes to this in the first poem of his book '*La Vuelta de Martín Fierro: I beg silence and silence to care us*, thus raising a possibility of hearing the voice of silence.

It is essential for us to consider that by using the Amplified Vision from psychology, synchronizing the souls of the therapist and the patient, immediately we start working in a transpersonal, way without using hypnosis. The therapy, therefore, takes place in an absolutely conscious, with surprising results for both participants. This allows us to attend

a brief therapy, where the individual faces and resolves the conflict from what is called the psicoetiopatogenia. This proves that man is marked for a higher destiny, even though today he is still victim of individual and collective selfishness.

In the case of medicine, the amplified vision can be applied as a valuable tool for diagnosis, without necessarily stopping the use of traditional medicine. It is essential to put away the biological criteria, in which everything happens because of some organic or chemistry alteration, to be accepting the interaction between psyche and soma, with a proper psychosomatic study of each disease process. Looking further that the disease is an effect, so we have to determine the cause affecting the body producing a decline of the vital body energy, much before it may produce an organic manifestation. Non-acceptance of a specific event, such as abandonment, death of a loved one, financial loss, etc., put into operation a chain of organic reactions, which if not treated properly, could achieve higher magnitude. When attending causal therapy it is possible in most cases to reach a correct etiological diagnosis. It is therefore important to observe the evolution of the patient from the clinical point of view.

In law, the Amplified vision can be applied by the judge, in giving the reports, this prevents tipping the scales of justice toward one side, as often happens. All of these ancient teachings are highly effective in cases of mediation -increasingly common in conflict resolution by this means- "which previously demanded years of controversy and today, just an understanding between the parties, having the chance to compensate the dispute at a lower cost and greater civility.

Auric Field perception or Body Light

Auric Field perception arises as a result of a condition: we must be at peace with oneself. If it were not, we can quickly achieve this state by practicing mindful breathing, then begin to work. It should be better to practice auric field perception with a clear wall at the back and top or side light. Once both of us expand the vision, we try to capture everything that surrounds us, without losing sight of the person in front of us, who is practicing the same type of observation. So that together we can capture in detail the subtle bodies. This view corresponds to that reported by San Mateo in the *good eye*, which states that if we look with good eye, our entire body will be bright. Effectively and

immediately we begin to capture this phenomenon. Looking at this magnificent disappear defense mechanisms and fear, we release endorphins and feel a complete welfare state. It is worth mentioning that this is not hypnosis, nor are required special resources such as massage, Shiat-Zu, Do-in or eating or smoking hallucinogenic herbs. We do not need anything. In addition, the amplified vision can be used in a wide spectrum of people ranging from a newborn baby to a dying man. For younger children, it is important to consider this point. They also perceive the auric field. Sometimes their habitual behavior is completely altered because of the presence of people that experience stress or the way they think or manage their emotions, affect the stability of children. This is easily predictable, if parents call conscious breathing protection before exposing youngsters to such situations. Thereby we expand the Vital body of the child and get rid of a bad time.

Once we integrate into the Auric Field observation, with the person who is in front of us, we understand that whatever happens, does not happen for the personality or ego of each of the members, but on the contrary, it happens in *the middle*. That is to say that no one owns or owns what happens. This puts away any kind of speculation or dominance. For example, if a teacher, psychologist or physician who applies the amplified vision, thinks a lie, automatically the child, youth or adult capture it because of the darkening of the auric field. Synchronicity is total, because it consists of five components, the body of both, their souls and spiritual inner Teacher as a mediator.

If we were able to talk about quality control in a subject as subtle as this, we would understand that when the answer is yes, three things happen simultaneously: 1) the Body of Light expands, 2) the scalp massage that is, the energy flowing through the scalp and tingling in the hands, neck and spine increases, 3) increases immediately the perception of well-being throughout the body. To do this we must be silent and the column right. If we make a more updated association on this special issue, we could practice it with children and adolescents related to computing terms. For example if we get it right with amplified vision, comes a marked increase in size in the Vital energy field, and if you place your hands palms up as if to give and receive even more increases the size of the Body Light . When this happens we will be working for free with broadband, which is going to make us laugh at ourselves. At this point we could ask questions in silence, which will have an adequate response to the extent that we keep our mind calm. If we think YES or NO, the

answer is incorrect. For those who believe in Jesus, can ask '...Master Jesus should I do this or that...', for those who are atheists or do not believe in him, just have to ask to our Inner Teacher. The answer is the same. Remember that this is not a game, is sacred because it was a kept teaching until the appropriate time by the greatest cultures of humanity, and the adequate moment for using it is now. No one can take possession of it.

It is important to consider that when making an inquiry, it is like being on the network to find information. The material you downloaded refers to an event happened before the moment of the question. In contrast, when using the amplified vision and carry out a particular question, the answer is for personal and relates to the here and now that we are living. This is because the soul of people acting as their Inner Master, they are entities related to the omnipresence. When two or more people make the same question, even in a different place, the answer is the same. As if it is a fact that occurred years or centuries or millennia ago, the answer is one. This is wonderful, because we leave apart the traditional egocentric confrontation. The answer is common to all who are 'connected'.

If we were asking about something already happened in the past, which eventually affect one of us, for example, to the writer of this book and if the reader is practicing the Amplified Vision, a response will be instantaneous and coincident with what happened. For example, you could ask if the author of this work hitchhiked his great uncle when he was traveling in the region of Andalusia, Spain, to have his stitches out from a small surgery to a regional hospital. If the answer is yes then you will see we are all interconnected in a network of souls, but perhaps we had never heard anything like that. It is therefore impossible to be damaged without damaging. In Subatomic Physics this is called 'Involved Phenomenon'.

If the answer is negative, the opposite happens. The aura turns off and general welfare disappears as well as the flow of vital energy. When we work mirrored - watching each other - it is easier to learn it. However, this teaching can be practiced with closed eyes, which indicates that it can also be practiced by non-sighted. So, the more we use the amplified vision, the greater the confidence that we acquired in the practice of it. The most wonderful thing about it is that it is not habit-forming at all. There is not another entity outside us; by contrast, it is part of our inner consciousness. For now, the immediate task is to apply it in education at all levels possible, to reduce school violence and improve the

quality of learning, but henceforth we will notice its countless utilities in all facets of harmonious development and in different fields of investigation as well. Today, humanity does not solve the serious problems that afflict the speculative action of egocentrism. However, when we will be able to transcend it, we will notice that huge problems have simple solutions. For this reason, it is essential to see the planet as a common site where it will be possible to develop common sense in a context of common good.

It is worth mentioning that this teaching is not an invention of the third millennium. Please understand that we are re-using ancient teachings, which were rejected during the period in which prevailed the intellect over the intuition, which resulted in materialistic thinking. However, things are changing; even we find it difficult for us. Who experience for the first time the amplified vision and perception of the Auric Field, never thought of something so beautiful. It is because this practice not only integrates our body with our soul, but also the Inner Master or higher self rescues our soul from captivity. Consequently, the resonance that occurs between the participant souls reaches unimaginable ribbed edges. Remember that every *experience*, being subject to time and space is linked to personality or ego, but the *life experience* is the soul heritage since it meets the Spiritual Self, therefore timeless. Only when we understand and practice Conscious Breathing and Amplified Vision, we understand the scope of Synchronous Education in the path of Knowledge. Over time, we will achieve a greater degree of resonance among all human beings. The difference between the current state of consciousness and the realization of this new quality of living will depend on the how much love we use to transmit it all around.

Uniting both lessons, we find the way to rescue '*the captive*', i.e. our soul from captivity, as referred to by St. Paul, referring to *the captive* and *its captivity*. When this happens, the Inner Master's hand starts the multiplication of the seed. The transparency of the subtle bodies and the transparency with the links are being established, beyond any discrimination give us immense strength and allow us to enter Universal Love with other beings. This transparency retrieves the virginal innocence of the early days of humanity. Gradually we will die to speculation and self-centeredness, to be reborn transformed by the Love and Light of Knowledge.

We have waited millennia to recall these lessons because we had to reach the so-called joke of the intellect. Technological development has become man, more violent and ignorant, and materialistic science sticks his drowning slapping, before sinking to his own ineffectiveness to care life for itself. It has divided the world into watertight compartments and has not seen the man. Therefore, he succumbs or is transformed by the force of the crisis. Just as we, we have two alternatives, we are caught in the darkness of the self-centered rational thinking with our soul captive to such stupidity, or we are liberated by the Divine Love. Therefore, that everything can be recovered, if our ego attends meekness classes.

I hope that when we realize the damage we are doing in the sea to elements such as phytoplankton and zooplankton, it will not be too late. At present, we do not take the necessary steps, or consider the effects of our actions on the food chain. We do not understand that the sea contains radioactive cargoes in such a magnitude that makes it the "sixth nuclear power". We urgently need a science with a conscience. There is no longer, it is time of the New Man, who comes to change the world. If we could record from the point of view of the subtle bodies, the effects of our ignorance in the management of plant and animal health, and organisms belonging to the fauna and flora, we would be shocked to see the implications on renewable resource and nonrenewable resources of the planet. It is true that the *Kirlian* camera could be used to photographically document the impact of pollutants on living organisms, but we must achieve a greater operating speed. This time requires it. Once these parameters were more common to use for scientific observation, we could reach the truth that shall make us free, such as stated by the Bible's slogan, and even a child would be able to capture the excesses and defects in energy. We would know what is true and what is wrong, with no discussions that attract the confusion and conflict. For example, if an animal is poisoned or not by a toxic effluent discharged into the sea someone who is trained in the management of the amplified vision could see the effects in the subtle bodies of the animal. Therefore, through his awareness he could demonstrate and witness the effects of pollutants on the same vital energy. At every moment in our beleaguered planet, the fear favors the concealment of truth, truth that is the key to improve community life. Now we recognize that this responsibility belongs to everyone, and only by raising to awareness, it will be possible to change the situation without violence. We must understand that giving the impression to be educated and to look stupid and ignorant of our actions, is a double shift and meaningless work. It is impossible to damage without being damaged. To the extent that we stop looking others without seeing them, we will gradually find the key to understanding how to build the New Humanity. Where now everything is considered lack, will be transformed by releasing the power of the Consciousness Soul, and the resulting abundance, will

be in the hands of Divine Providence. It is something that today seems a lie, because they belong to a civilization that honors the excesses of vanity and pride, and hide the shame that nurtures self-centeredness. However, to see the bounty of nature, just take a look at a little sesame seed, which is to grow a tree, which throughout its long existence will try to reproduce itself on hundreds of thousands or millions of seeds by the action Forces of Creation.

There is no doubt that more people will enjoy the benefits of the good eye or amplified vision, without believing superior to others. As stated by Professor Maria Ines Pittella, "We must stop competing, to be truly competent. This competition heralds a new quality of life in the service of others".

Jesus said, "*I am the Way, the Truth and Life*". When we analyze in depth this biblical teaching, we see that it contains the answer to the question we all have to work first with amplified vision. The self is our inner teacher, the one we contact through Conscious breathing and Amplified Vision. Consequently there arises a new and common Truth, which, when applied consistently, it is involved in the generation of the Common Good. A revealed truth transcends all self-centered personality. Therefore, it does not harm but it builds and lets us evolve into higher states of consciousness, and it is transparent because it lacks concealment and speculation. Literally, in itself, it is supported by the presence of I AM. This warns us of the immense effort involved in holding false assumptions and allows us to recover energies that were dilapidated by ignorance. Therefore, when working on the certainties, they illuminate the inner path; evolutionary truths are revealed and thus, facilitating the expansion of consciousness.

It is important to consider that the light transparency of the auric field is constantly modified by our mental states. The photograph records a moment. This served to disqualify the effect of the Kirlian camera. Instead, working with the amplified vision, everything happens immediately. It is not taking a shot, then release the film in the traditional way or see it on the computer if it is digital. In this case, we learn to realize the importance of paying attention to the quantity and quality of our thoughts. In this sense, if we learn to ask from our soul to the Inner Master, we will not give personal affirmative (Yes) or negative (No) replies, because the result will be incorrect. However, if we do not ask from our soul, there will be no problem because our worst enemy is detected immediately: the personal ego. In this case, it has gotten into a territory not within its

jurisdiction. In order to ask correctly, the question must be done in silence. For example, 'Master is at this moment your divine self connected to my soul?' If we wait in silence for a second, we will have the answer revealed. This is the Voice of Silence. It manifests as the expansion of the Body Light, an increase of vital energy as it happens and as it has been described, to see the subtle bodies. There comes a general welfare state for the release of endorphins and a pleasant tingling in various parts of the body, as the result of the increased flow of vital energy.

When we share the result with someone, for example, a teacher wants to know if his student has passed or not, and so he refers to both Inner Masters. If the aura of both expands, the answer is enough. This facilitates the attainment of inner peace and conscience tranquility. As a reward, the person who acts asking to the Inner Master enjoys a peaceful a rest, which not all the times we can feel. Especially if we are much stressed, or acting under the impulse of the ego. Therefore, we act as judge and jury, losing objectivity and within the framework of a mutual damaging. In this case, the suggested new quality of living will facilitate the progressive understanding among human beings. It is not magic but love functioning.

This allows us to understand that by the mere fact of changing the quality of thoughts, the energy of the subtle bodies is immediately affected. This principle gives ground to the biological concept, which explains the mind because of a synaptic neuronal game, typical of the mechanical mind. We should understand that human beings have the ability of self-healing, not only personally, but also within a group. For example, in the case where someone is living in a troubled home, a single expanded consciousness, as the result of practicing Conscious Breathing and Amplified Vision, will change simultaneously the internal vibrational state as well as the environmental vibrational state. As we have seen this fact is known by the subatomic physical as involved phenomenon. Similarly, to the extent that consciousness opens in concentric circles, it covers larger planes, being able to integrate the social consciousness as well as the regional, national, continental and global consciousness, reaching to understand that which corresponds to cosmic consciousness. The result of this equation is the inclusion of the microcosmic man into the macrocosm. We really understand that our pilgrimage through existence by praying

without ceasing, with conscious breathing and Amplified Vision practicing at all times as we can, is not wasted time. It is a bank deposit to eternity. This will determine in a near future, the existence of a new sense of justice. By the way, Epictetus said, *'It is not the same things that disturb and scare man, but the misleading ways in which man sees the same things'*.

As regards children, we should not ever underestimate them. On the contrary, there should be limits when necessary. We have to stimulate their creativity by manual labor with so much love as possible. We should prevent them from being numb, tense, with poor circulation, anxiety and creative paralysis due to being sitting long hours. It is important for them to develop tasks in contact with nature.

The most severe experience I had regarding education was to photograph the worst students in a school and then work with them for a year, from the standpoint of physiognomic diagnosis, with teachers of the establishment. We conclude that it was marginalizing children with an IQ above average. Most of them were indigo. By their nature, indigo children tend to rebel against the established order, and in the pursuit of comfort for teachers to work with less conflict in the classroom, these children were excluded. This lesson allowed us to understand Jesus' words: *Every man is our teacher*.

Another vital lesson for me was when I decided to work with homeless children who were attending a recovering program in charge of *Marcelino Altamirano*, the Affective Bridge House's owner. After applying these teachings with them, despite the abandonment to which they had been subjected to, despite to what they had ingested or inhaled and despite having lived in social marginalization, the educational responses were remarkable. They have all attended school. There are young people who are finishing elementary education and some of them are about to start college. One of the boys, for example, comes from a family of nineteen children. Finally, this allows us to understand that we should not become 'marginality producers' from our social egocentricity. We are all One and we are all in the One. Jesus said; *'my Father and I are one'*.

It is important to bear in mind that when we synchronize our soul together with our Inner Master, the different sacred teachings received by humanity do not compete

between each other. On the other hand, we understand they are linked by means of Universal Wisdom and Love. It is also easy understanding that the more people is able to perceive their Subtle Bodies expansion less people will be able to get trapped by the effect of drugs as well as violence. This is because they immediately notice the damage produced in their subtle bodies. It is just enough for the person who has already been taught about the Amplified Vision to think about the cigarettes' trademark he smokes or the pills' name he consumes to realize that his aura is turned off and there appears darkness all around his energy auric field. Once the person understands this phenomenon, he will be able to be responsible of himself. Therefore, the change is produced by necessity and not by repression or conditioning which represents an evolutionary consciousness leap. If somebody decides not to see the consequences of his own ignorance, the existential reality will slowly begin to approximate him to the way of knowledge. This avoids external and internal repression. Nevertheless, we must not forget how useful self-healing groups are. This teaching proves that the offering that some people do to themselves and to others in order to achieve certain spiritual states by means of drugs consumption is false. It is in itself a covered lie, with the aggravating that in the future individuals will need a larger dose, to get similar states of hallucination; by leaving them debilitated, with their health battered and the same as the conscience, and without a real spiritual projection. Lao Tse said; '*A shortcut is not the Real way*'.

Incidence on the corporal posture

The same happens when we analyze the effects of our corporal posture on our Auric Field. Whenever we understand that at the time each articulation is energetically released from the traditional vicious postures we are used to, it immediately allows the flowing of Vital Energy. However, it is enough we adopt vicious postures again, so common in people, inclusive in young and even in sportsmen, to see that these postures block immediately the energetic flow. Such energetic obstruction has an immediate effect in Auric Field (the loss of energy by the individual), so if it is the case of a person submitted to a high exigency, he will soon see decreased his corporal forces. This is because it affects the Vital Body decreasing its energetic potential. It is interesting to underline that the corporal posture depends on the muscular tone. Notwithstanding, when we are already used to practicing the Conscious Breathing, we notice that it is the air

which fills up the lungs in a complete form, embossing our posture and allowing the energy to flow unrestrictedly. To the point that when we learn to expand our lungs and to fill them up with the pranic energy, or Ki, or Chi, or Divine Breath, the resultant posture will not require any physical effort. When energy is blocked by vicious postures in any articulation fold, either of a phalanx or of an intervertebral space, it is just because in that place of the body it is eagerly "working" our ego, to sleep our conscience. As if, it enjoys abstracting us from reality, to take us to the land of fantasy, halfheartedly and falling psychologically asleep. These aberrant situations from the energetic point of view, leave us dominated by psychological states where prevail dissatisfaction, irritability, lack of will, tendency to depression, anguish, anxiety, fear, etc. It is also interesting to underline that any energetic blocking brings up a lymphatic and artery venous obstructing. Therefore, it produces in an associated form a loss of corporal force, with congestion and inflammation that fundamentally affects the articulation area. This phenomenon is carried out by the resultant muscular tightness. Acting moreover as a starting point of acute processes that may tend to become chronic and produce tenderness, myositis, arthritis and articular rheumatism.

As time goes by, it will be more common to see the different levels of perception in all areas of nature, something that animals practice with discretion, for not suffering the effects of man's intellect. Allowing them to act as true biological clocks, as it has been scientifically proven. For what it is worth thinking about the suffering that animals undergo when they are subjected to the so-called "laboratory experiments", which if ordinary people had access, would be horrified. As well as, if we were witnessing the sad spectacle of cold storage in which thousands of helpless animals are daily slaughtered. Not even speaking about trade in organs, always in the hands of those with better resources, contracting out services, which are considered "not so blessed services", to take care of their own health. All this and much more, observed with amplified vision, shows us the spiritual reality of modern man. *Armando Tejada Gomez*, referring to transparency, invited us to be transparent as the aura, to be honest, without concealing. This transparency, no doubt will grow steadily in the heart of the humble. As it is already, known, popular poets and musicians were always linked to Wisdom and Universal Love; offering, in each occasion, simple messages, from the sacred word that guided man from

the beginning of times. By analyzing, the events that have globally occurred in recent times, we understand that looking without seeing, can be part of a collective suicide.

The importance of subtle bodies in pedagogical tasks

It is imperative that teachers at all levels of education, including those engaged in special education, assist in the great task to stop looking at each other without knowing, so we get to see us and understand us. We must also take into account physicians, psychologists, sociologists, anthropologists, educational psychologists, religious of various denominations, and all people of goodwill who are willing to see the whole man. In addition, to apply these ancient teachings, which belong to the Universal Wisdom, act integrating cultures, religions, races and philosophies for the common good and for a peaceful coexistence.

What appears to be complex, it shows simple in real life. Because the complex has already been passed, while trying to educate without considering these aspects. However, when we come to consider the importance of the subtle bodies in health, education, treatment of behavioral disorders or learning, as well, in the field of justice well, that is corrective and allows social reintegration of the individual. If we are truly profound and remain within the Love and Unity, we will achieve our objective, through humility that gives the knowledge of not knowing, and the increasing ability to perceive the otherness in the souls of others.

Albert Einstein expressed this way about unity in life: By nature, I am an enemy of dualities. Two phenomena or two concepts that seem opposite or different strike me. My mind has a supreme purpose: to remove the differences. By so doing I remain, faithful to the spirit of science, that from the time of the Greeks, it has always aspired to unity. In life and art are the same. Love tends to make two people one being. Poetry, with the perpetual use of the metaphor, which treats various objects, assumes the identity of all things.

The remarkable physicist completes what has been cited with this message:

Universe

A human being is part of a whole, which we call “universe”; it is a limited part in time and space. He experiences his thoughts as separate from the rest, a kind of optical delusion of his consciousness. The illusion is for us a kind of prison, which limits not only our personal desires but also the affect we feel for a few people closer.

Our task must be to free ourselves from this prison by widening our circle of compassion to get to embrace all living creatures and the whole of nature in its beauty.

Nobody is able to achieve it completely, but the search for such achievement is, in itself, part of our freeing and base of inner security.

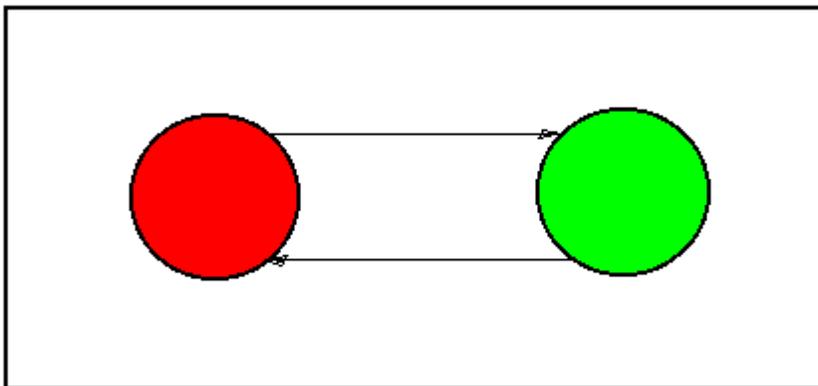
Albert Einstein

In trying to discover the material shared in this work within each of us, we will be able to appreciate that these pages, try to, at least express a problem common to all. The solution is to find simple and profound tools that allow us to serve others effectively and with full respect and understanding that, the task requires. If, for example, we have to educate a child or adolescent who has bulimia and is overweight, we see that his physical body is oversized and therefore, there is a decrease of energy in the vital body. This situation allows the approximation of the emotional body and physical body, thus creating the conditions for the deepening of the anxiety in the individual, as well as anxiety states, altering the emotional state and his attention, remaining committed his learning quality. This is because it is affecting his internal vibrational state and therefore it disturbs the vibrational environment or group of belonging. At the same time, the vibrational environment, affects its internal vibrational state. A young man in such conditions can often manifest in hours of activity, sleepiness and lack of will. The apathy and emotional exaltation of the body, promote instability. There is no doubt that these conditions affect the performance of the student’s mental body, which is expressed by memory loss, poor concentration, rapid exhaustion, even he may be suffering chronic fatigue syndrome with a marked reduction in his intellectual potential. Can a student,

develop their full potential, and unleash the forces of his soul? The answer is yes, but we must take it as a total person. Otherwise, we turn him into a consumer, violent, insatiable in his demands, without reaching inside him to find wholeness and inner peace, making him a victim of himself and a victim of the circumstances around him. Physical education teachers often, undergo students to efforts that they cannot do, with a consequent loss of self-esteem.

The silence that is flooding our being, is highly significant, as well as from our ignorance we are responsible for perpetuating the duality and conflict. From the knowledge, we are active participants in the construction of a New Humanity. Then we are looking at how a change in our educational approach is crucial in the learning process. It is always worth remembering that the teacher is a blessing of God, by his immense dative capacity, something like “radioactivity of Love” based on the ability to understand the deeper meaning of ‘give and you shall receive’.

Different approaches to address the relationship between teacher-student Plane or Two-dimensional approach



This approach starts from observing the two-dimensional or plane systems' behavior, where we represent dissociative thinking, based on the power lines (upper) and dependence (bottom). Such behavior can be seen in a succession of conflicting opposites that affect social growth of humankind. The red circle represents those who have power and the green one, to those who are under dependency.

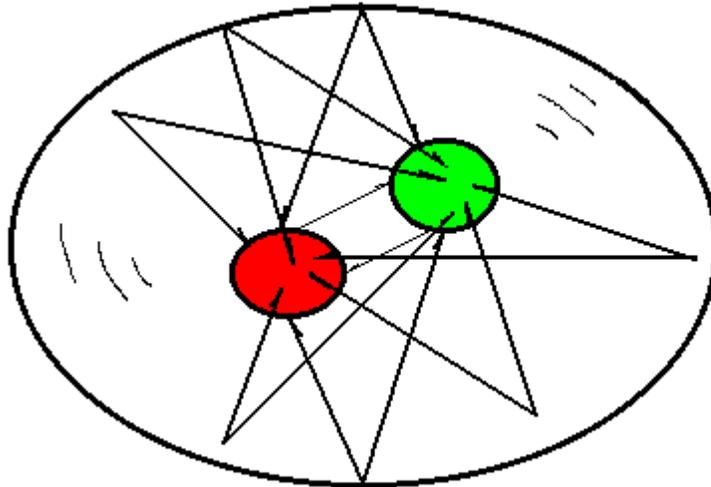
The separation between teacher and student or the corresponding to capital and labor, health and disease are as dissociative as the confrontation between religions, or between atheists and believers, or any other duality, which is often present. It is interesting to develop the observation to a degree that we will, as taught J. Krishnamurti, *the time between the event and awareness of the fact, to become zero*. Thus, in this way we may identify the opposite's behavior when they are polarized. Humanity today is living with increasing intensity this process. The same impact of opposing each other will result in the birth of uniform criteria. Everything is fine even it may seem otherwise. Evolution is inexorable, is a Law of Nature, and eventually, all of us we will be able to understand its meaning or purpose, which is also a Law of Nature.

The continuing competence as a mode of conduct, produces a continuous wear, it undermines creativity and multiplies violence. Fundamentally, it produces an incalculable ecological damage. As a maxim aspiration, the Plane Criterion can improve its mechanisms through interdisciplinary work, integrating different disciplines with a common aim. Something like the different sectors of a political party, which bind shortly to the possibility of elections and then return to confront in the exhausting task posed by egocentric thinking, once exhausted the original commitment. The same happens when a nation has declared war on another; it dissipates internal differences, up to ending the external war and takes again the internal one. This attitude swallows entire generations without sense. If one of opposites has power over the other, the remaining looks dependent, kind of pseudo-freedom. If we call (+) to the first and (-) to the second, we could see that at one point, for different reasons, they can switch their roles or polarities. This allows us to understand the interaction between power and dependence, which has nothing to do with the releasing of Love, which offers a healthy coexistence.

The largest worldwide organization that brings together the nations of the world is the UN, founded a distant day in order to serve peace and mutual understanding among peoples. Today it serves the opposite purposes conceived by its founding members. However, if we were able to awaken our soul, we would be able to achieve the reuse of human institutions, but based on solidarity and love. The joint service would give the effect of cooperation on a new quality of living, based on Unity and Love. The Earth,

which now is used as a cushion because its elasticity against, the impact of the bombs in the conflict zones, could be tomorrow a garden full of flowers and crops.

Space Criterion or three-dimensional Criterion

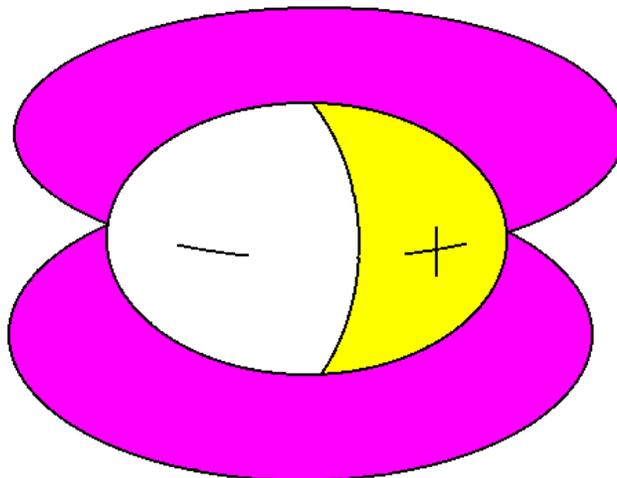


This criterion comes as the result of placing inside a sphere, the opposed teacher-student, or others opposed to study in the same polar form that we use in the Plane Criteria. In this case, being inside the sphere and being a three-dimensional body in the space, we could better understand that aspect but we still are subjected to the dissociative action of bipolarity. This leads to contrary views, which compete with each other. This disunited behavior consumes an enormous amount of energy, both renewable and nonrenewable resources, as all humanity. It also highlights the reasons why not all people have equal rights concerning health and education. It is worth noting the example of Finland, a country that usually does not appear in the news, but where all people have, by right of birth, free access to each of the levels of education and health care.

Even if the results of applying the Space Criterion or Tridimensional Criterion look different with the Plane Criteria - due to the different points of view - but in reality, we observe that the change is only apparent. It is like when a person changes his clothes: even though it may produce a different effect, it is still the same person. Learning to care for 'our clothes or subtle bodies' is a lifelong and every time task. If you already know that growth is due to discomfort, soon we will need a greater degree of depth to reach our aim.

We can see that the Space Criterion or Three-Dimensional, is often used in conducting any kind of multidisciplinary work. Where each of the participating disciplines interacts from ideas that do not always agree with others. This means that when looking at the disunited unit into their opposites, from their own points of view, it cannot agree with either itself or others. This allows supporting aberrations, for example, valid for the economy of first world nations, to set up dirty industries in low-income countries, where labor is cheaper and its officials are easily corruptible. As well as, allowing the open mining exploitation, because the accumulation of gold is supposedly going to save bankrupts of the global economy. It makes us to believe that they will bring new jobs, but always causing ecological disaster in the region. As we see, the findings are diametrically opposed. Therefore, we must clearly state that it does not exist any confluence of criterions, it then emerges the multiplication of variables observing the opposed as always dissociated. Increasing the administrative costs of all management. This approach seems to be in the root of the conflict, as defined by J. Krishnamurti. Then, there are two paths; the first is to continue wasting energy on false assumptions, through the perpetuation of conflict. The second is to overcome the conflict through Unity and Love, which suggests the Transpatial, Transpersonal and Transdisciplinary Criterion taking place below. Where learning, compared to how things happen is integral, to take the man, the planet and the Cosmos as integrated units. Thus arises through the resulting synchronicity, huge savings. Wealth comes from the lack when releasing the powers of the soul, being more economical and environmentally at a time.

Tran spatial, transpersonal and Transdisciplinary Criterion



This criterion represents the total or holistic thinking. It is transdisciplinary, because it works from the unit, it integrates into a common approach the actions of the various disciplines through the existing unitary criterion in all creation. When the Transpatial criterion is properly implemented, allows us to understand the meaning of the amplified vision, because it deals with the four-dimension, meaning that the fourth dimension is given by the energy field for the auric field. This is something that we were not used to contemplate, except special occasions. Now we can see that when transiting the territory of the human soul and its relationship with the Spiritual Self, we were able to address the transpersonal level, and from there we began to see the man linked to the Creative Forces of the Universe. The total human being, New, who now lives in us, can grasp without difficulty, what the Native Americans called *Pachamama*, i.e. Real Planet, taken as a living organism, it feels the attacks to which we subject the effect of egocentric ignorance, which takes it as a treasure chest to plunder. It also will allow us to understand that every human being or animal that is damaged, it is perceived by all living beings on the planet, from which emerge a new sense of humanity.

Albert Einstein put it in the Unitary Field Theory. The application of this concept, the scientist himself recognized it as learned from the Greeks, which revitalizes the creative forces of man. Therefore, it facilitates solidarity between peoples, understanding and love for all beings of nature.

Eileen Caddy says; *'The great awakening has already begun. We are now able to understand that what we held as definitive truths, and had perpetuated in the illusion field, now decay and die within us as the old paradigm. It is impossible to seize this great process; it exceeds all human will, to every selfish feeling, and to all rational thought. This is the heart of Being, of the Existence, and the indefinable of the Infinite Reality.'*

To understand what a field of energy means we suggest placing a magnet under a card on which there have been spread iron filings. This will allow us to appreciate better the structure of the field, in this case, the magnetic type. Everybody, inert or alive, contains similar fields that make each thing be the same thing and nothing else at once. Every leaf, every fruit, every animal, every person, as we have seen briefly on the human aura, have around a field of energy with varying degrees of subtlety, as its evolution and species. It is important that adults with children could see the filings arranged around the magnetic

element. The smallest, in their purity, may realize things that adults cannot. Increasingly, there are more and more children who can see the human aura without effort, without rare technics or conditioning, just naturally, by the amplified vision that they all were born. We should respect them, because this condition invites us to recognize in them the presence of great evolution's souls. In this way begins to happen something very interesting because the adult becomes learner and children educators of sensitive adults. We will call this 'Reversed education'. Once, I was at a friend's house and the grandmother of a six year old asked me about how to deal with these folks, my response was spontaneous, 'with love'. Then the little came about five yards from where he was to give me a kiss and left. Say no words.

The four-dimensional body, in this case a sphere, results from integrating the same located in the three plains of the space, observing at the same time the field of surrounding energy. Because of the Act of Love and Unity, coexist in the same area the limitation and the possibility, ignorance and knowledge, male and female, believers and atheists, left and right, the powerful and the weak, the healthy patients and health with the disease. The capital and the workforce. In addition, especially the teacher and the learner, because in this new curriculum we will all be teachers and learners at the same time, even the illiterate, who could teach us to build our house and we could teach them to read. The mutual correspondence between the opposing integrated into the unit, not an invention of the ego, it is simply an act based on Universal Love. This attitude leads us to a different appreciation of the relation between all what is known and it rises to its highest-level the educational work. By any means, we should feel different or higher when working with synchronous education, because our real strength lies in humbleness.

The Transespacial, Transpersonal and transdisciplinary Criterion is based on the principles that we have already developed to study the Monad in the Pythagorean Dean. Indeed, the Monad supports these qualities because it is the mathematical representation of the Forces of Creation. The whole Cosmos is built by the interplay of energy fields for universal gravitation; this is possible by the integrated action of two related and opposing forces, the centrifugal and centripetal. Therefore, finding unity in all things is an inexhaustible art for any sensitive soul. More than that, it is a game based on the not knowing that soon will cover our entire existence.

Conscious Breathing in learning

Conscious Breathing allows contacting the dense and subtle that lives within us, thus expanding the power of the Light Bodies. Giving us the chance of evolutionary transforming them through Divine Love. What allows us to address the mystery of revelation as a meeting point between the eternal and temporal aspect. Divine Pedagogy requires such a union, because it becomes everything into learning material. It has been treasured in all humankind sacred books. In addition, it is brilliantly condensed in the New Testament. New Testament not only has significance as a historical book, but also acts as a living message of Universal Love, which appeared to all men and women of good will who have been able to awaken the Divine Self in his heart, by praying without cease. Then, through the amplified vision, allowing him to speak, see and hear the Inner Master. These teachings do not belong to any particular religion, and have the power to teach us to rebind within us the forces that were disunited by self-centeredness or by egocentrism.

Much is what has been proposed about the learning process, so far, but its relationship with consciousness has been rarely analyzed, because the conditions were not suitable for the evolution of man. Moreover, this issue had not been unknown in ancient times, but it is the common factor shared by the greatest civilizations of all time. Now, due to circumstances experienced by humanity, it must be renewed and reused in the everyday life. Whatever we do become holy, even intimacy. Therefore, this work is intended to be one more practice tool, to tackle the deeper levels of human knowledge.

We are leaving apart any dependence of the Neurovegetative or autonomous system, that animals could never do, and we start working from the cerebral cortex, with a preponderance of the Central Nervous System. This process aims to achieve an increase in oxygenation quality and pranification of the body, which immediately benefit the health of the body. From a biological standpoint, there is an increase in the partial pressure of oxygen 2 (PpO₂) levels in blood and a decrease in the partial pressure of carbon dioxide (PpCO₂). The pH of the blood

increases arising from changes in the buffer carbonic acid / carbon dioxide stabilizing its normal value. In turn, increases the production of endorphins and reduces lactic acid accumulation, because the liver glycogen metabolism is more complete. The six carbons of glycogen are metabolized under anaerobiosis, i.e. with low levels of O₂ in blood, leaving a remnant metabolism in the form of lactic acid with energy loss and muscle pain. Nevertheless, when the oxygenation is complete, the body is working aerobically, blood lactate goes down significantly, thus increasing performance, and the fatigue disappears. They range in this way, the effects of aerobic, even in the case of intense physical activity, and allowing for extreme anaerobiosis. Thereby, the aerobic effects extend, even in the case of intense physical activity, and setting aside anaerobiosis for extreme situations. Conscious breathing also provides significant benefits in the osteoarticular level, referring to the bone and joints, as well as muscle and tendon level itself; this is because it facilitates relaxation and proper muscle tone. It also has a vasodilation action, stabilizing blood pressure and heart rate with concurrency.

From the psychological point of view, the benefits of Conscious Breathing are irrefutable, because it facilitates the process of building self-esteem. It dispels anxiety and distress, so common at this time of anxiety we are living in. The regular practice of it facilitates the development of inner peace and meditation in either a quiescent state, or moving. Still, it is healthy when we are performing normal activities or sports. It increases our understanding and tolerance, and facilitates a better quality of living. The practice of 'deep silence' through Conscious Breathing regularly allows depressive patients return to their center, from which they can leave behind the nervous breakdown. This goes in tandem with the gradual and progressive change that departs from the usual "death proposal", which in many cases includes suicide attempts, instead of a proposal for life in the service of others. When practicing the amplified vision associated with conscious breathing, to reach the state of 'deep silence', we are able to perceive the Voice of Silence and the Inner Master. Perhaps this may seem a mere fantasy; however, it is easily supportable through daily practice.

From a spiritual viewpoint, the practice of Conscious Breathing favors the Soul / Spirit union, as referred to by St. John in Revelation (see Chapter 22. 17),

expressing the union of spirit and his wife, our soul.

Man comes to modify what has been created and to put at his disposal, but it faces two paths. The first is the one all of us may achieve from the egocentric will, in detriment to the Creator or Divine Will, phenomenon represented in the book named *Martin Fierro*, chapter '*The outward run way*', by *José Hernández*. The second path is when the corrective force of the crisis and humility comes, and then the human will be put at the feet of the Divine Will, reaching fullness of life. Therefore, in spite of the dramatic that takes the reality of the world, not everything is lost, because life still has its regulatory mechanisms. Thus, we certainly must learn to know them, if we wish to act consciously in favor of it.

Dr. Francis Lefebure, in his book titled *Rhythmic Breathing and Mental Concentration* defines rhythmic breathing as the most favorable state to the activity of thought.

Whenever we observe nature, we see as in the case of animals, especially felines, where the rhythms of tension and relaxation are properly fit, determined by instinct. Consequently, they properly compensate the stress to which they undergo in wild life. Concerning the contemporary individual, he is permanently attached to dissociative-repeated stimuli, often enhanced by the presence of toxic habits, which are breaking the internal rhythms and their adaptive responses, compromising the quality of emotional responses, vital energy, and finally, mental and spiritual performance. That is, whole man has been affected. Hence, it is so important not only the teachers' task but also the psychologists', the doctors', etc. tasks in order to prevent and promote the individuals' health in all stages of evolution.

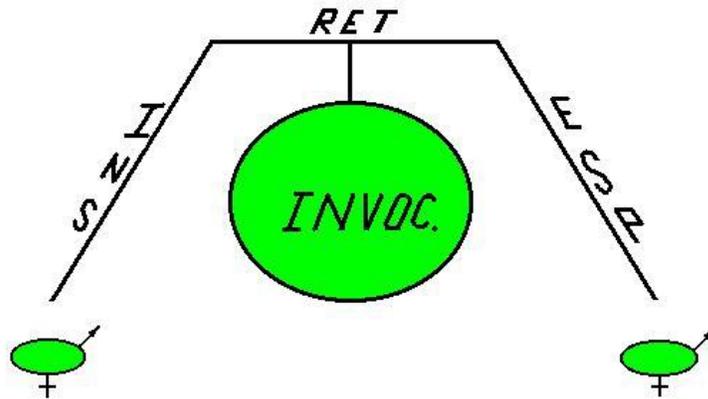
Exercising our awareness through Conscious Breathing

By practicing Conscious Breathing throughout the day, we will confirm that its benefits exceed the pedagogic field, thus, favoring the individual's life in every single aspect.

In order to be fully aware not only as learners but also as educators, it is essential to understand that we are not going to incorporate a mechanic and boring breathing routine. Instead, the breathing cycle that starts with an inspiration, will always be new, unique and indeed not the same as the previous ones. As long as we get used to it, we are going breath with much more love, smoothness, deeper and every time with a new purpose. In such a way, it may seem similar to the previous ones but it is different since it corresponds to a new eternal and temporal confluence point. Moreover, it is not supposed to be permanent, because everyone must get aware of his own inner needs, according to the activities he carries out. Some adults get astonished when they realize that the ones who find it easier to become accustomed to this teaching are children. In addition, due to the ease with which this practice spreads, children may overcome anti-pedagogic attitudes caused either by some teachers or by their parents, especially when they are beaten off by their everyday life or when they are undergoing stress. The easiest way to work is through the Plane Criterion that allows us to tackle what we do not understand and to repress everything that may give the impression of discordant. Such an attitude generates in many children and adolescents with above average intelligence and exceptional intuition, to be ruled out from the learning process, and very often, they are medicated to block any overflow. In fact, nobody should be ruled out, even the teacher who sometimes may possibly not understand what is going on in a specific incident, but then she may become into an avid contributor to the transmission of these ancient teachings. Therefore, when implementing Synchronous Education, the student is reassessed in the act of teaching and thus the teacher's attitude changes by means of mutual bond strengthening, based on loving our neighbor. This is the key to solving school violence. Nowadays, teachers are facing violence among their classmates and what is even worst; they do not find a way out on how to solve them.

The first effect produced as result of practicing Conscious Breathing is the integration of the two brain lobes, corresponding to the right the intuition, and to the left, the intellect without ignoring the vital body's immediate expansion. This state generates the possibility of attaining a comprehensive learning and simultaneously

it allows achieving a deeper understanding of the present moment, as part of real time, right here and right now are connected to eternity.



Basics for practicing Conscious Breathing

(-) *To inhale:* Inhaling allows taking out the negative polarity since the air goes into the lungs causing pressure modification, that is to say, the thorax and the diaphragm's muscles generate pulmonary vacuum. Inhalation must be carried out gently, deeply, smoothly through the nose, without producing any sounds that might disturb others. Then, first, we inhale filling up the base of the lungs while pushing the abdomen out, which at the same time, matches our mother's inhalation. Immediately after, we fill up the middle area and the pulmonic vertexes, which match our father's inhalation. Lastly, we lift our thorax up, relax our shoulders and place them backwards, and as a final point, we pull in the pit of our stomach or epigastrium.

(-/+) *Hold breathing:* we must hold the air long enough to "throw" from the center of our heart, an "arrow of light", i.e., a prayer or a positive thought, not so long, just a few -two or three- words such as *peace, love, light, amen, shalom, peace and harmony, Master or Lord or Jesus enlighten us*, and so on. If we are carrying out any daily activity or sport, the prayer should be short, and it may be

longer if we are at stay. Nevertheless, its content should always be significant to us. Remember that when holding our breathing, we must avoid lowering the sternum to complete inhalation. We only let our thought out, not the spoken words, because if so we would begin breathing out. Therefore, it is always done silently, avoiding the trembles that sometimes occur in the epigastrium.

(+) Breathing out: The exhalation must be gentle, soundless and with plentiful love. If when breathing out we observe a person's subtle bodies, we will realize that his auric field immediately expands. Thus, we corroborate the relationship between the Conscious Breathing and the Amplified Vision. The more we practice it, the more we learn to smoothly regulate the air releasing, using every necessary muscles such as the greater and lesser pectoral muscles, the intercostal between the ribs, the rectum placed above the abdomen and the diaphragm. The softer the breathing, the greatest Conscious State we will be able to reach. First, when exhaling the upper part of the thorax we implement the paternal breathing out and then when we expel the remaining air we complete it with the maternal breathing out. Incorporating both, our mother and father in practicing Conscious Breathing, helps us to accept them just the way they are / were and to accept ourselves. This phenomenon should be repeated in each respiratory cycle and we will notice that our self-esteem increases significantly.

If the person - especially older ones, sick people or children as well - after "three times" practicing conscious breathing feels exhausted, it is advisable to alternate it with no retaining periods, i.e. with regular breathing. In order to avoid depletion, it is not suitable to exert unnecessary effort with our neck muscles, especially the sternocleidomastoid muscles that are usually tensioned when inhaling. There is no doubt that if we are not relaxed when practicing conscious breathing it turns out to be an exhausting effort. As time goes by, the person increases the number of situations in which he practices conscious breathing, even under the influence of full rigor circumstances, as well as lying, sitting, standing up, walking, jogging, cycling, rowing, driving a vehicle, climbing stairs, studying, climbing or sailing. In addition, we may also practice conscious breathing when facing a stressful or threatening situation. To sum up, we could say that the extensive listing above mentioned will be continually growing as long as we are predisposed

not to do just as we please – according to our ego – but guided by our Inner Master.

Plump hands' game

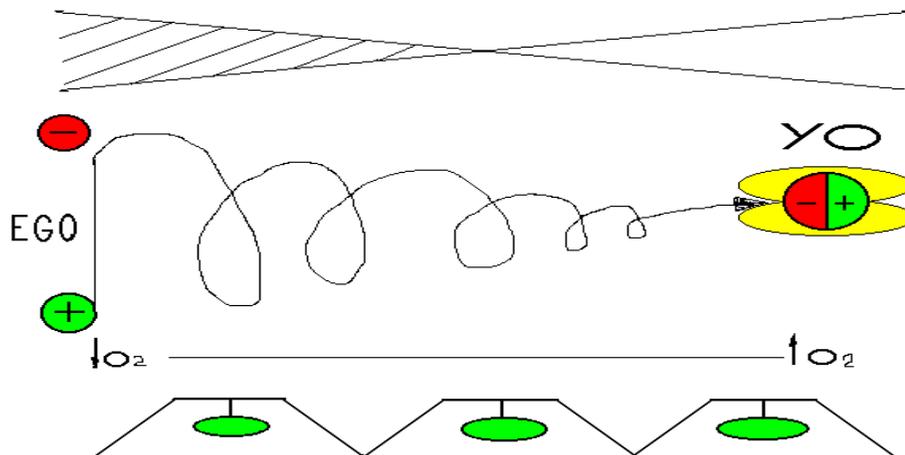
If before start practicing conscious breathing we feel tension in the neck muscles and spinal column, which are comprised in the brachial plexus - something so frequent in large cities' population - it is advisable to practice the *plump hands' game*. It entails intensely rubbing the hands, then interlacing the fingers and approaching both palms towards the chest, next to it we have to relax our wrists and shake both hands beating our thumbs against the fore and middle fingers. Finally, to complete the exercise we have to rotate both hands very quickly and relaxed. Afterwards, in the same way we have to rotate them outwardly by drawing circles in the air. This game may be repeated as many times as necessary. That is, until we feel the tension in the brachial plexus disappears and so, the energy in both arms and especially in our hands flows. We are going to feel a pleasant tingling sensation due to an adequate energy flowing, recovering the warmth and the capillary circulation as well.

The plump hands game's main objective is to eliminate the tension accumulated as a result of bad work positions, as well as repressed aggression, impotence, excessive job stress, and many hours sitting in front of the computer, family conflicts, and so on. If we do not learn to eliminate the bloodsucking strains, which give us a sensation of weight and sometimes heat in our back, it may cause fibrositis, and eventually affect the cerebral circulation due to the neck's anatomical complexity. If teachers at all levels of education were willing to practice before and after long hours of work and study the *plump hands' game* with their students, they would dramatically reduce behavior problems in the classroom as well as the bad postures that over time would damage their spine. They will also observe a remarkable change in terms of their students' attention and concentration.

The prayer's sentence or thought may vary over time. The important thing about it is that this message would be significant for us. Remember that the invocation has the power to open an unexpected magnitude cycle for the human

mind, which usually closes with a revelation and this same revelation brings as a result a new one. This supernatural phenomenon confirms the instant communication between human beings and the spiritual world, any time there is unity between Soul and Spirit. Therefore, we could state that every prayer is a sacred message that springs from our soul to the soul of our loved ones, even those who have died or those with whom we have difficulties. Its magnitude is enormous, because it relates us to all the souls who have already passed away, to the unborn ones and with whom we share our right of birth and death on this planet. This can be explained thru the atomic physics by means of the phenomenon involved. Just when we apprehend these concepts, we will be able to understand the futility of war, weapons, pollution, racial hatred, men exploitation and so on. Therefore, once we learn to be at peace with ourselves and with the circumstances, we realize unconditional peace is possible, and such as Lao Tzu stated that; *'Lull in movement denotes real calm'*.

Synchronous Education: Making Use of the Spiral



This simple and didactic chart shown above was created before giving a talk in a school named *Emaús*, located in a shantytown known as *'Barrio Papa'* in the Province of Mendoza, Argentina. The lecture was addressed to children who were attending elementary 5th grade, along with their schoolteachers and some of their mothers, including also their younger siblings. I got the idea that each of them would work with conscious

breathing, their eyes closed, rotating his hands one above the other, representing the movement of their own internal images, while they were breathing. What surprised me most was that each of them was focused on their particular movement, without worrying for their partners. This indicates a total honesty through the experience and their awareness on their internal processes. To the extent that their minds, emotions and desires returned to their inner silence, everyone was putting their hands on their legs, until finally, when everyone reached a state of peace and serenity.

As you can see, the graph shows us as a starting point the prevailing chaos over order; but at the end of it, the order is over chaos, where peace is indeed possible. It is worth mentioning that as we already mentioned it, *Emaús School* is located in a slum area. Then, the following week I decided to give the same lecture but in this case, it was addressed to a Faculty located in the Province of Mendoza. What was even more surprising to me was that the children and adults contribution from *Emaús School* was much better than the one from college students, their professors and principals, as well. This phenomenon is comprehensible, since children and ordinary people have less information in their mind, so they act more spontaneously and naturally.

The spiral is a simple tool, whose main feature is to plot our 'inner noise' resulting from the succession of mental processes, and clearly shows its relationship with our conscious breathing activity. When our attention is diverted, i.e. there exists dual thinking; we are confused, without a clear direction, not knowing where to go. Therefore, our "inner boat" goes adrift obeying the orders of the ego. Then the confusion, anxiety and distress, consume our energy. If we learned to rescue the deep meaning of wisdom, we would reach an interesting material from the educational point of view. An example of this is a well-known old saying, which states, "*Where a captain rules, a sailor has no sway*". This popular learning, based on the Law of Hierarchy, shows us that if the sailor's voice prevails, we are accepting that our ego takes control of our existence. In addition, when working with the spiral, one is able to understand that the ego, being subject to time and space, does not go from chaos to order immediately. Indeed, returning to the center is possible only through our inner work, by means of a phase change; we leave aside unconsciousness and the two-phase conventional breathing and keep on practicing Conscious Breathing. Up to, we finally reach a state of inner silence, where we perceive the presence of our Inner Master or higher self. Consequently, we understand that the ego is not responsible of directing the complex labyrinth of existence - our lives.

When working with the spiral applied to Synchronous Education, the first thing we lose is the fear of being observed. As long as it is not the other who watches me, but it is the inner observer who becomes one with the observed phenomenon and shows us through a succession of images, the effects of different factors such as fear, guilt, doubt, resentment, hatred, and so on. They conform a period in which we have allowed the prevalence of chaos over order, and doubt about the unit. This state soon disappears when you work with humility and acceptance, with conscious breathing. To get away as soon as possible from the confusion and conflict, up to returning to calm and unity, so that order returns to our hearts.

To test its performance, the Synchronous Education spiral, has been subjected to various harsh conditions, being used in working with illiterate, disabled, in primary, secondary, and university. It has also been used with heterogeneous groups, in conferences, in workshops, in seminars and in national and international conferences. Because of its simplicity, it enables the mental processes understanding, both for educators and for learners. The basic idea is to understand that our ego sets into motion the asynchronic or arrhythmic movement and it is our Higher Self or Inner Master that facilitates our soul synchronicity. At this point, all dependencies disappear and relationships get closer since we are willing to love our neighbor.

The spiral displays an intrinsic condition: it generates humbleness in both, the teacher and the learner as well because in working together to return to the center, i.e. to the unit, they simultaneously acknowledge having lost it earlier for different reasons. Returning to the unit allows the integration between the students and the teachers, generating a true respect of one another, without impositions. The same happens when it is applied not only to a group of patients together with the guidance and participation of the therapist but also, it is very useful in a couple's relationship. It is obvious that we are referring to Universal Love, where deep silence springs, the word is revealed and our mind stops gossiping. The slanted lines shown in the graph represent the passage we do from darkness to light and from ignorance to knowledge, which exist in everyday simple things. In other words, instead of going anywhere, it is preferable to return where we are all One.

Doubt's benefit and its diagnosis

Lack of choice is a feature of the doubt, which perpetuates insecurity and uncertainty in us. However, diagnosing it is very useful for us to indicate that we should review our behavior and decisions. An ancient motto states, *when in doubt look for a way out*. Doubt gives us the great benefit of helping us to diagnose the presence of our ego in each of our decisions. Indeed, it represents the end of the spiral's left side; an area ruled by our lower self and, therefore, represents the exaltation of our emotional state. This separateness, discrimination and competition represent natural attitudes to this state of consciousness. This state of consciousness produces an immediate inhibition of the learning ability; indeed, there is neither attention nor concentration, and it produces great fatigue on the teacher and the students as well. This response works as a defense mechanism and affects the balance of the autonomic nervous system. Because of these findings, we may assert that it is always better to improve our brain oxygenation, subtle bodies and the whole organism by practicing pranayama breathing. Especially in adolescents, who are in full crisis mainly with authority and so, they project their uprising-particularly towards what they consider as repressive and as an imposition. To do this we must prevent them from the effects caused by junk food, which notably affect the adequate liver functioning and even more, it produces severe cardiovascular disorders such as Takayasu arteritis due to excessive intake of saturated fat.

We may now understand the futility of fighting symptomatically against anxiety, distress, or depression, given that they are only effects of a common cause: our ignorance related to the true potential of human soul.

We often think that when images and / or thoughts in our minds move at high speed, we have a great mental speed. However, nothing is further from the truth. Actually, we only make good use of all our inner capacity when we calm our mind and be at peace, in silence. Therefore, the more we doubt the lower our oxygen content in our blood, undergoing in some cases panic attacks.

Orientals call *prana* to the sum of all cosmic energies going through the atmosphere and give its characteristics to the air we breathe. In fact, prana is the cosmic

energy manifested in all its forms by what is essential to link all Creation. It is up to each of us to consider whether what we breathe is *prana* or oxygen only. Nevertheless, what should be clear is that due to the current pace of life, it is unusual to find people well oxygenated, beyond the activity they carry out in society they are neither aware of themselves nor about their mission with their neighbor.

The spiral's oscillation decreases as we approach the Unit, so the movement of our thoughts and mental images fades up to reaching the here and now. This means that when it reaches the center, our present becomes One with the Divine Omnipresence. This is the simplest way by which we free ourselves from the ego's prison and return to Divine Love.

Differences with the common methods of relaxation

The difference between Conscious Breathing or Divine Breath and the common methods of relaxation is that in the latter the therapist leads the task. Conscious breathing instead, even children may practice it on their own. For example, Michelle taught it to her aunt the day she had just arrived from Italy and met her. At the time the girl showed it to her aunt, was a year and eight months. Relaxation techniques modify usual breathing with a softer and deeper breathing, however, it usually has no retention time and there is no activity in conscious thought. Relaxation, as the name implies, is associated with rest and allows easing normal tensions. However, it is occasional and do not allow to achieve profound states of consciousness. Therefore, as Ancient Wisdom principles are not applied, subtle bodies cannot be expanded. Relaxation can loosen our body's different segments and eliminate fatigue, but has nothing to do with our pilgrimage through the Master's hand, by praying without ceasing. In India, it is called Pranayama, and we know as the Divine Breath or Conscious Breathing or Prayer of the Heart.

When practicing relaxation is essential to work with the therapist, who often suggests loosening different parts of the body. So, the individual tends to establish a dependency on the person who guides the therapy. In the case of practicing conscious breathing, the key is the connection degree that is established at all times and under all

circumstances, between the Soul and the Inner Master. Therefore, it is a state of freedom, even if we were deprived of it. In this case, guides, gurus or foreign teachers would not be necessary. There are no mediators to reach the state of Consciousness Soul. Such is the teaching of Jesus to his disciples, which is based on Liberation by Love. This is without neglecting, of course, equivalent teachings at different locations from Universal Wisdom. When Conscious Breathing is practiced regularly, there are no constraints or dependencies and when they appear, even in disguised form they are promptly detected.

Humans can survive all sorts of shortcomings, still drinking water for a time. However, it is impossible to live without oxygen. We receive oxygen from our mother through the umbilical cord until birth. Then, as it passes through the birth canal, the lungs are compressed and drain the amniotic fluid that kept the alveoli to expand, so that after the first inspiration enters - from the spiritual world - the soul and the spiritual self. This is known as "first born", which is followed by a cry that is called wail, which is the newborn's weak cry. The second birth is the moment in which we practice and understand the value of Conscious Breathing, which is a vital opportunity for our spiritual life because it means the opening of the Fourth Chakra or Heart Center.

When we are out of control, angry with ourselves or with others, our breathing becomes agitated and irregular and our heart's frequency increases rapidly. When we are happy and at peace, our breathing is smooth and our heart beats softly, we have good color and we smile easily. Such change in the cardiorespiratory function is consequence of the rhythm or arrhythmia that echoes our emotions and thoughts.

Action of thought on the dense and subtle levels

The human being consists of physical elements that respond to three states in which the universe is matter: solid, liquid and gas, without neglecting the etheric plane. This by itself gives the body characteristics concerning the conduct of vibrations, which are displaced within it, like a sounding box. This is done with three different speeds for each of the states of matter. Just if we beat our sternum to see how our fingers on percussion rumble on this element as an important bone of the human skeleton. The same phenomenon happens when we lay our hand on the sternum and speak or utter a word.

In the case of fluids, they are composed of arterial and venous blood, lymph, cerebrospinal fluid, the endolymph in the inner ear, intestinal juices, normal respiratory mucus and different moods of the eyeball. All, according to their density and strength, always lead the vibrations that travel through the body.

In the case of solids, we find the skeleton and teeth, which are those with maximum density. Then, we consider the striated and smooth muscles, as well as the parenchyma of internal organs that allow, according to their characteristics, driving sound to all body cells. It is also important to bear in mind the effect that the speech organs have, which affect in two different ways, but each one with real meaning. The first one is when we think, without producing any voice just a faint vibration perceptible at the cellular level. The second one is when we speak the spoken or sung melody that vibrates our whole being. It is considered that both ways; either thought or word, produce the same effect at the vital body. This can be seen with amplified vision. To understand this mechanism, it is enough to analyze the bird's trill, those that, in spite of their smallness, amaze with their trills and warbles and carry out a true prowess in their migrations, because of the high degree of perception they have.

Remember that the echography is one of the most frequently used imaging systems in medicine. The wave emitted by the ultrasound scan, impacts on the body concerned and, according to the echogenicity that the organ in question has, it expresses the varying degrees of density on the screen. That is, if it is a hollow organ, it will give a fainter answer in its cavity and highlighted edges. In addition, when it comes to a body of higher density, such as kidneys, heart, etc., echogenicity will be higher. This replies to the Law of Vibration of nature, where everything that exists, yet unmanifested, represents a certain state of vibration.

It remains to analyze the effects of vibration in the gases that are dissolved in the arterial and venous blood, lymph, and the entire economy of our body that complete the shift of the vibrational energy. Remember that the human being does not end at the skin, but the aura is also part of it and is affected by the quality and quantity of our thoughts, emotions and desires. Similarly, the body is continually exchanging energy in fulfilling its functions. Therefore, if the food we eat is biologically broken down, that is, distorted, it produces a sharp falling down in the vital energy. Only when we see human beings in a

holistic manner, it is when we understand the value of vibrations, i.e. the vibrations we emit and the ones that surround us. To understand it clearly, we refer to vibrations in two different but interconnected ways. One corresponds to the Internal Vibrational State, which determines the lightness or darkness of the Auric Field, because of everything we do consciously or unconsciously. This status allows us to put our little human sounding in touch with the Great sounding of the Universe. The other aspect to consider is the Vibrational Environment and it refers to the vibration of the medium in which we develop, including the amount and quality of stimuli that surround us. To the extent that this issue is studied, we will further realize the immense amount of unhealthy vibrations that surround us. However, we are necessary partners for existence. Therefore, each of us can gradually modify our environment by simply removing or correcting what prevents us from achieving harmonious development. All the lot.

To further diagnosis, physicists who originally began studying the particle, then the molecule, then the atom, and today, they have addressed the sub-atomic particles may guide us. It has already proven that they, by their unpredictable behavior, have links with the metaphysical facts. The Bible refers to unpredictability in John 3-8: *As the winds of heaven do not know, where they come from or where they go, so it is with the sons of the spirit.* Note that this issue is well treated by Fritjof Capra, David Böhm and others from a scientific perspective. What we wish to emphasize in this instance is that it is time to accept the existence of such particles, both in the living organism, and in the environment, to definitely understand the interaction between all things and beings in nature, as well as the Cosmos. We must always remember that God takes care of itself. Moreover, in its divine economy it spends less energy to achieve its mission, emanating boundless allows to completely return. Such is the expression of Universal Love. It is remarkable how just the smallest self-centered thoughts change not only our individual energy but also the social energy too. As well, a good intention prayer is enough to produce lasting effects in the spiritual world. Mahatma Gandhi taught us this phrase: *We are the product of our thoughts.* I think to the extent that humans get to know the value of the word, they could check what Pythagoras taught us, saying that the word becomes rough if it emerges from the ego and becomes sacred by Hieros Logos or the Word (*John 1-1*).

It is important to remember that within the subatomic particles, the neutrino has the ability to move at infinite speed at time zero. So that what happens to a cell is known by all

the body's cells at once, and by extension, what happens to a human being, affects all humanity. The same happens with plants and animals, an issue that helps to reassess our relationship with the ecosystem. We may also analyze in deep, the way we manage finite resources. It is time for the synthesis, the truth is being revealed to us and therefore it is essential to be responsible of every thought, every word - spoken or written - , and of every act of our life, to build New Humanity. For that, we have to realize about our way of breathing, not as an exercise or as a relaxation technique, but as a way of life. Someday soon, we will understand that nuclear testing and damage on the planet, are the result of our dissociated vibrations, such as wars, racial hatred, pollution, noise pollution, etc., which may have an unsuspected impact in the Cosmos. As above, so below Kybalion says.

Conscious Man as transformer of the environmental reality

A lot is said about environmental pollution, much is done to favor it and much more is what we should do, but what happens is that very few have realized how much very little does. We know that toxic thought is the most dangerous poison that pollutes our planet. Arrhythmia, permanent discontent, the desire for power and the exploitation of man-by-man, are leading us to live in a state of general madness. Technology and comfort have not generated a better quality of life. On the contrary, they make us more conceited and arrogant, increasing our social insensitivity. Today people with higher income per capita record every day the most atrocious violence samples such as collective suicides and masturbations, as well as psychotropic drugs excessive consumption. We have just to pay attention to people's behavior when facing natural disasters, to see how long we will be governed by unconsciousness if we do not change in deep. There is no doubt that the mask falls and the truth is naked. We have not known how to live in harmony. Hence, the transcendent importance of seeing our true face, without pretense, such the way we are. Hereafter, we will be able to participate in the process of evolution of humankind, as expressed by Auclair Marselle *'Rise above the storm'*.

Comprehensive Study Method

The Comprehensive Study Method is designed to be applied to the synchronous Education. It was created when searching simple tools that facilitate learning. These tools should be practical and, if possible, apply them at zero cost, so they are not discriminatory. Its function is to use our mind in a holistic manner, i.e., connecting the intellect with the intuition. It also facilitates acquiring knowledge and is of great benefit to those students who must work to support themselves. We must recognize that the current education system is based on the quantitative and qualitative aspects is rather discriminatory and invites to competition rather than solidarity. Those with excellent conditions for study, but with limited resources, are relegated to the educational system. Universities should make a thorough study to determine the causes of abandonment at the end of an academic career. A person, who fails to close the cycle of his career, remains in a complex condition, i.e., he is not a laborer, nor an employee, nor a student nor a professional. This is one of the main reasons of psychological distress, which even affects the individual's quality of living. This system is not only dangerous to the teacher but to students as well, and it often affects the health of both. Moreover, to those who can access this system, it generates an unconscious mechanism of rejection to incorporate new knowledge with joy. This contradicts the teaching act. This is something that can be verified by teachers of the three traditional levels of education, with the aggravation that this resistance is increasing. This system produces a hypertrophy of the intellect, with symptoms such as irritability, listlessness, inactivity, lack of energy, and in some cases, autonomic dysrhythmia and chronic fatigue syndrome.

It is important to notice that the student often ignores the implications of negative thoughts about himself and / or about the teacher, who examines him. He puts up a negative feedback mechanism that helps to break their internal rhythms and even their relationship with the teacher. Thus, he is exposed to unpleasant results. However, by means of self-awareness this could be easily avoided.

Fear is the main factor to be banished in the framework of traditional methods. Fear seems destined to be exalted, generating in even-minded and responsible students, anxiety and distress. This often ends in a nervous breakdown or different psychosomatic illnesses. If we are interested on causal therapy is necessary to work on the origin of this problem, just learning to feel the other, capturing their states and needs from our own soul.

Man is such because it is indivisible, meaning that it is a biologically, psychologically and spiritually integrated. However, a student is a number, a result and sometimes a tiny portion of color in graphics. To appear effective, the individual must be triumphalist, competitive, proud of their accomplishments, even hurting others and himself. Undoubtedly, we have been taught that it is more important to have than to be, and this is the result in the context of the social organism. It is striking to notice how many young people are excellent but considered marginal to the system because they do not respond to it. Each university should monitor their students to determine the responsibility that rests on the dropout and not as it does today, where national and multinational companies, access to the students' records in selected universities, to select learners in advance for them. Many students drop out because they do not know the value of closing cycles, taking each subject, each year, and the total career as well, as a cycle to close through the integration of Alpha and Omega, the beginning and end. This has enormous social and economic costs, which should be properly considered over time.

Comprehensive Study Method: its application

The application of this method is simply to absorb the teaching that gives us our heart, as the central organ of the rhythmic system. This is the organ works more than the other organs and rests more than the other organs. For every time it contracts, it has an equivalent time of rest, corresponding to diastole. This balance gives maximum efficiency. Referring to education, we understand that the learning process done by integrating the intellect with intuition, with a preponderance of the latter is more effective, simpler and more enjoyable. It leaves us free time, something that in this society seems unattainable. Sometimes, stressed people feel guilty of having free time, when in reality, it is essential to meditate, exercise, share, perform household chores, practicing a hobby, and so on. If we learn to properly articulate the time of activity, with the rest, we will avoid the use of soothing treats that damage the teeth and the pancreas as well as stimulants such as coffee, tea and mate. The latter facilitate arterial hypertension, in the elderly, adults and young people. Stress, excess in food, and beverages, which are rich in carbohydrates, favor increased triglycerides and obesity. They produce intestinal fermentation, thus raising the diaphragm and thus modifying the electrical axis of heart, with dyspnea and

chest pain up. If the food the student eats is lacking cellulose, it facilitates intestinal constipation and declines the quality of learning. That fact immediately affects our will and concentration, to be drowsy in waking hours and sleepless hours at rest time. Thus, we cannot get high performance in a student with low vital energy. This phenomenon tends to get worse if we consider that the student sat down to dinner, then lay down to sleep and in the morning sat down for breakfast and again sat on the ride to his place of study. In addition, in the classroom he must remain motionless for hours and receives knowledge under pressure in his intellect. Then he has to sit for lunch, and so on. This shows that we pursue our teens at their highest energy period into a sedentary way of life, contrary to their age and physiological needs.

The Comprehensive Study Method goes hand in hand with the practice of conscious breathing. If we are working with it in the sitting position, it is convenient to place the column well supported on the back. Then, we start practicing the breathing work, for about 10 minutes, until our mind is silent. If we feel inside that the degree of mental excitement is greater, it is advisable to prolong the breathing work for a few more minutes, until we feel inner peace. Then we proceed to study for a period of approximately 50 minutes. If you prefer, you can include a 5 minutes break per hour. In this case, study time would be 45 minutes. After that, we practice again Conscious Breathing for 10 minutes, before beginning a new period of 45 or 50 minutes of study. It is necessary to continue the same way to fill the time that the person can or wants to devote to study daily. If a student commits himself to study three hours a day, he will find that after a year he has studied applying the Integral Study Method, 1095 hours. This huge gain of time can be used for sport, for leisure, which is extremely important because of age and personal needs, as well to prevent future musculoskeletal and vascular diseases that cause physical inactivity. That is, everyone chooses the quality of old age one wants from youth.

Remember that when applying the Comprehensive Study Method, the student should begin with conscious breathing and should end with the same. The student decides to review the learned concepts every three hours.

This method is especially useful for students who are believers and in turn have serious problems in approving subjects, because they have sanguine temperament in combination with others. When they do not know the value of Conscious Breathing, they

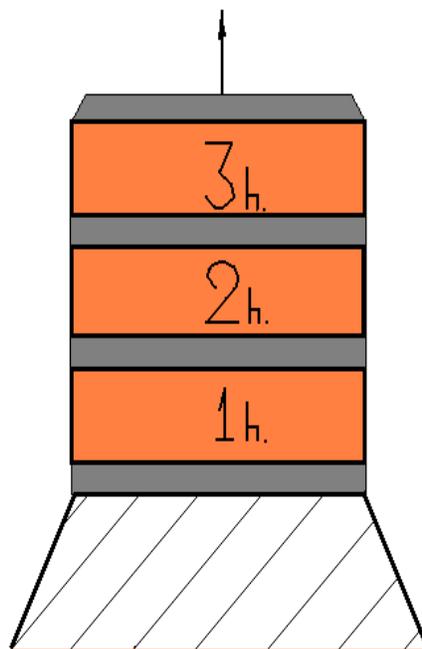
tend to start over with euphoria, but struggle to close what they undertake. Through a thorough study it would be checked that the vast number of students with excellent condition, give up studying because they do not receive necessary regard by education authorities. The interesting thing is that the solution to this problem is simply based on air and at zero cost. Just disciplining the rebellious ego and subordinated the intellect to intuition. We are always looking for expensive and complex solutions, when the simple is in the nit and Love. I been 35 years advising students of all careers to conclude them but many are working abroad. In all cases, they display a common problem: they cannot close cycles. Once we learn the mechanism, the closing is the consequence. In this way, they can end their careers or doctoral theses effortlessly and with great joy of living consciously. Therefore, everyone takes their own needs and find the powers of their soul. There is an effective prayer, inviting to take forward each time the idea of closing everything that is opened: I am Alpha and Omega, beginning and end. This prayer enables us to: a) pass a subject, b) passing a school year, c) to end the primary, secondary or tertiary level at school, d) pay a credit, e) to honor father and mother, and so on. This text stresses the opening of the cycle (beginning) and closing (end). Making it clear that in the universe the whole closes.

The Comprehensive Study Method, is the result of observing how a builder constructs, thus rescuing the wisdom of simple crafts. The builder has a surprisingly constructive logic: he starts from the foundations, which account for us to develop our will; he continues with the wall, which is related to feeling, linked to the affective-emotional, and finally, builds the roof, which has to do with thinking. This shows that without will there is not building system that could work.

In this analogy referring to the way a mason builds, we find that the worker uses units, clay bricks or ceramic-, which can be stacked on each other without mortar mix. This will result in a building completely devoid of security. The same happens to the student who accumulates knowledge in his intellect, without fixing or without sitting for the corresponding exams. In these cases, there is an incomplete use of his mind, blocking the intuition and overloading the intellect. By the way, Eilan Itarte states: *'The more ego in the mind, less God in the soul.'*

The other possible form of building is by placing the mixture between each brick - knowledge, with the aim of fixing or tying, one to another. In order to fulfill the apprenticeship process properly, it is indispensable to work with Conscious Breathing and if it is possible with the Amplified Vision, to keep during the whole process the highest level of vital energy. This allows making a good use of the mind in a global form, by integrating the left lobe of the intellect with the right side corresponding to intuition. We are not supposed to forget that we are human beings, and that the repairing rest facilitates the recovery of our vital functions.

Construction System of Integral Education



The present graphic tends to exemplify the learning process by means of the constructive logic; in order to be pleasant and not traumatic. As we can see, it is so valid for teachers and learners as well. Let us remember that not being dangerous is a Divine quality and human being at the least must try to practice it. Jesus said: "You do not understand me; I ask no sacrifice, I just want mercy".

Physiology Contribution to Synchronous Education

For those who wish to apply the concepts of Synchronous Education (S.E.) at different levels of education, you should know the rudiments of Respiratory Physiology, which will allow understanding its mechanisms of action more intimately.

Based on Rudolf Steiner's teachings, we will analyze the functioning of the body according to the three systems: the Metabolic Motor System the Rhythmic System and the Sensorineural System. This interpretation is based on the triple structure of the human being. Looking at the human face, we find three well-defined segments. The first runs from the chin to the base of the nose, which corresponds to the Metabolic Motor System sector, whose organs and functions are under the diaphragm, corresponding to the digestive system, urogenital, and everything related to the organism's motor and volitional function.

The second segment of our face goes from the base of the nose to the brow, and it corresponds to the rhythmic system, which is essential for life. Its rhythmic functions are: inhalation and exhalation, diastole and systole. It also allows for its contrasting rhythms, the participation of consciousness through the intervention of the Central Nervous System on the autonomic nervous system or autonomous system.

Finally, the Sensorineural System represents the combination of the central nervous system, with its motor and sensory parts, and the autonomic nervous system or Neurovegetative. Its contribution is essential to change the volume of oxygen in blood consciously, preventing the lactic acid's accumulation in the skeletal muscle, giving a singular characteristic to all human activity. If we analyze in detail this concept, we will understand that it makes the most substantial difference between the animal and the conscious man.

As the tides ebb and flow release energy that can be transformed into electricity, the lung pleura, with its parietal and visceral sheets, has a virtual space with negative pressure, able to change its polarity, corresponding to the inspiration and expiration periods. They influence the vitality of the organism from the bioelectric point of view. This allows us to deduce and verify immediately that what was affected by the action of the dissociative arrhythmic thinking, with conventional breathing, can be healed by rhythmic Conscious breathing and by stretching the striated muscle, especially if we integrate the Amplified Vision.

Nasal Physiology Importance

The function of the nose though small, is irreplaceable in the body. Its mission is to filter, moisten, warm up and sniff the air through the respiratory bulb. Those who inspire thru nose and exhale through the mouth are altering their physiology, because it forces the body to receive the air without proper temperature, dry and without proper humidification. Affecting the quality of hematosis (gas exchange at the alveolar level), decreasing the breathing performance, especially in cold environments due to held vasoconstriction (decrease in capillary size) that such a mechanism generates. In addition, when the nasal mucosa is dry, it is uncomfortable because of the irritation caused by nitrogen from the air. We must remember that the inhaled air enters the nose through a laminar flow, and when making contact with the nasal turbinates, it becomes turbulent. This phenomenon is most easily seen in the water. It allows increasing the air friction against the wall of the turbinates, taken the necessary heat from the engorged capillaries in the region. Through this physiological mechanism, the inhaled air acquires the right temperature, not to affect pulmonary physiology. As we see, the degree of subtlety that these tissues have is a true wonder, especially in the alveolar level, which will be explained below.

Finally, it is worth mentioning that if we acquire the habit of inhaling and exhaling gently through our nose, we will gradually acquire more precise in our movements and greater calm. Helen Keller, who was blind, deaf and dumb from her birth, wrote the following reflection on the calm.

Be calm

Be calm, slow down the beat of your heart by silencing your mind.

Support your step with the vision of the future.

Find the calm of the mountains.

Break the tension of your nerves and muscles with the sweet music of the streams that live in your memory.

Live intensely the peace of sleep.

Learn to take a minute holiday when you stop and look at a flower, when you chat

with a friend, when you watch a sunrise or when reading a few lines of a good book.

Every day remember the fable of the hare and the tortoise, so you know that living intensely, does not mean living fast, life is more than speeding up.

Turn into the branches of the oak which flourishes and understands that grew big and strong because it grew slowly and well.

Be calm, slow the pace and put your roots down in good land, which is actually worth in order to grow toward the stars.

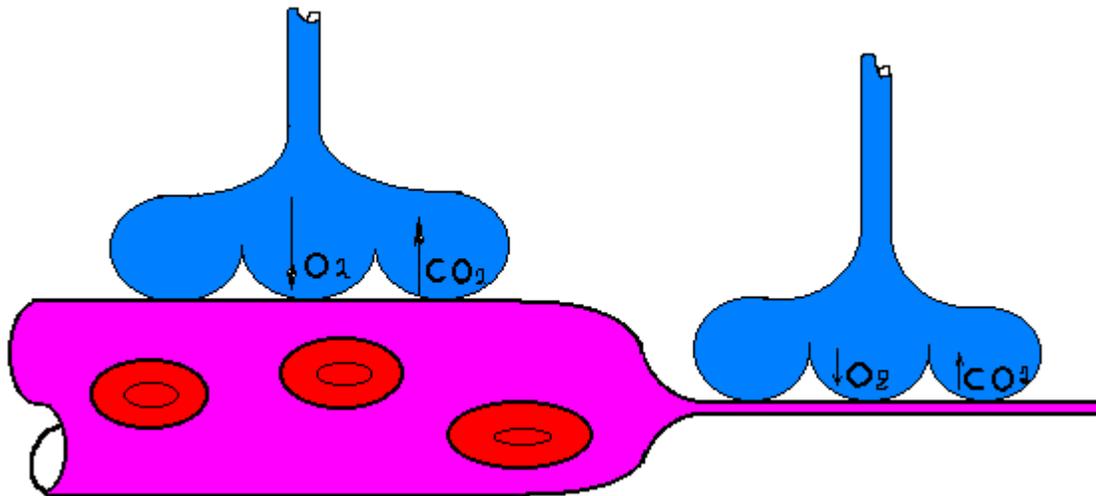
Helen Keller

Graphical representation of the alveolar phenomenon

In the figure below, we can see two opposite manifestations of the hair phenomenon in living organisms. Even in plants, the capillaries are subject to change in the caliber, especially under the influence of temperature changes. In animals, this function is as an adaptive response to different circumstances to which it is subjected according to its physiology, but it is regulated by the action of the autonomic nervous system or autonomous system, with poor participation of the Central Nervous System, being less evolved and in some cases nonexistent, such as jellyfish. The human being, because of the possibility for awakening his consciousness through the practice of conscious breathing, it can act on his capillary circulation; generating and expanding the capillary vasodilation because of the relaxing of the smooth muscle fibers, which form the vessel wall. This improves the capillary circulation throughout the body.

The traditional system of study, for being stressful, facilitates the release of adrenaline and this leads to the opposite, that is, it eases capillary vasoconstriction. Whereupon, instead of allowing a proper capillary perfusion, generating a good blood supply to the brain, decreases its physiological capacity below its true potential.

Alveolar capillary phenomenon Graph

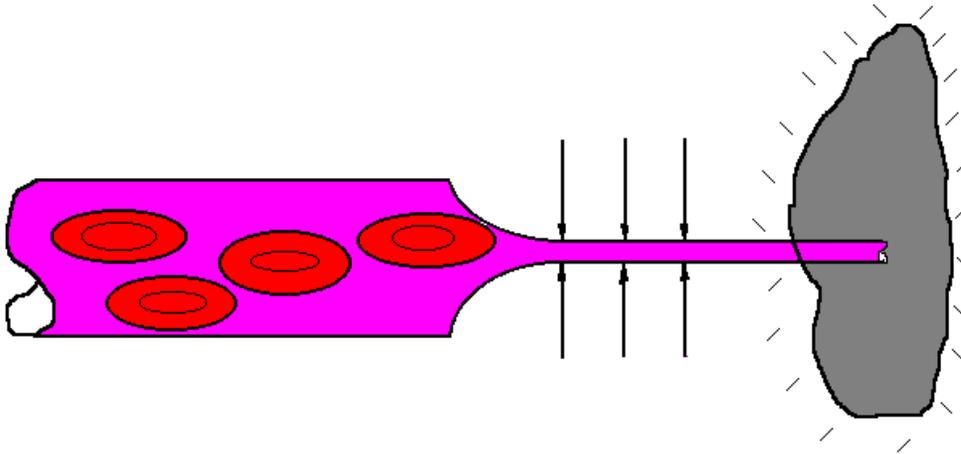


At the level of capillary circulation, the erroneous habit of inhaling by the nose and exhaling through the mouth facilitates capillary vasoconstriction of the entire respiratory tract, due to the rapid decrease in temperature of that organ. This means that even at times when the individual is doing deep breathing exercises for sports, the cold action significantly reduces gas exchange at the alveolar level. In this case, the alveoli may be filled with air, but hematosis or gas exchange in the lungs is poor, seriously affecting the metabolic performance of skeletal or striated muscle, as well as the coronary irrigation and the ideation quality of the individual. In these occasions, the lack of oxygen and a significant increase in the concentration of carbon dioxide in the blood, changes the blood pH and the lactic acid concentration, with consequent muscle soreness. This teaching rescues the importance of the little, because with a simple change in our breathing habits we can improve psychophysiological responses, and therefore the quality of life.

For those who suffer from bulimia and / or anorexia, the practice of Conscious Breathing, constitutes an element of vital importance to correct by means of conscious work, self-destructive impulses coming from unconscious mechanisms, not always easy to detect. The same applies to chronic fatigue syndrome.

Risk of necrosis

In the figure, we can appreciate the sustained effect to which we subject to the capillary circulation, because of the sum of different elements that cause vasoconstriction.



At the zone where capillary narrowing is produced, six arrows decrease the capillary caliber. In the previous section, we can see red blood cells trapped by blocked circulation. Each of these arrows represents a cause, recognizing that the phenomenon is enhanced by multiple causes. We enumerate them without analyzing the factors of dominance: 1) Low temperatures (cold), 2) stress, 3) smoking (either as active or as passive smoking), 4) coffee, 5) mate, 6) black tea.

The seventh arrow, not drawn in the graph corresponds to the misnamed energizing drinks, which contain an overdose of caffeine, and are responsible in many cases of heart attacks and sudden death in young adolescents. It is worth mentioning that Governments never take the necessary safety measures in this respect.

When the vasoconstrictor elements are enhanced with each other, the risks of early hypertension are present, especially through essential or emotional hypertension. In addition, the individual may experience not only sleep, metabolic and behavioral disturbances but it may seriously affect the learning ability as well.

Remember that it is enough just one cigarette to suffer vasoconstriction for six continuous hours. In sports that require our intense efforts in anaerobic, i.e. without the adequate oxygen supply, the irrigation of the heart is seriously affected, by the speed and intensity with which movements occur, without recovering the oxygen that was used. This puts at risk of sudden death even younger and trained athletes, if they are not adequately compensated. This phenomenon tends to be exacerbated when the person has not warm-up properly, or there is lack of training and high doses of stress. The idea is simple: *to do*

the same with no pain, applying the Law of Least Effort, that is with full joy. Thus, we will reach the adequate psycho-physical-spiritual state to live happy and aware.

Sometimes we have difficulty in accepting certain things we do not like, but if we look at how people around us breathe, we would quickly realize that most do not know how to do it. If we go to a nursing home, we will be shocked to see that most of the people living there were beings in their fullness, enjoyed good ideation and intelligence, as their evolutionary traits confirm it, but currently their functions are completely depressed because of the chronic hypoxia to which their neuronal system was beaten down. Suffering in many cases senile dementia or Alzheimer's disease. What happened? The answer is simple, we all have the "happy" idea that our bodies will never harm, or that illness is for the poor or others. This is false. When we become aware of our situation, it begins to produce a profound transformation in us. The gull that eats waste food can change not only its food but also its flight characteristics, as is taught by Richard Bach in his book named *Jonathan Livingston Seagull*.

It is sad but a reality that most of humanity lives in hypoxia, i.e. lacking oxygen in the body by not knowing the true meaning of Divine Breath. Teaching these things should be everyone's job and not a few people's, as it is today.

The dark area shown in the figure, shows 'risk of necrosis', and corresponds to the portion of tissue that due to sustained vasoconstriction and by the practice of toxic habits in food as well, suffers a temporary or chronic circulatory failure depending on the circumstances and can result in an abdominal myocardial, or cerebral infarction. There is no doubt that "junk" food, produces hypercholesterolemia, facilitates hypertension and capillary premature aging. This means that soon we will have a population of old-young people. It is known that we can change to be better, but what we need is a real transformation and not an apparent one, where continuity keeps alive creativity and conscious freedom and it is no longer a utopia.

When we observe the clinical symptoms experienced by students before an exam, we will notice that they are the same ones who have their teachers in similar circumstances. We should note that neither years, nor titles or curriculum, nor their experiences are effective to mitigate the effects of stress. This leads us to understand that

the current educational system "hurts" in all sense, especially when we see how the health of teachers and students damages, due to an absence of deep reflection about school violence.

Consider this case, so common today: a student may have the "luck" of obtaining his graduate degree, after spending eighteen and twenty-five years of his life in school. Once he finishes it, he shall be subjected to a new and more complex mechanism of stress to get a decent job in some cases, or just to survive. He will quickly become a portion, a number to a system that inevitably will end up competing with their colleagues or with automation mechanisms. The difference here is that instead of having a "sleeping" (unconscious) illiterate, we will have a "slept person" who was awarded with a degree, and after winning much or not, will also be replaced, with consequent depression. By the way, Dr. Rosa Scolnik said: "There is a monopathology, based on ignorance and there is a monotherapeutic, based on Knowledge".

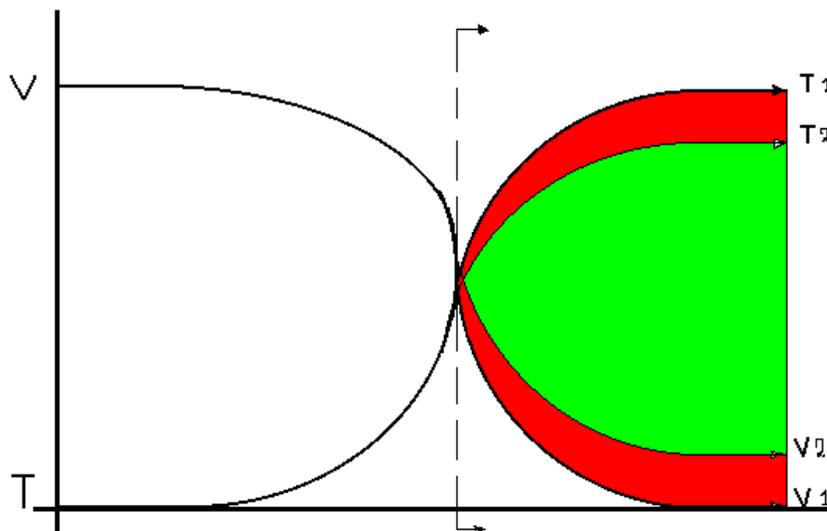
It is easier to manage ourselves in adversity than in prosperity, said Pythagoras, who famously defined in this thought, the immense power of simple things. Reason why we consider of vital importance, the possibility of rescuing the language of daily life, trying to observe, what we do-and-how we do it. This attitude allows us to consciously deal with the inexhaustible torrent of knowledge that simple things display. We usually try to avoid difficulties, considering that adversity is always harmful. Since in the global context, what happens integrates the limitation together with the possibility and the problem with the solution. This requires confidence and knowing that hope and freedom are not for sale. Going beyond the difficulties without competition, by an act of solidarity is the key, which may protect us from the effects of our own ignorance as well as others' ignorance. It must be clear once and for all; that the learning process encompasses the entire life of the individual and it develops in the vast class of Nature.

Tension and vitality

By the graph of tension and vitality, we will conduct a qualitative and not quantitative appraisal related to our internal states. To the extent, that stress is greater vitality declines. Vitality is affected by factors such as lack or excess of exercise, the

quality of daily consumption and the possibility of having or not a restful sleep. For example, after a light dinner and a good rest, we got more vitality. Although each person has different biorhythms, we should respect the Circadian Rhythm, which shows us the relationship between our adrenal glands based on the amount of sunlight. Let us mention an ancient teaching related to our eating habits: Breakfast like a king, lunch like a prince and dinner like a beggar.

While vitality drops and tension increases, the curves cross at about noon, raising gradually the tension towards the end of the day, engaging in some cases the quality of our reflexes.



If we learn to *take care* instead of *worrying*, we could recover a large amount of energy that we were used to waste since we were stuck in our past or our future. If we get used to drinking juices and increase our consumption of fruits, fresh vegetables, replacing denatured flour for cereals and whole grains rich in fiber, vitamins and minerals, we will progressively feel an increase in our vital energy. In case we eat animal protein, it should be in moderation, especially at noon and once or two times per week maximum. We should not abuse in consuming dairy or refined flours and denatured foods, for the long processes they contain. For those wishing to make a vegetarian diet can enjoy its benefits, but should emphasize on the rotation of food to provide adequate power and good health. If we incorporate gym, practice Conscious Breathing and amplified vision, we will see that it immediately increases our vitality and our tension decreases. Thus, it is more pleasant to live and it facilitates the harmonious development of the individual and society as well.

Applied Synchronous Education

Because of the variables that exist in every town concerning education, it would not be wise approaching a rigid model of thought by means of a final project from the pedagogical point of view. It would kill the spirit of creativity.

If we consider the historical moment that humanity is living, we will immediately understand the importance of the full potential of the human being through the awakening of the Consciousness Soul. The same crisis that is growing has the ability to leverage the deepest motivations of man. With regard to creativity, we can observe that it expresses its best, as it acquires the power to reconsider all models of thought, with an honest record. This phenomenon itself is a reflection of the maturation of the self. The human being is increasingly realizing about the little prospect that self-centered models have. Indeed, he notes that they are collapsing on their own. Man also understands that there is a new sense of freedom and love, which must come from the heart and not from the mind. We are beginning to transcend our own thresholds and being actors of Evolution. As it is a transition period, we often observe in amazement, the coexistence of two simultaneous ways of thinking; one that falls and one that renews. Each of us according to our conscience should be placed as pleased. This phenomenon is included in the Tension and Vitality chart shown above.

Synchronous Education (S.E.) as a teaching tool

The new pedagogical proposal is as simple as the ignition of a car. It allows us to start the car and move freely to where we need. Indeed, when we connect our soul with our Inner Master, the energy required is produced to achieve wholeness in the context of maximum creativity. This guides us from the rational knowledge towards the intuitive and universal knowledge.

S.E. is a simple tool that can be applied throughout the educational field, including the training of illiterate people. By nature, it is indiscriminating and it is based on preponderance of the small. This allows us to perceive the value of simple things. Over time, we will get used to integrate its concepts into all areas of life. In addition, we will work on a qualitative development, where 'having' is subordinated to 'being' and thus, the

human attends meekness lessons. Then, love and freedom facilitate solidarity and peaceful coexistence.

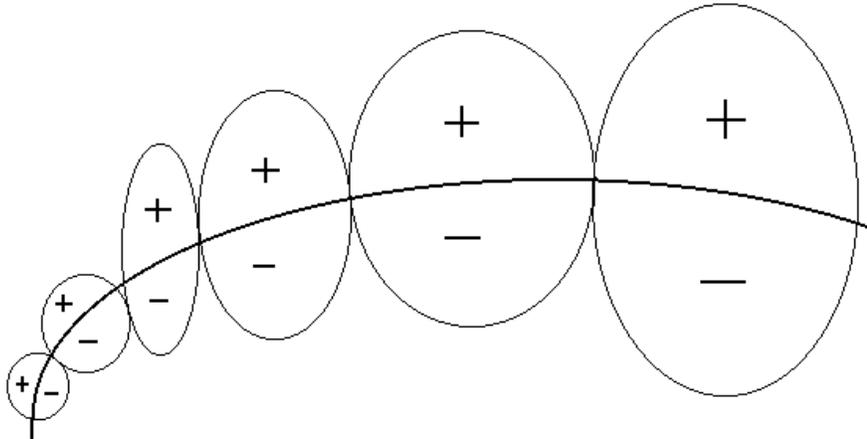
Constant self-criticism by educators and learners, allows a quick return to the center, place where we approach common truth, which sets us free. In this way, we leave aside the preformed thought with preset rules. By contrast, the level of understanding will be based on deep communication. For a rational and materialistic mind, this may generate a mocking laugh, but this is until we understand the meaning of the *trialogue*. It represents the communication between the souls of the educator and student, permanently integrated into a triangulation with the Divine Self. The same applies to the patient and the physician or psychologist or psychologist, friend, partner, and so on. Trialogue solves the two previous forms that are the monologue, which conveys what is expressed by our ego and the dialogue as a communication attempt ruled by the personality or ego. Dialogue, in most cases is an integrated succession of monologues, which make us believe that human beings communicate. *Trialogue* is a ternary form of communication. In order to recognize and take advantage of the trialogue we must learn to relate to others, from the soul, that is what it means to turn the other cheek.

It is obvious that there is no final truth, since truth is progressive and depends on the expansion of consciousness. So that some truths that are now crucial to our present state of consciousness, tomorrow may not be, because there is new knowledge. As an example, we could say that, at one point, the geocentric model was truth, then such an idea was outdated and the heliocentric model became truth. Another case is when Saul of Tarsus is on the road to Damascus. At that moment, his truth was opposite to the truth that will change his life by the force of revelation. Considering our lives in deep, we will also see our inner transformation, through the succession of states of consciousness. Jesus said '*I am the Way, the Truth and the Life*'. Such teaching is so complete that it would be enough to pray it, in order to enter deeper knowledge every time.

It is clear that the mentioned way is within us and that the Truth of Knowledge is not cumulative or rational, real knowledge is revealed inside the Human Soul. This feature distinguishes us from all living beings on this planet and unites us at the same time. Concerning life, it refers to a completely transpersonal, egoless, timeless and transcendent concept. It relates to what nobody can take us away: our Soul and Spirit. Undoubtedly, in a

time of bars and statistics, costs and profits, talking about it should look like utter fantasy. Reason why, all that has been exposed so far, is up to the reader. He may take it or leave it.

Graphical representation of the succession of consciousness states



This chart is referred to the sequence of states of consciousness. This sequence binds us to an evolutionary truth because every time our soul grows, it broadens and deepens our level of perception. Considering also that as these sequences expand, our knowledge grows as well as our ignorance. Therefore, it increases our humility and our ability to serve.

This figure is so simple that has the ability to invite us to wait with joy the next instruction received by the next revelation - either about ourselves and / or about the circumstances around us. Thereby we truly become into "wild flowers" or "birds of heaven." The apparent abandonment is a real and permanent protection granted by Divine Providence. If we can practice outdoor sports, without competing, if possible, with anyone, we will perceive the same deep feelings felt by the native peoples of all of humanity and we will find the necessary oasis for our soul, which is suffering most of the time from conditioning.

When the process of teaching and learning includes the Invocation / Revelation mechanism, we experience a state of joy, which is not conventional. The student begins to feel that their teachers are not an imposed authority that must be transgressed. By

contrast, love, respect, and even reverence emerge. It is because the educator becomes a guide or a teacher of life. Where did he get such knowledge? Simply because of having had the courage to know himself. Otherwise, it would be a blind trying to guide another blind. Suppose the teacher invites his students to do a research on paleontology.

The instructor has two options: repeat everything he has been said, or be creative. In the second case, having the teacher integrated the intuitive with the rational mind through the practice of conscious breathing and amplified vision, he facilitates the choice of textbooks and the student gets a clearer ideation. All this happens on the basis of revelation. This inner transformation involves all of us and allows students to take the necessary, and discard excess. If possible, the instructor could include a research practice in the field, guided by a competent person or a paleontologist, with whom students learn immediately that the encounter with the material found and their classification is based on the knowledge of not knowing. It is impossible to determine in advance, what is going to happen at the moment. That is the magic of life.

We should *be filled with unanswerable questions*, said J. Krishnamurti. It is something that every concerned person should do to instantly recognize the interference of the ego. This approach aims to know that we do not know, and this is a fundamental condition to meet the unpredictable. In this scenario, it is possible to find a fossil that has been hidden for millions of years, and the Inner Master will guide us to find it. When we work by encouraging creativity in applying synchronous education, the attention deficit tends to resolve as the tension in the classroom low down. We could say that this tension, although the crisis has roots in social and family live, the classroom is an enabling environment. However, if we transmute it into creativity we will transform an aberrant energy into a productive one, thereby achieving the highest goals of deep learning. This is because the students are respected, so this attitude generates a response equivalent to the teacher / guide. In this simple way, we obviate the need for a repressive system, which has always been an inconvenience for everyone. Once again, we could see that if we apply Divine pedagogy based on liberation through love, we may enter into oneness with what is happening, without antagonizing with reality. Instead, we could transform it with the huge advantage that represents the possibility of not suffering the teaching act, in order to enjoy it fully, in a lifelong learning. Only when we approach this state, we live with joy as

educators / students and students / educators, as stated by Paulo Freire, the educator who in the late twentieth century advised its proposal for the poor through the *Pedagogy of the Oppressed ones*. Obviously, this bothered those who thrive on discrimination. However, in a calmer mood and in a high complexity global reality, especially from the standpoint of illiteracy, we must emphasize the need of seeking for valid economic and social proposals out of the scourge that generates hunger and poverty. It is worth mentioning the beatitude related to humbleness 'Blessed are the humble ones'.

I think there was a false and hypocrite reading at the same time of the word oppressed. When in reality, whether being rich or poor is just a quantitative but not a qualitative appraisal. We are all oppressed by our ignorance and the oppressive systems that self-centeredness generates. The profound simplicity frightens the ignorant. It is easier to project all our fear of the unknown on others than to look at our real face in the mirror of consciousness. It is worth noting that Paulo Freire found the basis of his pedagogical proposal in the *New Testament*, text that we can consider a *Treaty of Divine Pedagogy* - and which has not been understood in its true dimension. We still have far to go to understand what is the real meaning of 'blessed are the meek'. We have also need to understand the real meaning of the word Verb that contains in it the primary force of the Word. For now let us learn to breathe and one day soon, humanity will shine due to its need of Light and Love

A Perfect Future

If we will lay out a perfect future, we would fall inevitably in the field of fantasy. In the Handbook of the New Man, the anonymous author gives us this teaching: Do not announce the change, so do it. This message is not only convincing but also clear, because it invites us to work from reality, as a starting point. Those connected to teaching, probably have been surprised to receive deep synthesis answers by students, and especially by those who were not considered sufficiently trained for that. In addition, we can say with confidence that in all cases they felt a great inner joy. When we work applying the concepts related to Education Synchronous, every meeting is a dialogue –everything is carried out by our soul and with mediation of the Inner Master - there are such answers

permanently. These answers gratify the teacher and the student as well, strengthening the rapport between them and the quality of the teaching act.

Study programs

Those who are stuck by the rigidity of certain curricula, feel that their health, happiness, confidence, and even their will are affected. In general, these are people linked to education. This circumstance occurs because competition creates more waste of energy than any other human activity. However, when we work from the Unit by integrating the opposites - such as the limit and the possibility, we enhance our internal energy and our creativity increases.

Just as the spaces between words in writing are essential and in music are the intervals of silence between the notes, we should understand the "beating" of learning. This involves understanding that the action by the action itself creates inaction and defiance, resulting in the action without reflection, violent. However, if we learn to understand the value of the quiet action, we will feel the pulse of the human soul. By means of joy and love, we can make that the teaching act ceases to be a sacrifice for teachers and pupils and become a sacred act. Thus, it was for the ancients and still it is for the original ones. To them, all tasks, even the simplest one has a sacred character –for example, the simple collection of their herbs or seeds such as hunting or working the land. So there is no doubt that it is time to recover the value of the sacred, from conception, pregnancy, lactation, first steps, garden, school, art, work, recreation, college, in short, everything that concerns the life of a person from birth to death. It would be possible when we will be able to apply the triad with our soul in everything we do.

There are many questions that arise in the mind of the human being at every moment and many more will come up at those who look from outside, as if watching the concepts proposed by the Synchronous Education from a screen. Especially since the S.E. do not mean to act as the possible answer to everything. By contrast, the task is to teach that every person could establish a direct contact with the forces of the soul. As the physician does not own the health of their patients or the obstetrician does not own the

health of the new born. Similarly, the teacher should not be the owner of knowledge, but an intermediate, thereof a "connector".

Conditioning and its educational consequences

Even in the most primitive cultures, the educational process has provided a stage to which we will call *conditioning phase*. This incorporates the basics and techniques that facilitate the development of rational thought, especially through tradition. For example if two children are identical twins adopted out of two families with different traditions, once grown, everyone will enjoy music, food and ceremonies according to their own traditions. All of us acquire elements from our infancy; we adopt them as our own. However, when it comes the time to awaken the Consciousness Soul, it does not mean we despise such teachings but we start putting aside our conditioning phase. This stage is based on intuitive thinking and involves the spiritual evolution and the freedom by Love of man. Only at this stage, one begins to feel humanity beneath the skin. Today, these concepts seem too rare and inoperable by the excessive stimulation to which we are subjected. Mostly in the form of subliminal stimuli, that do not address the conscience, but produce impulses from the unconscious act and we vary between like and dislike. The right choice will always be the result of good discerning.

If we gave priority to one of these two phases, in addition to a tangential assessment of the educational reality we would fall immediately into intellectual or confused scientist empiricism. However, if we look carefully, we will find that the two phases correspond to and are part of a circle. We can say that the more intense the conditioning phase, the closest we are to setting aside the conditioning stage. So, we will understand more easily than the law of Talion will be completed in its opposite, which is the other cheek. Those who see the world from a self-centered view, pollute the environment by their thoughts, words and performances. Therefore, they cannot understand the sustainable growth based on ecological thinking. However, new generations will do so because they bring these issues naturally developed. Thus, these new generations will be the true guardians of the environment.

The current crisis works as a catalyst for awareness. With great joy, we can experience this ever expanding, where the repetition of stimuli, apparently damaging because of its dissonance and arrhythmia acts as a catalyst accelerating the most profound transformations. Just by only applying the crisis force. We can deduce that from a greater reliance arising out of the condition, the greater desire for freedom will awaken in the heart of the humble man. This will make us understand how from our resistance to change, based on social blindness, we support an executioner system, which also leaves two thirds of humanity. Let us observe the phenomenon that is happening between North Africa and Southern Europe, where there is illegal migration at any price.

In the same way we cannot break a paper that we do not have at hand, we cannot break down within us what we have not undertaken with humility. This is the starting point for conscious transformation. As the seed is expanded outward in a fertile soil and dies to be reborn multiplied, just is consciousness, which evolves into higher states. Conditioning is compressive, it may be associated with systolic motion and the breaking thereof, corresponds to its expansive and diastolic phase. Both give the beat, which in its press symbolizes a new state of consciousness, either for man to all humankind. Many times, the fear of growing up drown us in the muddy waters of ignorance.

Plato, who knew the vocabulary of the soul, said: *There are not parallel lives*. The philosopher highlighted the importance of individuality of being. Especially in the case of conditioning, the individual's mind is "parallelized" to go after the object recorded in his unconscious. However, when the awakening of the conscious soul starts the unconditioning stage, everything changes because of the power of love.

Synchronous Education and self-help groups

The S.E. project would be a utopia if it did not synchronize the rational mind with the intuitive one, thus generating a new / old way of thinking. The elements used are simple and practical. Fundamentally, they do not produce dependence because once we understand its mechanism; we can all take parallel inner development through self-knowledge, with the pedagogical task in a different dynamic. It is in the self-help groups,

where the integration comes to consolidate from the social point of view. Remember that consciousness always expands in concentric circles.

This allows the individual to grow without the need to follow anything or anyone, except the Inner Master, who is shared with all humankind. At first, this causes some concern because it seems as if we lost control of what happens at every moment. However, the truth is that anyone is able to handle the unpredictable. Therefore, letting events happen in its natural rhythm is an inexhaustible art, which scholars such as Masanobu Fukuoka, by natural agriculture, or Konrad Lorenz from ethology are promoting for years. J. Krishnamurti also did it, from his particular philosophy. In other words, every human being may in a state of humility, to develop the powers of his soul and be able to serve the world. There are not excluded persons because this is part of an inclusive process. Once, I stopped in a building to talk to a bricklayer and he gave me the feeling of talking to one of the greatest sages of the world. Mostly, it was because I understood the value of revelation, taking as a starting point the road from analysis to synthesis, based on unity in all things. This is the task, turn into children again, that is, to put our personality beneath the Inner Master. Just by loving and being spontaneous.

We will make the more serious mistake if we appropriate the results obtained by the application of S.E. We could assert that these results are inappropriate, therefore, the greater the attachment, the greater the energy released at the service of others. Any role we play in the process of learning must come from the feeling of being united in a common cause. By no means is a one-man job, but transpersonal, by linking all of us from our soul.

I wish it would we be clear that sectarianism, represented by partisanship, dogmatism, nationalism, ideologisms, xenophobic attitudes, etc., is pernicious and outdated. The profound transformation will take place through the progressive development of a progressive sense of unity that will result in the birth of Humanitarian and Planetary Consciousness at once. Then, there will come a new ecological sense by the natural desire to protect life in the evolutionary beat of human soul.

Inverted Education

Inverted Education is the education in which adults learn from children and adolescents. If every man is our teacher, regardless of age, then every child will also have to teach something. When we work with them from Conscious Breathing and amplified vision, we have a different communication quality. It opens the portal of light that can relate us from the Soul. In this meeting, the vital energy in the educator and the learner expands. This allows the evolution of the atoms that make up our physical or organic template as well as the subatomic particles' evolution, to a new dimensional state, acting in turn as a refresher for the adults mind. These children have very clear in their mind and soul that by their very presence, they are a real living message of the Cosmos. Therefore, they give us the strength to cope with what is coming in a responsible and conscientious way. They constitute our 'hope' and we should not harm them. There would be no more wars or arms. Obviously, this is also true for children with disabilities, whose souls are of incredible magnificence. Today we know that only Divine Love and Wisdom will save humankind from such ignorance. Krishnamurti said; '*Just the right thinking leads us to peace.*'

Incidentally, Juana Grüning in her lecture 'educating the educator' left us this message: Children come into the world bringing the tone of the New Age, which is to share rather than to compete, and the ability to capture and understand by means of synthesis rather than compiling, by the result of the analysis. Educators have the task of realizing about this fact as well as being flexible and open-minded enough to achieve a relationship where both parties benefit from mutual learning.

So that these children have an awakening action on adults' consciousness and for this reason, that process is called Inverted Education. For the younger, even the newborn, "educates" the adult, about how to develop the educational process. This process, far from diminishing the adult, allows him to learn with love and magnify him. If we want to access the new pedagogy, we should know that his teachings are not stored in any library but are at the heart of the humble man. These teachings should germinate in the child to return him the joy with which his soul entered this world. Our task is to simply be facilitators, so they can make their contribution. The same happens with young people, who do not see reflected their highest aspirations and thus, become self-destructive by alcohol or drugs. For this reason, we must understand that there should not be a child or teen out of the process of social and humanitarian healing.

When we consider the possibility of applying Inverted Education is because we are also looking for a sacred and ancient teaching "written" in the face, hands, body posture and gesture in the language of each child, youth and adult. This produces an immediate effect on the child or adolescent, generating respect and consideration. In the second part of this book, we will incorporate knowledge about the Physiognomy diagnosis, which once understood, are likely to be embedded in the daily practice of conscious living. Then we will assert that everything changes at every moment, without causing us fear. It is always better to be vigilant to detect, both in ourselves and in others, the integration of the shortcomings and strengths of the soul. This gesture, however simple it may seem, is a generator of humility. Also allows us to be outside the extraordinary culture, based on false assumptions, vanity and personalism.

We note that the satisfaction of common needs for human evolution on Earth is an archetype to achieve in the near future. This topic about analyzing needs and satisfactions is perfectly studied by Manfred Max-Neef, Antonio Elizalde and Martin Hoppenhay in their book titled *Development at human scale*. This satisfaction has not been achieved because we still remain in a period based on speculation and egocentrism, where the accumulation of power brings about a constant multiplication of dependency. First, it must die within us, to then be forgotten in coexistence. If all of us try to, we may elaborate from the same learning process, the prevention of health and social care, revaluing native cultures, community service and experiential workshops to integrate from the soul in a common destiny. To grow we need to feel uncomfortable with the current system of life. Then, this discomfort will drive profound changes in the service of Solidarity and Love.

When a patient with psychological or clinical problems is taken as a teacher, because he is teaching us how to guide him, we must be cautious not to damage him, recognizing that his humility, when exposed to us is giving us a life lesson. Indeed, when the teaching act is done from the soul, it reaches an unfathomable depth and the revelation, by its unpredictable nature, releases the power of it.

It is believed that those who teach us are usually those who know, and the other ones, those who lack of knowledge, should receive them without any resistance. Paulo

Freire called this phenomenon, 'banking education'. When in reality it is not like that, because a baby can even teach us even in fetal state from the biological, clinical, psychological and spiritual points of view, which allow us to contribute to their development and to their parents as well. To achieve this learning, the adult must learn to put in other's shoes with his soul. We call it 'Inverted Education' because it breaks with the usual model of learning. The physical body of a baby is small, however, his subtle bodies, i.e. the vital body, the emotional body and mental body as a whole are enormous. So that all the limitations that generate being in front of a small person who does not know who he is, or talk and do not know everything we have learned, but we can learn to communicate with his soul. If we act like that, a wonderful thing will happen by changing the point of view of observation. Let us remember that we left behind focal vision and now we are all the time working with amplified vision and thus, learning becomes different and more profound. As our soul has no age, and from it, we make our observation, we are able to follow the evolutionary process from birth to death. Without touching or causing damage. Even it may seem a fantasy, we integrate with everything that has existed and will exist until the end of time, being linked to Eternity. Just at this point, we realize that there is no single stage either of our evolution or of humanity, which is meaningless from the standpoint of global learning, based on the Synchronous Education.

Later we will see that the face of every person is a book that we may learn to read, as well as ours. In addition, this teaching, placed in the hands of an individual who does not practice conscious breathing, has a very low "ceiling" in terms of handling capabilities. It is subject to a set of observational techniques that can handle only from his intellect. Nevertheless, if he is a teacher who has decided to conduct his Inner Revolution or Love Revolution, everything is different, because he may open up to the knowledge of others with respect and reverence, knowing that inside the other is the Divine Presence.

Intergenerational war, to which material consumption submit us, does not make sense. It is necessary that all participate in the construction of the New Humanity, even those who today believe that it is nonsense. Love is unitive and not discriminative.

Scholar desertion and poverty which today two-thirds of humanity is exposed should not continue. Because if so, as it is already occurring, coexistence among peoples

will be increasingly unsustainable. For example, we should simply look at the bad relationship between Africa and Europe. We cannot grow at the expense of others because then we decrease, we get bloody. We end up choosing to kill instead of tolerating. We end up saving instead of sharing. We cannot ignore this global reality. Especially politicians who are usually more concerned about their vote or own image reflected in the polls instead of truly serving those who elected them. If there is not a rational and consistent change, in the near future we will become multipliers of the social chaos. The poorest families send their children to work or beg, and thus increases scholar desertion and decreases culture of peoples. Therefore, increases marginalization and insecurity. Then we should ask ourselves 'What is the limit of human stupidity? Is there really a limit...?'

Dimension of the necessary

The Dimension of the necessary is based on the fast detection of the superfluous as the predominant element of the materialism culture. It is the result of the natural flow of profound transformations. When the old decays, it weakens any desire. For example, freedom resulting from the proper use of natural resources, both renewable and nonrenewable, grants a different quality of life, and thus emerge a new quality of living. Thus, we project ourselves toward a deeper understanding based on what is not harmful and servicing to others. Competition for the superfluous and illusory will gradually disappear and will allow us to approach the conscious reality by the New Paradigm of Love.

The insecurity that sometimes we feel inside us is part of the change. Nevertheless, every time we want trust less in our small self or personal ego because we are proving every minute it is ineffective to face reality. Gradually, not knowing becomes the necessary condition for going along our inner path.

Our relationship with everyday life constantly invites us to observe ourselves in the mirror of reality. In addition, if we live with joy that meeting, everything that happens can beat in unison with our soul. Therefore, resistance is the unknown that causes pain in us.

When united in a common process, we understand that we are dealing with a shared destiny and we begin the return through the universal language of the simple things. This is possible because of our dual status as both human and divine at the same time, because of the alliance between the Creator and the Created. Only then, we will understand that harmony is the highest form of communication because it is based on the triologue. That is, the integration of souls by the Spirit. The same is true in the case of atheists, except that the interaction is the differentiated energy for each of the partners, which triangulates with the undifferentiated or Universal energy. Our human condition makes us perfectible persons but not perfect ones. While we cannot constantly triologue, however it is worth trying it at every time we are able to improve the quality of evolutionarily meeting others. The triologue is always true, even in the case of departed souls or in the case of souls that are about to come, and as it is easy to assert, it is also true with souls who share our fate to live and die.

Today we attend the funeral of illusion, and meanwhile we witness the appreciation of the Real, which was, is and will be sustained by the divine omnipresence. We already know that *everything, which is hidden, will be revealed*; that the outside is the inside and as it is above it is below. Then we are able to understand that nothing is or was casual in our lives. Everything is responding to a ground-based Divine Plan. Evolution is inevitable and therefore, everything is in its proper place.

When we realize that we have been shaped under the influence of circumstances, as Ortega y Gasset said, we understand that we are partners in this concert of evolution. Excess of will of some persons and the weaknesses of others, will eventually generate humility and acceptance of what is happening at every moment. The supremacy struggle for power weakens it and makes it a victim of itself. The lack of power benefits those who lack it and this reminds us an unshakable truth: 'Blessed are the meek'. The Pythagorean *right measure* cannot emerge as an imposed model of perfection but must emerge purified by internal strife as a re-creation of the human soul. So that evolution is revealed by the effect of a First Cause that governs all things, 'Love'.

Once again, walking along the labyrinth of our existence, we start from the illusory and go to the real, from the hand of discernment. Thus, we should try to go the shortest route between two points - i.e., the Straight Path. In order to do this we are guided by the forces of Light to assist in the realization of the Divine Plan.

Synchronic Education and Special Teaching

Contrary to expectations, a complex problem must be solved in a simple way. When we apply the synchronous Education (S.E.) on teachers prepared to that end, they are able to implement it with their special students. This is possible because the first thing the teacher should know is that their souls are not disadvantaged. On the contrary, it is often beings of great spiritual evolution; therefore, once perceived it, we can apply the triad as the fundamental basis for special educational. The triad opens up ordinary communication difficulties. Therefore, if communication is deep, the rest will be a consequence of that link. The same shortcomings that each case evidences are, in turn, powers for their souls and our task is to detect them. These children can do a service to humanity more important from the subtle plane than the average person can perform based on his personality, even with college degrees and power included. Therefore, we must not neglect the triangle between the affected teachers or therapists, parents and children or young people, because each according to his ability may be expanding its internal vibrational state in vibrational harmony with his surroundings. Thus, it is possible to see as soon as possible the results of work done by teachers who apply Synchronous Education in special educational. This proves that the same was done with love and humility.

Let us finish with the compartments that provide the structures of thought. The educational dynamic that Synchronous Education offers, applied to special education is involved with all our being from the organic, mental and spiritual point of view. This allows us to vibrate an octave higher, as if we were an instrument. In fact, the instrument is our body and the sound quality depends on the degree of connection we have with our Soul, our Inner Master and the special student. This will determine what will be the internal operating centers, which operate in proximity and distance of children. Therefore, we must

dismiss the doubt and distrust to achieve greater fulfillment in communication or dialogue. This is because we have recovered the value of the word as a verb and polite silence.

When we learn to feel our soul, we begin to perceive the other's soul, in this case, children, adolescents, youth and adults with disabilities. They generally have a wonderful soul to which we have the honorable task to dis-cover that is, remove the veil of the hidden external disability. Whenever possible, we must inform parents about this situation so they could join us in the beautiful task of relating from the soul. Then, we cross a threshold so wonderful that a purely rational person it might seem crazy. Even in the case of spastic children with severe disabilities, enormous progress is made when applying the dialogue, i.e. communication from the soul through conscious breathing. For example, we might suggest to the child's mother to practice breathing as many times as necessary to be at peace and achieve inner silence. In such a condition is required to communicate from the soul and through the Inner Master or Spiritual Self with the child's soul and transmit him all the needs, problems and suffering one may have. This is always done in the retention time of the inhaled air. Then exhale gently through your nose. Soon they begin to perceive the changes that occur in the relationship with the child based on a greater acceptance of disability by the mother as well as, the conflicts that are created naturally in the family by the presence of someone who requires special attention. A Sufi proverb says: God is simple, everything else is complex. Our conditioned mind tends to disbelieve the simple therapies and becomes obsessed with the great technology. Undoubtedly, today we are able to express this phenomenon as a transpersonal fact without denying it is an issue known for the greatest civilizations of humanity. These greatest civilizations practiced this degree of communication between people and Nature with the huge advantage of knowing that God takes care of itself and that this teaching is based on Wisdom and Universal Love, as such is impersonal.

Knowledge of the basis of physiognomic diagnosis will help us to improve the understanding in each particular case, without damaging and with the advantage of acting at the hands of a specialist teacher where everything is easier to achieve. We know that the elements provided by the synchronous Education may transform the educational experience in an experiential fact. Therefore, that it acts as a medicine for the soul,

transmuting weakness into strength, stiffness into motion and instability into harmonic development, as well as, obstinacy into perseverance.

In fact, this phenomenon affects all educators, specialists or not, beyond all levels of education. It is a solidarity service towards which we must act without speculations and at the same time, we must transcend personalism in order to integrate ourselves from the soul. To the extent that it is an increasingly common personalized practice in teaching, it will increase the depth of our educational task, facilitating the manifestation of the changes arising as a result of the rhythms regulated by our soul.

We must never forget that the greater the difficulty we face from the pedagogical point of view, the greater should be our calm and respect for it. This will allow us to quieten our ego or lower self, and so, becoming into whom we are, i.e. a channel of Divine Love. We are not a sum of resistance, which ultimately undermines the very act of teaching and it seriously affects our health. We must devote ourselves to the teaching-learning process by understanding the true '**rapport**' - term generally used to assess the doctor / patient relationship but also could be extended to the relationship teacher / student and refers to the harmonious understanding between them. Thus, we know that this is not an effective horizontal link but a transpersonal meeting.

Regarding blind people, the person who specializes in Helen Keller Method and Braille System can practice Amplified Vision and in turn, he should place his index finger on the blind person's brow, and make him a smooth pressure in the region until it begins to feel the normal flow of energy in his hands, head and spine. When this happens, the blind person begins to "download information" from his soul. Thereby acquiring the most wonderful and simple tool that exists to function in the life course despite their visual impairment. Full trust between the teacher and the blind student allows being the starting point of the blind person's freedom. In addition, thanks to modern technology, a blind person may upload an audio book. This is possible thanks to talking libraries for the blind, which is a constantly updated invaluable material.

Transcendent Art and its ability to heal

We should not forget that everything we do not know may be learnt and all we learn may be shared with others. In Emptiness is fullness. Only then, we may return to the state of lack and thus discover the true powers of the soul. Living in the being means to serve Love.

Since the dawning of life until old age, all times behave like a vector, with direction, meaning and intentionality. It is important to reassess these concepts from the therapeutic point of view because we are all, to some extent, impacted by a reiteration of increasingly intense stimuli, subliminal or not, but at the end stimuli. Some contribute to raising awareness, others, however, exert resistance to this awakening damaging our subtle structures and producing an exaltation of the emotional body and thus reducing the vital body or bioplasma's energy.

Since the beginning of humanity, even in the most primitive peoples, art has always been considered in a transcendent sense, linked to the sacred. The following is an example of transcendent art in poetry:

He who gives a being to the mud:

with eagle-eyed, molds,

mixes clay.

The good potter:

teaches mud not to lie,

dialogue with his own heart.

Knows everything as if he were a Toltec.

His hands turn skillful.

*Pre-Columbian Paideia**

*Pre-Columbian Paideia: Paideia meant the process of educating man into his true form, the real and genuine human nature. It aimed at the creation of a higher type of man, based not on individualism but on humanism in a noble and weighty sense.

Transcendent art has the ability to heal because it is based on revelation. The artist is merely a channel of Universal Love and 'knowledge of not knowing'. Wherever the work of art may be, it participates in the healing of all humanity. All great civilizations that existed on this planet have practiced transcendent art and so, it is proved by the art forms. Nothing was left to chance. They had very clear in mind that life appears to be as something sacred, therefore, the arts and sciences such as mathematics and geometry were sacred. The most diverse creations and activities such as building a temple, the dance choreography and the stars' interpretation were considered sacred as well. Hindus, Chinese, Egyptians, Persians, Greeks and the Semitic peoples, as well as the Celts and pre-Columbian cultures in America acquired knowledge based in transcendent art. The growing confrontation between intellect and intuition, in other words, between the Aristotelian and Platonic thought has facilitated the development of the intellect huge preponderance on intuition. This results in a walking contradiction, i.e. in a divided, split man. Whenever we act self-centered, we respond to the unconscious command to kill the sacred, which is inside us. We remain dissociated and dissatisfied - as well as violent and conditioned to get sick because of our own ignorance. We damage our environment and ourselves. We quantify instead of qualifying. In that instance, we are *just like the blind leading the blind*. By the way, it is worth mentioning that the word 'blind' used in the mentioned saying has nothing to do with the subject matter about blind persons dealt above.

In 1924 Adelina Del Carril, Mr. Ricardo Güiraldes' wife said, *artists are born with a mission of importance. They are intermediaries between God and men. That is, they are those who convey beauty and make it understandable to men. Beauty is God's manifestation.*

If together we get the art in all its forms becomes sacred, again we will have achieved a transcendent meaning to give it to our existence. The excess of materialism, based on rationalism has hurt our aura. In addition, because of the phenomenon involved

the aura of our humanitarian social body has been hurt. This calls for a conscious attitude in the healing process.

Due to the enormous power of attraction, that art in general exhibits, if it recovers its sacred character it will be able to start a gradual planetary healing process. In this case, people of good will are essential - without any kind of discrimination. Know how is written in each heart. If we understand it, we will be participants in the Re-Birth of the New Humanity.

This poem was written in honor to José Hernández, who left us in this stanza, the keys to Inner Revolution.

INSIDE THE MAN
BEGINS A REVOLUTION
STUCK IN THAT PRISON
NOT LOOKING AT ANYTHING
THE IDEA OF PERFECTION
EMERGES AND REMAINS
RECORDED INSIDE HIM.

Inner Revolution

Breathing consciously,
inhale the divine breath,
See without separating.

JOIN

Let the Love in
where we are all together
and darkness vanishes.

When fighting stops,

Strength grows

sap nourishes
and the inexhaustible Vital River flows .
the dream that one day we dreamed
since ancient times
reborn transformed today
in the minstrels' song
that has always built the Peace
with original songs
and the Song of Songs.

Tide souls
that at low tide go away from themselves
and at high tide regain consciousness,
as a result of good news.

With palms up,
to give and receive at the same time,
hands are filled
with fire that does not burn,
but repairs, heals, opens all the bars,
and releases all the birds,
releasing the spell of ignorance,
of emotional poison that afflicts us.

Stay calm

because there will come plenty full,
which brings Providence
to avoid fatigue,
to calm throughout the hunger for justice
and transmute everyday sadness.

Whenever the heart opens,
and the being speaks in front of the human,
tells true and shared stories
and also about the loyalty of the Living Christ,
to the captive-released.

Yes, it is about your soul and mine,
about our souls.

So tightly together, making no effort,
made us Warriors of Light.

the Being speaks less to the human,
they got drunk with silence embraces...

The inner revolution unites us
with our ancestors and descendants,
and if we work together,
timeless
with eternity in the palm of our hand

it will be possible to free ourselves from the great spell,

and so, before leaving,
we may leave clean water
a healthy Earth
keeping in mind that trees die standing.
And the wind will be filled with pure air,
shared with Wayno,
flying through the Andes.
And the fire does not burn,
Love that feeds the sense of solidarity,
embrace the Planet
with all souls holding hands.
Yes, the living and the dead ones
and those who are about to be born,
to build the new;
and All Voices,
the Song of Joy
will announced by the Cosmos,
the triumph of light over darkness.

Néstor H. Almagro

Four Columns for Healing

Four columns support our proposal of life:

We should practice a healthy diet - free of cholesterol.

We should practice any proper sport, gymnastics, martial art, yoga, tai chi, dance or corporal expression, according to our age, health and skills, two to three hours a week minimum. (If possible we should practice them listening to an adequate music and integrating Conscious Breathing).

We should practice Conscious Breathing at much as we can to avoid the effects of hypoxia, i.e. the lack of oxygen in the blood responsible for the degenerative processes of the nervous system.

Practicing Amplified Vision as much as possible

The lack of solidarity and a tendency to suffer because of the habitat's destruction carried out by men should be recognized as obvious symptoms of illness from the social organism. The confrontations of man against man, as well as the exploitation of man-by-man show the reached psychological impairment. Moreover, the effects produced by automation lead us to believe that we are facing an unexpected magnitude problem. The solution concerns everyone and it is not resolved with a change in educational programs. It requires deep sincerity, which creates transparency about social reality. If we rely on cross-disciplinary thinking, then I think any educator who lives his discipline with love could become a social organism healer. From his job, without discussing with anyone, he should strengthen his bonds in service and love to his neighbor.

Triologue

Every day,

the Demiurge Painter

joins the seven colors
and gives us the Light.
He becomes cloud in the water vapor,
he stretches and calms
with his Divine Breath.
He contrasts Mother Earth's
with its female shapes.
And with its Sacred Fire
says goodbye to the west
to rise in the morning,
having always been
watching from the ether
the maze along which our Soul
travels to the Eternal Father.
Determination to create,
wisdom to understand the laws of Creation
and coronation in Universal Love.

Néstor H. Almagro

Art as a manifestation of the spirit contributes to the overall man's health because of its triple scope: it regulates the internal movements from the physiological aspect. It is just enough to know the effects of smile therapy. It also facilitates going into the the unconscious impulses placed in our consciousness and, finally, art represents the clearest transparency of our soul.

When the creative forces begin to take shape in the individual, art ceases to be a fast simple catharsis and becomes translated into a transcendent language, which provides timeless character to the work we do. However small it could be, it is gathered with all those who likewise were designed from the dawn of humanity, which gives grace and lightness as expressed by Kundera in *'The Unbearable Lightness of Being.'*

If we make a profound observation, we will detect barriers that block our creativity. This phenomenon may occur even in people who have natural gifts for a specific art. In fact, they are circumstantial factors which usually arise as psychological blocks, which when removed by the awakening of consciousness, release the withheld potential. As educators for the overall health, we must understand that everyone has artistic qualities in him that once released; they contribute to their healing and their environment.

When our individual will is joined to that of our peers and place it in the service of the Divine Will, immediately arises a renounce to all selfish feeling of separation and then grows detachment and dies negativity. Such teaching comes from Pilgrim of Peace, better known as "Peace Pilgrim".

To test the concepts of Synchronous Education (S.E.) they were applied in different circumstances and in different other harsh settings, with musicians, writers, painters, sculptors, teachers, students with learning disabilities such as attention deficits (ADHD) and hyperkinesis with choral groups, drama, and so on. In all cases, we observed greater expression and creativity freedom. In addition, many of them stated that they felt they were the ones who interpreted, which is not in itself an emotional state but it is a profound state of awareness. These teachings have also been applied over 25 years of work in more than 75 000 patients, who have been transmitted it in a personalized way and applying in each case, Physiognomic diagnosis.

It is important to notice that transcendent art in all its manifestations is based on the unpredictable phenomenon. The artist is the first surprised to see his finished work, recognizing immediately that he knows nothing about how he would convey his work when letting the creative forces of his soul flow. This condition begets humility and contrary to all

types of programming and ownership because of being fully linked to the way children play in nature.

In Faust written by Goethe, Mephistopheles said, *I feel bad for men in trouble, so bad that I no longer want to torture them.* Undoubtedly, in order to go out of the field of our troubles, we must assume our self-centeredness.