

CHAPTER I –INTRODUCTION

^(1st) How could I describe what is happening right now? We are living in a gap in history, in a time of loss. The great clock of evolution seems to be moving backward, creating a kind of vacuum in existence. As a result, the world is going through a period of mass death, widespread existential crises, enormous catastrophes, and deep destruction. That is why my task ends up being to interact with people from the past and the future, because the present is already the past. But this empty time also needs to be recorded; that way, it will come to an end, and the world will never be pushed backward again.

^(2nd) Today, every one of us is trapped inside our own bubble of reality, and we cannot unite. And this is deeply connected to our view of God, even for atheists, because religious beliefs have become a source of division — and atheists have their own beliefs too. So, all I ask is that people tolerate my beliefs and my faith in a Creator, because I could not speak without showing what I believe in. Goodness, though — that is what truly matters, and it is the one thing that can bring us together.

^(3rd) The most important thing is to find the light that serves the common good. So here, it is possible for each person to have their own view of God, even an atheist, because I speak about spiritual intelligence — and I am not a spokesperson for any religion. Deep in our hearts, we all carry an inner altar devoted to some kind of god. We all worship something, love something, because we all share in the divine experience of life made real through love. And that feeling — love — is everyone's God, whether inside or outside ourselves.

^(4th) Love is what fills us with overwhelming happiness. It is the great truth of our lives. We are all born from love, even when that love is imperfect or misguided. Many people love selfishly, irrationally, only physically, or even love evil itself. Those are temporary forms of love. They destroy themselves when they collide with the truth. But what matters is that we carry this feeling within us.

^(5th) Truth is the source of the highest form of love, the real love, and that is why we desperately need it. You see, truth is what makes us whole and complete, because it gives us psychological unity — which is another word for love. Some people discover this sooner, others later. But we always suffer until we find it.

^(6th) Many people think true love means losing your defenses, but it does not. It is protection against evil, because it is tied to truth — and truth sees clearly, while bad feelings and false loves blind us. Through love, evil cannot reach us because we become numb to it. One day, all these forms of imperfect love will give way to eternal love, which is connected to our evolution and already exists within all of us. Then we will all see God, because even for those who do not believe, He will reveal Himself so clearly that no one will be able to deny Him

^(7th) *Dominationism* is the enemy that divides us and that we are fighting against: a system of control that opposes love by trapping people through false loves and addictions. It appears as a social system in which people unite around lies in order to imprison others.

^(8th) But if many people embrace lies and dominationism, it is because they think they cannot face the world. The dominationist system convinces them that they are powerless to change it. That is the same as believing we cannot evolve even though evolution is necessary for us. The great truth is that we must always change the world. Either we build around ourselves, or we do not survive — and every era brings its own challenge.

^(9th) Every addiction is caused by a lack of love. Addictions are a way of trapping people and, very often, also a source of profit for those in power. That's why addiction is such an important topic here. In the 1970s, while love began to be attacked, addiction to manufactured tobacco cigarettes also started being deliberately fueled.

^(10th) It is important to remember that this situation of people being enslaved by addictions is not new, but it has been refined in recent times. And yet, the profit behind this policy is irrational, because we could have a far more prosperous society made up of strong people free from addiction. Instead, those same people could be spending much more on things that would strengthen all of us as a whole.

^(11th) At the same time, killing ourselves or others — as happens through the spread of addiction or through giving in to it — goes deeply against what we are as human beings, because our survival instinct is extremely strong. A clear proof of this is the fact that we make enormous adaptations to the world in order to survive. We practically recreate it, and we have doctors and medicine for everything.

^(12th) If this abnormal behavior is happening, it is because people are no longer seeing themselves as human, but only as animals. Yet we are beings truly different not only from animals, but even from one another — and that is precisely what also makes us all equal.

^(13th) Unity is so important to us that we, as humans, need universal answers. The art of being human means searching for great solutions that can also serve others — and that is what expands our minds. Individual answers are fragile and temporary.

^(14th) Being human is actually simple; what has become complex is living in societies, precisely because of the tricks of dominationism. And why can't we defend ourselves against it? Because we need the group even to become ourselves. Human identity is formed and blended with the identity of one's group. And groups do not live in isolation either; the personality of a group is also shaped and blended with that of larger groups, and then even larger ones, and so on. So when collective identity is damaged, individual identity ends up being consumed by conflict.

^(15th) At the same time, when we look inward, our personality resembles language itself, because it has a structure whose meaning keeps expanding until it becomes a complete message. In the same way that a word is made up of parts — such as roots, prefixes, and suffixes — our personalities are formed by good and bad thoughts — our inner angels and demons — and these are the parts of our personalities.

^(16th) Together with the group, it expands much like language itself. So just as a noun can become a noun clause and then a whole text built around that idea, we also project our identity onto the group and onto larger social structures.

^(17th) The angels shape the peaceful human being, who will rely on the idea of the hero in order to form a peaceful social body. Jesus is the true hero, and

we naturally tend to seek Him within ourselves as an ideal of goodness. He is part of our collective unconscious as the universal archetype¹ of the hero.

^(18th) The basis for this claim about Jesus being the universal hero starts in anthropology, but it also touches on neuroscience and the “God Spot.”² Carl G. Jung³, in his book *Man and His Symbols*⁴, gives us many insights into who we are. Before turning to psychology, Jung studied anthropology., he says that all known human generations have represented an icon that can be identified as Jesus Christ.

The general idea of Christ the Redeemer belongs to the world-wide and pre-Christ theme of the hero and rescuer who, although he has been devoured by a monster, appears again in a miraculous way, having overcome whatever monster it was that swallowed him. When and where such a motif originated nobody knows. We do not even know how to go about investigating the problem. The one apparent certainty is that every generation seems to have known it as a tradition handed down from some preceding time. (JUNG, 2002, p.72⁵)

^(19th) Notice that Jung’s studies reveal that Jesus Christ has been part of the human psyche throughout all of human history. This shows that, beyond having lived on Earth as a human, He is also neurologically reflected in us.

They have, that is to say, a universal pattern, even though they were developed by groups or individuals without any direct cultural contact with each other [...] Over and over again one hears a tale describing a hero’s miraculous but humble birth, his early proof of superhuman strength, his rapid rise to prominence or power, his triumphant struggle with the forces of evil, his fallibility to the sin of pride (hybris), and his fall through betrayal or a “heroic” sacrifice that ends in his death. (JUNG, 2002; p.110).

^(20th) The frequent representation of Jesus by humanity shows us that He belongs to human nature and has a direct connection to our identity. This goes beyond cultural boundaries. And it reminds us of when He said He was directly connected to God⁶—something that was interpreted by the religious people of Jesus’ time, and by some scholars, as an act of vanity, as Jung describes. But what should we think when we see His universal presence in us?

¹ *Archetype* — here refers to a basic part of our personality and our complete “self,” covering both our personal and collective unconscious.

² *The God Spot* — according to Leonardo Boff, is located at the frontal lobe and it is a part of the brain which shows the frequency and optimization changes when positively stimulated with subjects related to spirituality, perceived from more global contexts, meaningful experiences of the whole, relevant existential approaches and everything capable of cause feelings of worship, devotion, and respect. From that point, the God Spot reacts by sending a high frequency into the neurons. Source (in Portuguese) <https://casa.abril.com.br/bem-estar/leonardo-boff-e-o-ponto-deus-no-cerebro/>

³ **Carl Gustav Jung** (1875 - 1961) — was a Swiss psychiatrist and psychoanalyst who discovered the concept of the *collective unconscious* and founded *analytical psychology*. His work was influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, and religious studies. Jung and Sigmund Freud, the founder of psychoanalysis, maintained a long correspondence and collaborated for a time on a shared view of human psychology. However, their ideas eventually diverged, particularly regarding the role of sexuality and the unconscious in the human psyche. Source: Wikipedia. Available at: https://en.wikipedia.org/wiki/Carl_Jung.

⁴ JUNG, 2002 – *Man and His Symbols*. Source: Internet Archive. Available in: <https://archive.org/details/B-001-004-443-ALL/page/n281/mode/2up?q=72>

⁵ Some people confuse this hero reported by Jung with the biblical character Jonas, but Jonas was not a hero, because he refused to face it and only did it because he was obliged.

⁶ BIBLE, *John* 10:30 — “I and my Father are one.”

(21st) Many theorize that Jesus doesn't originate but rather repeats the traits of the hero contained in our collective unconscious. However, my theory is that this hero is the timeless perception of Jesus. After all, Jesus is someone who changed history—before and after Christ—while most of us remain frozen in time. Few are those who leave their names in history.

(22nd) The core of this theory is summed up in the epigraph of this book: “The little Christ who lives in me lives better than the big ‘me’ who barely lives.” In my theory, Jesus is like an instinct that shows us *how to be human*. He is directly connected to our inner God. He is the reference point for the one God, who is within all of us⁷. This instinct gives us vitality. And if our society is filled with stories of heroes, it's because heroes are important references for us.

(23rd) I want atheists to understand me when it comes to spiritual intelligence, because this topic shouldn't belong only to theists and religious people. There is a mental structure that elevates us, and it's common to everyone. If an atheist doesn't believe in an external God, they still need to understand, at the very least, the inner God. And I'll say again that He will be revealed outwardly because He is within all of us. We have a project of transformation tied to fundamental human values.

(24th) The part of our inner demons is represented in this story by the monster that devours the hero. It's the antithesis of Christ and represents our animal impulses. At the same time, since our society is made up of groups of people that act like social bodies⁸, this personality expands to the group. The social body has a positive “social self” — the Collective Unconscious — connected to the hero, to love, and to good feelings. But it also has a negative, beast-like “social ego” — the Negative Social Ego.

(25th) In society, the ones who embody this monster are the dominationists in general, because they are the ones who fight against human potential. They try to prevent the development of spiritual intelligence so that humans don't free themselves and remain under their control. Without this intelligence, we destroy ourselves.

(26th) For capitalists, this process is even profitable, because self-destruction leads to addictions, and these provide guaranteed consumption. Now, I'm going to say something that may seem redundant, but fighting spiritual intelligence isn't smart. If this intelligence were encouraged, it could lead to such great expansion and diversity in the world that it would become much more economically active. But with intelligent consumption, without harm.

(27th) The wisdom in all this lies in the fact that our angels represent our true nature, while demons are temporary traits. Peace, for example—an inner angel—is both the first and last step on a successful mental path. Peace gives us the brainwave state that makes us more human, more complete, and more capable. With peace, our intelligence becomes sharper because we feel more satisfied and internally whole. Anyone who discovers the importance of peace realizes they cannot live without it, so everything they do leads toward peace.

(28th) On the social level, who we are is strongly related to our language. Human language has powerful effects on us. It influences our world and helps shape reality. That's why neurolinguistics plays a significant role in our personal and social lives. It both promotes the domination of people through ideas and psychologically restores

⁷ BIBLE, *Jhon* 8:54 — “Jesus said in answer: ‘, If I take glory for myself, my glory is nothing: it is my Father who gives me glory, of whom you say that he is your God’”.

⁸ *Mystical Body (Corpus Mysticum)* — This expression appears in the Bible in 1 Corinthians 12:12-27, where Paul describes Christians as the body of Jesus, with Him as the head. — “Now you are the body of Christ, and members in particular.”

them. Words are the main tool for good and evil because their impact isn't just psychological.

(29th) Everything in the human world needs to be superior to truly satisfy us. Our feelings need to be elevated. For example, when we lose peace, which is a higher feeling, it means suffering. And if we suffer, we lose everything, even ourselves, which is why we fall into addictions. That's why finding peace is closely tied to healing itself.

(30th) For humans, primitive emotions are a deviation from health. Self-love, for example, is good for us, but self-worship is a corrupted form of it, filling us with unhappiness because it turns our qualities into something petty and aggressive toward others.

(31st) So what do the dominationists do? They overuse characters that push us to see humans in a lower way, mixing human traits with animal ones — the so-called *anthropozoomorphic characters*. This connects us to lower concepts and feelings, making us forget what makes us different. Many people accept a beastly, meaningless way of life because of this, which harms everyone's identity.

(32nd) Hulk⁹, for example, is a character that suggests anger is useful. However, an angry person shows the pain of losing peace, and that only makes things worse. Still, this mindset quickly enters the public imagination through that story.

(33rd) On an individual level, dominationists make people believe that having good feelings is silly or something to be ashamed of. But emotions are key to our survival. In the book *Emotional Intelligence*¹⁰, there's a story of someone who, after having their amygdala removed for health reasons, became unable to assess situations or make decisions. Emotions are what give us these abilities, and the amygdala is a part of the brain responsible for regulating emotions chemically. This showed that human intelligence depends on emotions to function. Without them, we can't act effectively.

(34th) In this fight against good feelings, dominationists suggest that happiness is just a feeling that comes from moments. But happiness is not only a human ambition; it helps us use our intelligence more efficiently, while unhappiness does the opposite. Happiness is such an important feeling for us that we can say we were born to be happy. Depression, which is the lack of happiness, makes us sick and can kill us.

(35th) *Chemical happiness* — using drugs to feel happy — isn't real happiness. It's actually hidden sadness. Real happiness is based on maturity. It helps us understand more, so it stays even in hard times. This helps people see purpose in their obstacles, even when the goal isn't to fight them. In fact, it's only through obstacles that we grow and find out if our happiness is real — strong enough to last even when life doesn't treat us gently.

⁹ *The Incredible Hulk* — is an USA superhero created by writer Stan Lee and artist Jack Kirby, first published in May 1962. The character is identified as a burly and muscular green-skinned humanoid. Humanoid is a creation of fiction to refer to something that looks like a human but is inferior to him. In this case, the character would be a primitive human with a great degree of physical strength. The story of the incredible Hulk would be a reformulation of the history of the doctor and the monster.

¹⁰ GOLEMAN, 1980.

(36th) Happiness is a necessary mental state. It comes from within us, not from the outside. Happy moments come from happiness, not the other way around. Positive feelings like happiness lead to positive thoughts, which then lead to positive actions. This is a self-sustaining cycle that leads to a good life with good results.

(37th) We are beings who evolve and improve. God is our evolutionary goal, the ultimate truth and perfection demonstrated by Jesus, who had great power. He is a path already started within us, and any step in His direction is a victory.

(38th) In theory, whoever reaches the highest point of their evolution can control their entire mind, which includes both the conscious and the unconscious. But we only reach that point if we expand our minds, even through social interaction. That's why the highest stages of evolution are self-transcendence and universality.

(39th) In self-transcendence, the individual sees themselves as part of a social body and cares about others. In universality, they see all of humanity as their social body and seek universal solutions.

(40th) Who we are starts with free will, which is our ability to choose freely, and this seems simple. But it becomes complex because higher will is not purely individual. It's connected to group identity. And this identity comes from human interaction, which isn't always humane. In fact, humans often give up their free will to follow the group, and in doing so, they lose their humanity. It is due to people shape groups, but groups also shape people in return. This is the case, for example, with celebrities and the government, which are personalities created by groups and influence people individually.

(41st) A company's physical structure, for example, is made up of equipment, rules, and space. But its personality comes from the collective of group who work there. The "angels" and "demons" might be the supervisors, managers, directors, or others in charge. The relationships between people form what could be called a mystical body¹¹.

(42nd) Transcendence shows us that humans go beyond their personalities, that a part of the psyche surpasses the body's limits. The mind is larger than the body; it's bigger than the body. And universality shows us that we're strongly connected to all of humanity. Thanks to our ability to project our personalities, even one person can reshape the collective psyche.

(43rd) This tendency for individual influence is good for the group because it helps the group evolve by always selecting the best in each person. That's why those in power have pushed society to change from "social bodies"—a concept more linked to humanity and personality—into "social networks." This is a way to cause disunity and the loss of individual personality in favor of the group because people unite around the ideas promoted by the group, but not with each other.

(44th) Our material consciousness is deeply shaped by the chemistry of physical reality that's why we tend to follow the group — it affects our feelings. On the other hand, our spiritual intelligence is made of higher reasoning, and that rises above the flaws of our reality tied to raw matter.

¹¹ BIBLE, *1 Corinthians* 12:27 — "Now you are the body of Christ, and members in particular".

(45th) Because we possess this kind of intelligence, human society as a whole is constantly evolving. However, the irrational actions of dominationists keep reshaping the system in ways that work against humanity itself. This only slows our progress, and if the system ever truly succeeded in fighting humanity, it would end up destroying itself.

(46th) Religions, despite their flaws, have been the guardians of spiritual intelligence. But this is something that matters to everyone. The psychic force that guides us is also spiritual. We need these values to stay balanced, and we have to be balanced to build—otherwise, everything turns into destruction. It’s worth noting that stable feelings exist outside of and independently from religions. But religions help spread these concepts. Many people only remember them during religious services, taking on a different personality in their private lives. But at least, during that time, these feelings are awakened.

(47th) In religions, we find the concept of non-sexual love, and we need that concept. Notice also that God, so far, has been almost exclusively a religious concept. Some might say that’s obvious. However, we still need this kind of spiritual reference, even if someone doesn’t believe in the Creator. Regardless of the Creator, we have an inner god, which is a projection of a psychic structure that can awaken the divine within us. The word “Religiōnis”¹² — which comes from Latin and gave rise to the word “religion” — broadly refers to awareness, careful observance, careful attention, and other meanings related to the experience of the divine. All of this is very important to us because this vision of wholeness, contained in the understanding of God, prevents the psychological fragmentation caused by dissociation¹³.

(48th) Dissociation, according to experts, though a natural mechanism of our psyche, can cause psychological problems. Jung even warned that society was becoming neurotic¹⁴ because the level of dissociation—mental fragmentation—caused by cultural pressures was getting too high.

(49th) Individual and social psychological illnesses are closely linked to a lack of spirituality. Historically, all human communities have shown signs of spiritual intelligence. The most important branches of psychology see a person’s return to their “religious roots” as a solution for many individuals to find balance. Why? Because there — for better or worse — spiritual intelligence is passed on to them in a language they are familiar with.

¹² KOELER S.J., Padre Henrique. PEQUENO DICIONÁRIO ESCOLAR LATINO-PORTUGUÊS. Rio Grande do Sul, São Paulo: Editora Globo, 1952.

¹³ JUNG, 2002, p.24 — “Dissociation “ means a splitting in the psyche, causing a neurosis. A famous fictional example of this state is Dr Jekyll and Mr. Hyde (1886) by the Scots author R. L Stevenson. In the story Jekyll’s “split” took the form of a physical change, rather than (as in reality) an inner, psychic state.

¹⁴ JUNG, 2002, p.83 — “This is an aspect of the modern “cultural” mind that is worth looking into. It shows an alarming degree of dissociation and psychological confusion. If, for a moment, we regard mankind as one individual, we see that the human race is like a person carried away by unconscious powers; and the human race also likes to keep certain problems tucked away in separate drawers. But this is why we should give a great deal of consideration to what we are doing, for mankind is now threatened by self-created and deadly dangers that are growing beyond our control. Our world is, so to speak, dissociated like a neurotic, with the Iron Curtain marking the symbolic line of division.”

(50th) It's important to note that we shouldn't be limited by religions. An example of something that happens in many religions, if we have this limitation, is that because of guilt, we lose self-love. But A healthy self-love is part of spiritual intelligence and strengthens our personality. Seeing something as beautiful is directly linked to its deep understanding and identification. So, if someone doesn't have self-love, which allows them to see themselves as beautiful, they must be unwell because we should be the person we understand and identify with the most.

(51st) In contrast to all this, social education has been built on capitalist values and designed to create people who don't believe in spiritual values but follow the opposite ones. Social media platforms that aim for control try to destroy spiritual intelligence, partly because this kind of intelligence gives people psychological independence — even from religious control. That's why these ideas face obstacles when it comes to being shared, since they are both spiritual and scientific, while spirituality and science are often kept separate in society.

(52nd) At the same time, the capitalist system we live in is hypocritical because it promises to meet all our spiritual needs with material objects, yet it actively works against them. It promises profit but profits from losses. It promises progress but holds some back to benefit others.

(53rd) The highest point of spiritual intelligence is that it's aimed at humanizing us, while capitalism focuses on dehumanizing us through the desire for purely physical exploitation. It is, currently, the idea most opposed to this book and the idea that most closely embodies the Antichrist.

(54th) Capitalism distorts people's identity so they'll spend money trying to get it back. In this system, soul suffering becomes a business. One example is the need for beauty, which is treated like a product to be bought. Thus, from time to time, the elite decides which body is considered beautiful, making all the others seem less valuable.

(55th) For us, *beauty* and *perfection* are almost the same thing. If only one body is seen as beautiful, then only that one is seen as perfect. This makes people want to look like that model and spend a lot of money trying to be accepted as perfect. But in the end, it's easy to see they won't succeed.

(56th) The social beauty standard is especially harmful because it's impossible to reach. It makes many people feel incomplete and obsessed with trying to reach it. After all, whoever the model is, it's not us. So even those who manage to copy it don't recognize themselves or feel truly seen, because they're just imitating someone else. The need for beauty then becomes truly endless, because nothing ever seems enough to satisfy it.

(57th) Spiritual intelligence is linked to higher concepts and truth, which are fundamental psychological mechanisms. When these are missing, people lose their sense of clarity and turn to compensatory behaviors, which can lead to addictions. Because of this, even psychology seems to be sabotaged so that capitalists can profit from people's psychological instability, linking business profits to human losses. However, psychological instabilities cause such great destruction and interfere so much with our reality that nothing material can make up for them.

(58th) Capitalism promotes toxic rules, based on a lack of love, while love is the great secret of life. We could have a much smarter economic system that doesn't use sick ideas to make people sick. We could have everything we need. And if our society

has the mindset of someone who is never satisfied, it's because people believe they need what's unnecessary.

(59th) Our society is deadly when it uses substances like phosphate-based chemical fertilizers, which are radioactive¹⁵ and cause cancer.

(60th) The irrational worldview perspective of the capitalists and imperialists turns the flow of wealth into something toxic, destructive, and selfish, when it should be something joyful and beautiful. In Brazil, for example, our political system was dismantled just to protect foreign interests by keeping Brazil politically controlled.

(61nd) This destruction started with education, as the dominationists believe it's smart to weaken society intellectually. During the Brazilian military coup, many teachers were killed. And after that, good educational laws were revoked, and teaching methods were changed. All of this led to widespread functional illiteracy¹⁶. Unfortunately, they invest in social instability, but education brings us well-being.

(62rd) It's hard to say how long the dominators have been corrupting institutions and building Hell by destroying Heaven, thinking it's profitable. But all of us, including those responsible for this destruction, could be rich in a much safer way if it weren't for this terrible direction.

(63th) Capitalism is a great enemy because it's based on hurting people. It eats away at self-esteem with the sole purpose of forcing people to conform and accept its price. But even if I were a trillionaire, I wouldn't want to be valued only for my money. If that were the case, I would live like a thief, because excessive wealth accumulation has been the cause of evil, and I wouldn't have peace, even if I created a perfect environment around me. In fact, if I did that, I would only become a prisoner of it, like I see happening with the rich.

(64th) Even the idea of psychological overcoming is attacked by dominators through mockery, to induce defeatism. They call it a "Pollyanna view," "lack of realism," "utopian," or "overly positive". They say we need to be pragmatic and that this outlook isn't real. But if someone doesn't have a positive outlook, it's like accepting defeat before the fight even begins, and that leads to failing behaviors. Positive thinking is necessary to give us the chemical balance we need to come up with ideas.

(65th) Human resilience¹⁷ is all about accepting that we don't always meet our expectations, but that's not the point, it's not a defeat. What matters most is having good feelings about the challenges we face all the time, because good solutions come from that. Knowing how to overcome things is what helps us solve problems, instead of staying stuck, complaining, or crying about them.

(66th) Not overcoming problems shows immaturity. For example, someone who breaks something in a fit of anger because they couldn't get it to work is less mature than the person who first tries to find a solution. There's an obvious

¹⁵ The diagram showing the formation of polonium-210 and radon-222 from chemical fertilizers is in Image I, page 12.

¹⁶ *Functional illiteracy* — is when an individual, despite being literate, is unable to read or understand what they read. More information is available at: https://en.wikipedia.org/wiki/Functional_illiteracy.

¹⁷ *Resilience* — is a concept related to elasticity, a characteristic of bodies returning to their original shape after undergoing deformation or impact. Here, this term is applied to the psychological ability to recover after facing an adverse or challenging situation.

lack of logic in not trying to solve things before destroying it. To find solutions, we have to move past certain mental stages. If someone resorts to bad behavior to solve something because they can't overcome the problem, it shows they're going backward. That's how our system works too, finding profit in destruction.

(67th) Dominationist systems control ideas to confuse mistakes with sins, but these are two very different concepts. Mistakes are part of scientific experimentation, and we even need to make mistakes to develop. So, we need to be a bit more tolerant of mistakes. The only real method everyone has to test how things work is trial and error. Mistakes teach us what not to do, and slowly, they also teach us what to do. Our learning is built on both collective and individual mistakes. Collectively, we follow the paths we assume have already been tested, and individually, we test everything ourselves.

(68th) The concept of sin, on the other hand, is linked to the harm we do to ourselves or others, especially when we cause damage and don't take responsibility for it. Sin happens when we ignore the bad consequences of our actions and choose bad behavior just to satisfy our vanity. Insensitivity, hostility, and control lead to sin.

(69th) The barriers that stop the world from developing, as well as the solutions to all its problems, are found within humans. Since spiritual intelligence is the path to our psychological freedom, it's also the path to our material freedom. That's also why bad people try to stop it — they fear losing their position, where they take advantage of others. But sooner or later, logic will lead to the best solution.

(70th) For now, because of our spiritual imprisonment, our social body is full of resentment, and our society is stuck. Resentment comes from the harm done by others. It starts with evil and returns to it, because through revenge, it can trigger even worse actions than the ones that started it. Our society has been overwhelmed by bad feelings, making people's behaviors in their relationships unpredictable.

(71st) And yet, we could have good guidance focused on friendship. Good government, honest administration, is like a good father. It tries to balance rights and duties and is willing to live for its "children". A bad government, a dominationist, is like a cruel guardian and a tyrant who seeks more rights and fewer responsibilities. The tyrant isn't just a character; he's a personality type, sick and insensitive, similar to a psychopath.

(72nd) All of this creates psychological imbalances in society, and I see that individual psychological healing — the key that unlocks all chains — is possible, but it's hindered by the interference of others who remain unwell around us. So, we must begin by healing ourselves, yes, but we also need to aim for healing society as a whole.

(73rd) Humanity must be understood psychologically as a single troubled being. We need to influence those around us and even those in control to strengthen spiritual values because then we will have real "profit." For us, being

spiritually elevated means having noble feelings, and that is the essence of true victory and the ultimate lesson for everyone.

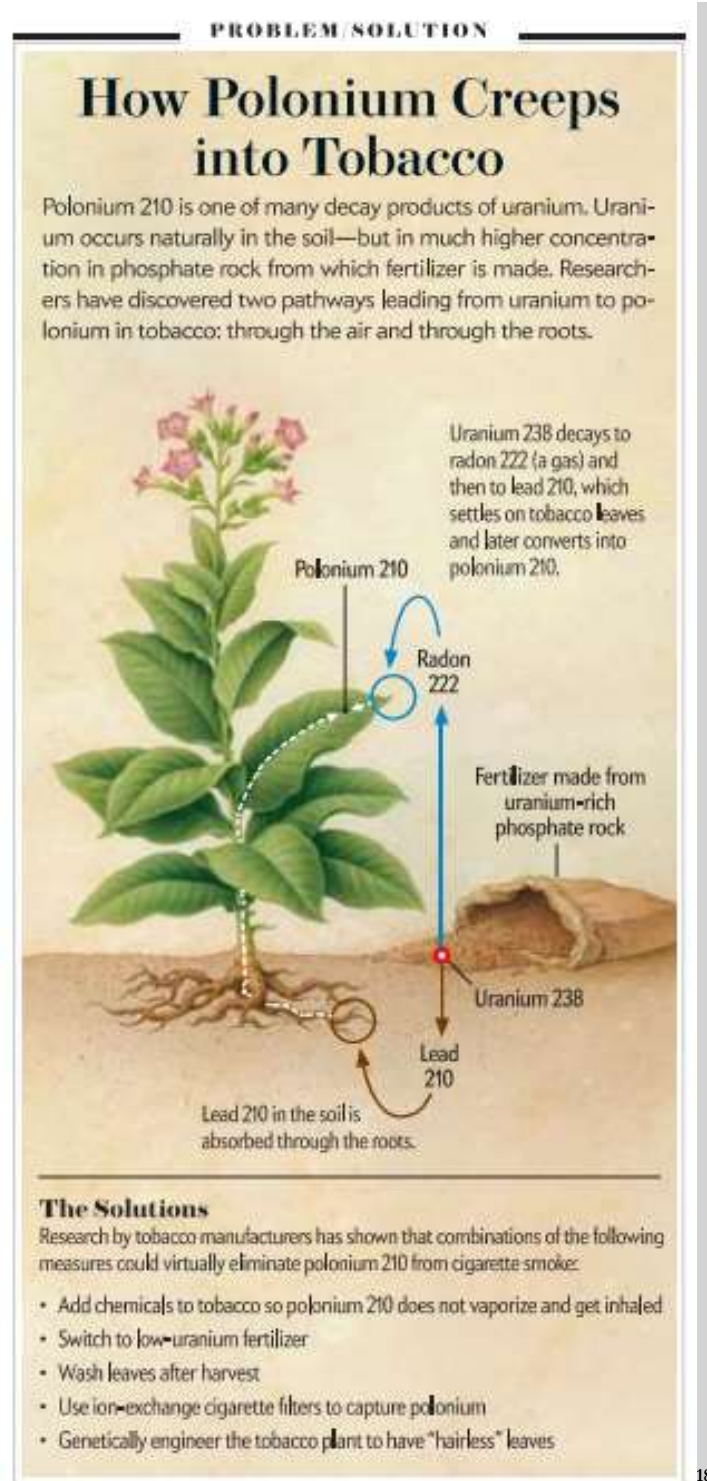
(74th) That's why I invite you: shall we challenge these false structures? Shall we change the world? This is the right path, where, with every step, we will fall more in love with life and with ourselves, while also discovering a beautiful future of abundance and peace!



Images I

Here's a brief outline from the January 2011 issue of *Scientific American* in the article “Radioactive Smoke,” which exposes the radioactivity in tobacco cigarettes. According to the author, Brianna Rego, “Tobacco plants accumulate small concentrations of polonium 21, a radioactive isotope that mostly originates from natural radioactivity in fertilizers. Smokers inhale the polonium, which settles in “hot spots” in the lungs and can cause cancer. Its effects may lead to thousands of deaths a year in the U.S. alone. The tobacco industry has know for decades how to virtually eliminate the polonium from cigarettes smoke but kept is knowledge secret and failed to act. The food and Drug Administration now, has the authority to regulate tobacco and could begin to use it by forcing manufacturers to reduce polonium content.”





¹⁸ REGO, Brianna. "Radioactive Smoke". *Scientific American*, January 2011. Available in: ScientificAmerican.com