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The World of Relationships

The three relationships, with the world, with the body and with ourselves, and the order in which real change occurs.

THE WORLD OF RELATIONSHIPS

There are 3 types of relationships:

1. With the world around us
2. With our physical body
3. With ourselves



1 WITH THE WORLD AROUND US



With our spouse/partner, children, family, work, society, neighbors, social relationships in general. With nature and the universe that surround us.

A poor relationship at this level will bring numerous conflicts.

A harmonious relationship with the outer world is the basis of a peaceful life.

2 WITH OUR PHYSICAL BODY



With our health, hygiene, appearance. With our diet (food, air and impressions). If there is no good relationship at this level, illnesses and conflicts with our environment will arise.

Taking care of our body is honoring the temple where our consciousness lives.

3 WITH OURSELVES



With our states of mind, expectations, desires, projects, etc. If we do not have a good inner relationship, we will lack clarity, illumination, happiness and harmony, etc.

This type of relationship directly influences the other two.

Inner peace is the key that transforms all your relationships.

THE ORDER IN WHICH CHANGE OCCURS

The 3 Factors of the Revolution of Consciousness

1) DIE
2) BE BORN
3) SACRIFICE FOR HUMANITY

INDIVIDUAL → FAMILY → SOCIETY

Only through the Revolution of Consciousness can we bring balance to the 3 types of relationships and create changes in our inner world that will be reflected in the outer world.





PRACTICE: SELF-REFLECTION

Objective: to become aware of the way we think, feel and act in our daily lives.

