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1 The Him, the definition of the mental functioning and mental reality (Draft!)

1.1 Introduction

The him defines the reality in your mind, you can leave as it is, or take control of it.

This chapter is an example of the analysis of the complexity behind the him.

There are two important reasons to analyze the him:

1.1.1 The him creates the minds and establish the order in the minds

The him literally creates the mind of the individuals, the supreme him is the supreme authority that establish what is and how works the reality and the position of the individual in that reality and his role in that reality.

All what you assume as the reality in this moment inside your mind, had been imposed by hims, and the evidence of it is when you move to another society that has opposite social values, there you understand the concept of the reality and how should it works you had, is not the default, it was only default for your society.

1.1.2 The him and the god made by humans "manually"

There are miracles there is a divine inspiration, but most of what we know as religion was designed or created by humans to create a him that keeps the mind of the humanity in a positive and responsible role toward the neighbor and the society. In example, if something unfair and bad happens to an individual, by default, he doesn't go and takes revenge with his own hands, instead of that, like Job, he assumes it was something he deserved, a test from God and knows there will be a divine justice.

Humans created a religion and they adapted that religion across the time to keep the members of the society in that positive functioning and accept that religion, there is evidence they did that in the past in the same the priests nowadays do to adapt the religion to the current changes of the society.

The priest used the scriptures to demonstrate the slavery was decided by god, and now the priest uses scriptures to demonstrate the slaver was rejected by god.

There is too a divine participation but it is more complex to decode, in this analysis we will focus in the human participation on the him and how it works.

In example, to say God is always in control of everything, and everything happens only under his control contradicts the freedom of choice he says he gives to the humanity.

What this difference means?

Both are correct, in the reality God is not in control of everything, but in your mind yes, and that is necessary to allow the him of God to domain in your mind and keep the order in your mind, that is the him, that is the supreme him.

In your mind subconsciously you need your thoughts, your internalized reality, your functioning in that reality be under the control of the supreme him, this is the God you choose: Jehovah, Christ, Allah, etc., his word.

That is a real need your subconscious has for coherence inside your mind.

This document tries to explain how it works, to become a supreme him, that identity, that God, must have several properties, it must be omnipresent and eternal to be present in your mind all the time; it must be the only one God or the God of gods to impose his reality over the other realities is specific critical aspects of your mind, etc.

There is too real historic evidence that in example shows the sea really didn't open for Moses, it was the knowledge he had of the Red Sea, someone said that to give the omnipotent property to Jehovah; or the opinion Noah's great flood was a story about a local incident; in the other hand there is too evidence of divine guidance, miracles and divine presence.

In the past like nowadays, priest must be artfulness to convince and dissuade the people to respect and follow one religion, instead of the other religions.

But there were a few people, like Moses, Muhammad, Christ, people who used to have long meditation periods, who understand any thing said by God, was set in the mind as a reality; and based on that understanding they can mold, shaping a more just society, by shaping their minds through this phenomenon, the him, a phenomenon that set as true in the mind any fact if it is said by God.

1.2 Importance of the him for the Global Association and Project

1.2.1 The human hand in the creation and update of religions

The him delineates the customs and values of all societies, is necessary to analyze their hims, in their religions and groups, to adequate to the needs for the creation of a global community and prewise risk for the bad use of hims to manipulate people.

If we demonstrate the existence of the him, a mechanism that models the reality in the mind that allowed pioneers, in this case Moses, Christ and Muhammad to create a new society; and we demonstrate most of the work they did, they did by themselves, not by order of God, to create a new society and they decided based on his criterion and the best understanding they had on the religion.

This means all the religions would change his roots, believers will say is true there is a God, but the religion itself was designed by men, men who had a vision, problems and needs; and they created a religion the best they could to face that problems, in example, in that time the sacrifice of child, the assassination was the natural and normal and they want to change that; or they need a religion that accepted them and recognized them as elected; and based on that they created a new reality where the correct was the recognition of a supreme being and the respect and care of the neighbor in a more just society for themselves.

This will solve serious problems we currently have to live globally.

1.2.2 Respect the individuality of each religion, because religions complement each other

Curiously main religions complement each other, one focus in law, other in love and service, other in metaphysics.

The plan for the him is allow each religion evolve at his own pace, and evolve his him, the important is here is the update necessary religions needs to allow to coexist globally. The understanding of the him will help in this task.

1.2.3 Understanding the finality of the individual in the societies

The Supreme Him, the him of groups, and the total hims of one society has a main dialogue a main objective, delineating all the society and the minds of their individuals around that objectives and activities.

That main objective, the finality of the total him, must be identified and understood by his members to investigate them and adjust them if necessary.

In example, in different religions they have different finalities in each area:

- Finality in the reason of existence
 - The eternal service, worship and obedience to God in heaven.
 - The eternal creation and evolution of all creatures that becomes god and co-creators in a brotherhood that integrates a Supreme Being
- Finality in the Individual and social mental functioning
 - The suffering and payment of sins.
 - The conversion and/or destruction of unbelievers.
 - The learning and development of spiritual abilities.
 - The service to the needy of the community.
- Finality in the of social mental state
 - Zeal and protection of god's law.
 - Service love and forgiveness.
 - Training, meditation and contemplation.

The finality includes an order stablishing how the finality is done:

- God is in control of everything and you will reach your finality in the way he allows it, based on your behavior and his decisions.
Your goals will be reached based on the decisions of god.

- God is your partner and the individual is responsible for your decisions, and both of them navigate the life fighting with the adversity.
You have to find a way to reach your goals.

The important is to understand that the finalities the society and individual focuses on, has an origin someone created in the past and were modified across the evolution of the society.

1.3 Justification

The reason to pay attention to the process to create the Him and the concept of Him itself, is because:

- 1) It is the process of creation and functioning of the essence of your mind.
- 2) Is the process of the creation of the reality in your mind, the true and correct the false and wrong.
- 3) Is the process of creation of your personality: your internal values, your behavior, your inner personality, the subconscious impersonate the behavior of the hims, automatically.
- 4) This process had been created mostly by humans and you must be aware it is not perfect and can be improved.
- 5) You can understand, control and design how your mind is created and how it works, the hims are based in the programming of the love to oneself, love to the neighbor and love to god.

1.4 Examples of the programming of the him

- The way the women are treated, the family, the society; for Muslims, Jews and Christians, the guide for the relation between them is defined by default in their scriptures, is not a decision they took by themselves.

There are several facts we assume as true, but they are not true in all places:

- The genesis set God gave to the me domain over the animals, and set as something devilish to worship animals, this is something assumed, but in India several animals are worshiped as gods or sacred animals; cows, rats, cobras, etc. there are times when the life of that animals are over the life and health of the humans.
- The human sacrifice is seen as something horrifying under the Judaism, but now in several countries are part of rituals of protection and health, part of the normal life of their citizens in some areas of Africa and South America. And in the past was something usual, sometimes we underestimate the power of Judaism in setting as an aberrant practice.
- The brotherhood of the humanity had been set by the Christianity a sense of equality between humans as a default.

1.5 Definition of the him

You don't have time to study and test to define by yourself the whole reality, the true and the false in every matter. The mind takes shortcuts to define them, that are the uses of the him. The him helps too to in entering a group, to accept the group and be accepted by the group. The him really structures what you are, and what you think, your internal essence without you note it.

The him has a set of characteristics on an identity that causes to impose the personality and verbalization of the person who has that identity in the subconscious, the him imposes the reality in your subconscious and is impersonated by your subconscious.

Once imposed in the subconscious, that identity implies a presence a personality that fusion with your subconscious that triggers processes to set and maintain the structure and functioning in the mind using several mental systems.

The him is the founder of the mind, creates and maintains the functioning and the structure of the mind in each individual.

Creates the structure of the mind, what is correct and what is wrong; defines how things are and how they work.

Creates the personality the way of think and behave.

The him exists based on a group of mental systems.

The him is a mental structure that fulfills several conditions in the mind of one individual, once the him fulfills the conditions in an individual, any verbalization or behavior becomes a truth and the reality in the mind of the individual, bypassing most of the mental blockages that protects the mind, influencing directly on the subconscious. This phenomenon happens in the mind of an individual.

The him is a group of mental systems that maintains different states in different aspects of the mind.

The goal of the hims is to set in the mind "the reality", this allows an individual to exist coherently in a group of individuals to work together and survive.

The him is in the mind, the authority that set the reality for a specific activity and group.

The opinions of medics, architects, lawyers, are and set the reality in the mind in each field of knowledge.

The him is a technique of programming the subconscious to set the dominant functioning of the subconscious that manages the whole mind.

Each him is limited to a part of the reality, none him covers all the reality, all the hims complements each other.

There is an additional him for each reality that joins different realities.

There is a him for all the hims of all the realities of the mind of an individual that joins them and set priority and functionality for each one.

Is the process of creation of your personality: your internal values, your behavior, your inner personality, the subconscious impersonate the behavior of the hims.

The him is the essence of what you are, and you assume you were always like that.

1.5.1 Types of hims

The hims are as complex like the reality they have to represent.

1.5.1.1 The direct and indirect sources of him

The him defines the true in different types and with different limitations;

Directly the hims shape the reality

- The Supreme Him, the owner and origin of everything, that manages the main functioning of the mind and structure of reality like how things work in the creation and your function and position in that creation,
- The Expert Him, that influences in the subconscious only in an area of expertise,
- The Authority Him, that influences in the subconscious only in an area of authority,
- The Group Him, that influences in the subconscious only in specific groups.
- Each individual, each individual is him of oneself.
- Etc.

Indirectly all the factors affect the creation of the internal reality, oneself, the own experience, the own decisions, the members of the group, other opinions, acquired knowledge, etc.

1.5.1.2 The total him is the addition of the Supreme Him and the hims of groups.

The individual lives in several realities, his internal reality, his family, his extended family, his work, his society, etc.

Each reality has his own laws and order, and in each reality the individual has a role.

The way in which the law and order is imposed in the mind for each reality is the Him.

The Him is the creator of the reality and its functioning.

The Supreme Him is the effect of the god or gods of their religion(s).

The hims of groups are the hims that dominates the different groups where the individual operates: society, culture, upper and lower family, work, friends, social activities, etc.

1.5.1.1 The Supreme Him, the god trinity

The Supreme him is a him that represent god, and has three main aspects, varying according to culture:

God the father, the omnipresent ethereal presence of God as the thought and the unique personality, the unique piece of God you are in God, the light.

God the Son, the personification of God in one person, the water, the energy of life.

God the Spirit, the internal presence, the fire, the energy, the force, the will, the mother of god in us.

1.5.1.2 Then non-human hims

There are hims that focus in the human as the focus of the him.

There are hims that focus in groups that claims to be over the humanity that considers the humans as farm animals and as a plague.

The second group creates a him for humans to inhibit them and keep in an eternal nightmare of eternal games that stagnate their evolution, meanwhile creates a him to empower the groups who claims to be over the humanity.

This means there is a him for the privileged group and a him for the rest of the humanity.

1.5.2 Types of programming of the him

The reason of the hims are to structure the mind of the members of a society, to allow them to develop as an individual in the society and as a society in the global society.

We must be conscious that the hims are finally a set of programming tool to program the individual and collective mind, we must focus in the him as a programming task, when we analyze the religion as him, we are analyzing the religions as a program, and we must see the him only as that.

There are different methodologies and aspects to be programmed in the behavior and cognitive functioning of all the individuals.

1.5.2.1 The essential, love to oneself

The essential to be alive and to exists mentally, in interaction with oneself and in the interaction with other members of the society, the love to oneself:

- The essential programming that defines the minimal conditions to exists mentally: to be awake, to remember, to exists in the present, to be omnipresent and eternal, etc.
- The essential cognitive functioning and structures: to be loved and positive to oneself.
- The strong him, the acceptance and unconditional love from the him and the group toward the members.
- The stress, instinct, freedom of choice, obedience to oneself, and priority in survival of oneself.
- The absolute dedication of God to yourself, this is a requirement because is the dedication of your own subconscious to yourself.

1.5.2.2 The law and order, love to the neighbor

This is the need of the society to set rules for the social behavior, this order sustained by a law, is not perfect in any society, but is something necessary, love of neighbor.

- The programming that reinforce the satisfaction and the requirement from the religion to help the neighbor to be accepted by the group.
- The weak him, the order, the prize and punishment for the social behavior.

1.5.2.3 The love to God, the main stone

The love to god, talking about programming, is the programming of the love the individual for himself and for the other members of the group, that imply the respect to the law, the positive attitude toward oneself, etc.

Speaking programmatically, the finality of the Supreme Him is the mental structure and functioning for the survival of the society and the individual.

The love to God is the creation of the structure and functioning that sustain the structure and functioning toward the individual and toward the group, is the main stone that allows that functioning in the mind.

1.6 General Characteristics of the Him

1.6.1 Complementation of the hims

Each him has a limited effect in specific aspects of the mind, the him that creates and maintains the functioning and structure of the mind is the summation of all hims.

1.6.2 Hims can be generic and inaccurate with the reality

The hims of God(s) and groups are imperfect, they are generic and inaccurate with the reality, they contradict themselves and frequently the individual must consciously go against some of them and impose his rationality for his need of coherence with the reality.

1.6.3 The strong him and the weak him

The strong him, is the unconditional and permanent characteristics of a him, the unconditional membership and acceptance, the love to them.

The weak him, are the conditional and temporal characteristics of a him, like the judgment and the prize or punishment.

The strong him characteristics are imposed over the weak him characteristics.

1.6.4 Each him must establish the correct functioning of a group and his members

A him is limited to a group and to specific functionality.

In that group and limited functionality each him must create and maintain mental systems that allow the correct functioning of that group.

- Survival of the members of the group and survival of the group.
- Positive relation between members of the group.
- Development of required abilities of the members.
- Definition and assignment of roles to group members.
- Learning, training, motivation and activation of required physical abilities and cognitive abilities of members of the group.

1.6.4.1 Members must have a limited integration with the identity of the him of the group

Each him of each group has a limited presence in the mind of the individual, that limited area must include part of the identity. Each member must integrate his identity with the identity of the group, that is necessary for the correct functioning of the group because that integration with the identity of the group generates group support, protection, unconditional support to the group, free work for the group, etc. that is necessary to keep alive a group.

1.6.4.2 The him of the current group must be activated in the mind (top)

The integration of the hims are special, when we are in one group, the member includes himself inside the him of that group and the him stays in the top of his mind, imposing the reality, verbalization and behavior mode in the individual permanently, meanwhile one is inside that group.

1.6.4.3 Activities that reinforce the union of the groups and satisfy the other needs of their members

The him must be designed to include activities that reinforce the union of the members of the group, and satisfy other needs of their members.

1.7 Characteristics of the Supreme hims in the mind

These are the characteristics of the hims in the mind, not all societies have all these characteristics.

The mental systems evolve with the individual, with the group and with the society, across the time.

1.7.1 Establishes the autonomy of the individual

The Him in the different realities of the individual establishes the obedience, freedom, control and responsibility the individual have.

In example, in the relation with the parents, does the individual must obey the parents blindly or must respect them and has freedom and responsibility for his own decisions.

In the church, the individual can decide if he sacrifice his own life and resources voluntarily? or, is he forced to do that based on group and leader decisions?

We have a God that control and knows everything, and everything that happens is his will and you must accept it and simple allow things happen, living an obedient and passive life, there is always the guarantee of succeed and the best decision is always taken, if something happens to you, is because is necessary, you deserve and/or is the best decision always based on God Will.

Or, we have a God that joins to you in your journey of your evolution and learning, and live and helps in that journey, and needs to be proactive because you are responsible for all your decisions and for yourself, there is no guarantee of succeed, there is only guarantee of support and help, and anything can happen and is your responsibility to previse this.

These type structures of the Him, drive internally the essence of the cognitive functioning of the individual in all his life.

1.7.2 Main characteristic of the supreme him

Love is unlimited goodness.

The supreme him is love.

The love is the supreme him.

This is necessary to keep a positive functioning of the mind, the presence of the love and the love toward everything, including the individual is stored as dominant in the mind.

The supreme him is in the top of the head and expands down, to the front to the back and fills the body.

1.7.3 Permanent presence for permanent functioning of the supreme him

The supreme him is

the unique, everything is the him

omnipresent, present in any place,

eternal, present in any time,

creator of everything, present in any creation,

creator of all gods,

creator of all creatures, present in any creature,

is always awake, alert and conscious in the present and the location where he is,

is the beginning and the end, it is activated at the beginning of everything and in the end, it remains active;

that omnipresence is necessary because generates and maintains his functioning.

The him of groups is present in the location of the group and in their members.

1.7.4 Imposing the supreme him by faith

This means once you trust in a him directly or indirectly, it is imposed in your mind as a him and is included in your spatial structuring of your hims.

You need to believe in the Supreme God and you need to believe in yourself, to impose your hims in your mind.

1.7.5 Supreme him is the most powerful, always defend, win and survive

If you convince the subconscious an idea or person is the more powerful, then your subconscious will work in that way.

The him is that powerful structure, the most powerful among everything:

Anything that challenges the him “dies”, to keep active that mental structure, like by the gaze, contact or presence.

1.7.6 The supreme him always has the control

The supreme him always has the control.

If something good or something bad happens is decision of the supreme him, he always is in control.

Everything that happens is because the supreme him planned, all is inside his plan and had been approved by him.

1.7.7 He is the best, the greatest genius in any activity

This helps to be chosen by the subconscious and to assign the best functioning.

The supreme him, is the best in every aspect and activity that exists.

1.7.8 The ownership and presence in all containers

All the containers, the atoms, the cells, the bodies, the objects, the thoughts, the beings, etc. belongs to the Supreme Him.

The Supreme Him is present in all that containers and from there maintains the mental programming.

1.7.9 The finality of the individual

The finality of the individual is the evolution and expansion of each individual, until he becomes a god and a co-creator with God.

1.7.10 The brotherhood of all beings in the creation that compliments each other in the Supreme Being

The concept that all the beings, all the creatures, in the creation are unique, interconnected, and compliments each other in the Supreme Being, that is the summation of all beings that exists as one bigger living being, in which each creature is an unique and different part of that bigger being.

The Supreme Being is too the finality, this means all the beings must evolve to evolve the perfect Supreme Being.

1.7.11 Presence by indivisible home (atomic)

The atoms have a mind and are the home of the supreme him, they fill all the empty space, and there is no empty space.

The bodies are filled with atoms, in consequence the bodies are the home of the supreme him too.

The presence of atoms is everywhere, the presence of the supreme him is everywhere.

1.7.12 Motivation and expansion by reflection (lake that surrounds each one of us)

The energy of life is the water that surround each one of us, this energy of life, this water, this lake, is blessed and all you perceive in that lake (outside of you) is reflected and motivates and equivalent in you.

This lake reflects your mental energy to yourself, focus your attention in yourself, to motivate, energize and expand yourself, your minds, your structures and your functioning.

1.7.13 Consecration of sexual life, activity and sexual energy to the supreme him

The sexuality consumes much of the time as the energy of humans, it is necessary that sexuality be explicitly or implicitly consecrated to the supreme him.

There are many social roles that are directly connected to the sexual activity that defines the essence of the individual and the society.

1.7.14 Supreme Him requires to be master and god of the other gods

The supreme him requires to be the master of all the other gods, friend and his master; receiving recognition and worship from them.

1.7.15 The most important task in your activities

To structure the supreme him is indirectly to structure yourself, and that is the most important task you must develop.

Prioritize only the tasks that effectively help structure one's mind.

1.8 Strategy of limiting the him of the Supreme God to specific areas and functioning

This strategy is necessary because

1. The him of the Supreme God expands to all the activities of the society, imposing an order in each of them, limiting the freedom of the individual.

This strategy limits the areas where the him imposes a functioning.

2. Limiting the him of the Supreme God to specific areas allows creating a him of a God always good to the individual, imposing in the subconscious a functioning that helps the individual to have a better mental functioning.

Areas

-Unconditional granting of love

The him of the Supreme God, sets you as his child, giving you everything with the commandment of brotherhood, loving the neighbor as yourself.

That intense love wakes you up and gives life mental and spiritually.

-finality

To grow, live, survive and evolve learning to do the will of the Supreme God.

Focusing in your survival and perfecting to be like the Supreme God.

And impulse to become the strongest because the survival is of the strongest.

-you rules in yourself

The him who is unconditional good to yourself and has the priority to raise you rules in yourself.

-the one brotherhood who rules in the society

The rule of the survival of the strongest and the survival as a brotherhood.

1.9 Functions of the him

These functions are from the point of view of the individual and social mind.

These functions cover all the reality, groups and roles of the individual.

1.9.1 The him expands in the area where the physical and cognitive functions are executed

The him in the mind expands to the areas where the physical and cognitive functions of the him are executed, this areas can be internal in the body or external in different group activities.

A him who is devoted to fertility is related to the genitals and places of sexual activities.

1.9.2 The him of the religion

We had divided in three the main functions of the him:

- The love to god, the dominating mental structure that sustain the following two structures across all the activities in the society.
Mentally it internalizes in the subconscious the order in the subconscious and the love of the subconscious toward the individual himself.
- The love to oneself, the structuring of the mind of the individual
Mentally structures a positive mental work of the individual toward himself.
- The love of neighbor, the structuring of the mind in the interaction of the individual with other members of the society.
Mentally internalizes a positive behavior of the individual to other members of the society.

This is about the creation of the mind of the individual; mentally, the love to god, internalizes in the subconscious the order in the subconscious and the love of the subconscious toward the individual himself, it is not about god, it is about the mind of the individual; the love to oneself, is the love one must have to oneself; the love of the neighbor internalizes a positive behavior of the individual to other members of the society.

1.9.3 The metaphysical him

based on metaphysical religions like Buddhism, establishes that:

- the exercises of breathing energy and structuring the bodies and their energies are a necessary part of the total him,
- stablishing functioning daily exercises of presence, meditation, visualization and contemplation.

- Structuring as an independent separated unity in the whole, as a god of oneself; creating and maintaining structure to support all the minds and beings we include in ourselves, executing the daily exercises to keep each mind alive and active.

The metaphysical him is intertwined with the functions of love

1.9.4 The him of science

Is all the scientific knowledge, that can be true or false, but is accepted as true in the present.

- Hypnosis, the design and programming of the mind.

1.9.5 The him of roles of groups of the individual

These are the functions an individual develops in each role in each group he participates.

- Functions from family roles: grandfather, father, son, all the relations with the family in second, third and fourth grade.
- Functions from work roles.
- Functions from social roles.

1.9.6 The mental energy-of-life

The mental energy of life set the integral functioning of the mind, modeling the individual inside his mind in an area, is the summation of all emotions, the dominant order that governs in that place from all the hims activated in that place, the flow of energy of life that resides there, is the presence of sexual energy, the feelings and all the mental components presents and stimulated by that location that creates the illusion of an unique an stable mind.

Is what you have in your mind when you focus in one area.

The mind works logically like a computer, and is configures across the space.

The key is who is ruling in a specific moment and area (him), and what he imposes to the individual.

The mind work based on:

- The summary of the dominant personalities and the order each of them imposes in the individual, the hims.
- The internalized reality.
- The current reality.

As the consequence of all the mental structures, the mind creates:

- A feeling consequence of all of them that motivates physical and mental reactions required to that situation.
- Internalizes a point of view of the reality according to the him, his position and his roles in that moment.
- Internalizes an illusion of individuality and identity, what the individual is, what the individual feel he is in the reality.

The mental energy-of-life

That consequence, is the mental energy-of-life, the mental energy-of-life is omnipresent everywhere and exists in all the places the mind focuses, of course they exist in the mind of the individual, but in the mind that energy-of-life is present in each location, and adequate to the situation the individual is living.

The mental energy-of-life is modeled by the hims, the supreme him, and the other hims, defines the internalized identity, point of view and the consequent behavior of the individual, like a machine present a result based on the input.

In example if you structure a good and unconditional positive supreme him, like Christianity, that will generate a deep feeling of love, that will govern the feeling of the reality the individual has, independently of which situation the individual is living.

But is important to set the other hims, specially the deducted and decided identity each one of us has, if you are a good and blessed son of God (Christ and Jehovah) or if you are a bad demon. All the contributions of each reality each him has, is summarized in one internalized identity and point of view of the reality.

Setting the individual identity and the relation with the him and the order of the him, you set the dimension like heaven, earth or hell where the mind resides, and each dimension conditions the mental functioning of the individual.

The dominant him, in the mind in one area, imposes the personality of that him and imposes the order that personality imposes in the reality, and the reality that him imposes, in example the identity of the individual; for that reason is critical to set a complete and responsible Supreme Him in the mind in all the activities, for the impact it has on mental functioning, to define the hims, specially the Supreme Him, is to define our own identity and point of view of the reality.

The mental energy-of-life is the consciousness of the importance to configure the hims in each space under each him, group and role, understanding how the mind works.

The him must be chosen to configure the dominant order and a positive personality of the subconscious toward the individual, and a him that set correctly the identity and role of the individual, creating in the mental energy-of-life the love the individual requires to exists mentally.

Each him, each reality and role of the individual focus in a specific area, objects and stimulus, integrating to the total him.

1.9.6.1 Sanctification

To sanctify an activity creates this effect mentally in the energy-of-life where the activity is developed.

There is a mental system that associates the stimulus of each role, in each activity and environment that generates an “automatic” sanctification, configuring mentally in the energy-of-life, for that activity, with a memory of the feeling and of the group and the him that governs that role and activity, that activates natural and automatically.

Internally in the mind focus the emotions in a person, that represents the him, activating emotionally the unconscious verbalization of the order of that him.

In example, you go to a hotel in vacations with your family, you go to an activity in the school with your family, you go to the place where you work with your family.

In each one of them there is an authority, a feeling and a clear memory of how you must behave with your family in that place, each one of that places have a him.

Additionally, you can sanctify and add in your mind the feeling and behavior for the supreme him, the memory on how to behave religiously, but of course that depends on your religion, how you interpret your religion, and the way you had decided to integrate your hims with the supreme him.

In the three situations we see several hims present at the same time, the him of the location: hotel, school, workplace; the him of the family; the implicit supreme him; and optionally the supreme him imposed by will, of course, limited by the dominant him in that place/group/role.

1.9.6.2 The personality and cognitive functioning of the mental energy of life

The mental energy of life present anywhere has a personality for himself, the supreme god personality, an identity for the individual, and a cognitive functioning in consequence according to the order imposed by the him of the supreme god to that identity, e.g. you are a son of god and deserves the guidance and blessing.

1.9.7 The inclusion

The inclusion is the process to define the identity, position and history of the him, inside or outside of oneself, and define the position, structure, function and importance inside of one self.

“The inclusion is part of the real mental structuring, if a subject project in the sky of the mind of another subject, as darkness or as light, he includes that subject inside himself, for that reason is necessary to breath universal energy, to reduce that imposition of inclusion. The problem is this is something subjective for a person who didn’t experimented this and in consequence is qualified as false.”

1.9.7.1 The inclusion through the genesis in Judaism

The inclusion through the genesis is the definition of the reality through a narration in the sacred scriptures that describes the process of creation of the reality and the history that position the individual in that reality.

The genesis in the old testament, define one god who governs in the sky, the creation of the humanity, their relation with the animals, the history of the humanity and its current position and functioning, we must remember every individual is him of himself too.

1.9.7.2 The inclusion by social function

This is the case of roman and Greek gods, there is a supreme god, but there are gods for every important social activity.

1.9.7.3 The inclusion to the pyramid of beings through the rings

This means we leave inside several, rings, in the Urantia book, in example, there is:

- 1) The trinity creator of all the creations,
- 2) The sovereign of the super universe
- 3) The sovereign of the universe
- 4) The sovereign of the system
- 5) The sovereign of the planet
- 6) The angel that guides the human

Each one is included inside the other, having a distortion in time and limited control over the beings they include in themselves.

There is a technique to include ourselves in specific beings of each kind, and each one has a function inside and outside of every human being.

1.9.7.4 The inclusion by “vibration” of thoughts

The vibration of the thoughts of a being determines the “good” or “evil” inclusion each mind has.

The good has an extremely fast vibration in their thoughts, based on love and positive thoughts they generate permanently.

The evil has slow vibration in their thoughts, based on anger and negative thoughts they generate permanently.

The type of thoughts and their consequent vibration defines the type of beings in which they are included by default.

1.9.7.5 The spatial inclusion of the hims

You can imagine, the fairy of the teeth, sit down in some place of the room watching and protecting you, you can feel his protection, but the true, is the fairy of the teeth doesn't exist, but in your mind you made her to exist, and generate a real mental feeling of being protected, that is the point.

The different hims has a different position related to the body of the individual, that position apparently is critical for the correct structuring of the him.

These means, the activation of the him is done in the mind and in an area related to physical body position, that position apparently is important for the structuring of the hims because implies a function.

The position is related to focus of attention, one is conscious and focused in the area of the body and around the body, the presence of the different hims in that area maintains the focus in the hims too, motivating them in the mind.

One example of how could be the hims distributed relating the him with the inclusion of minds.

- The Supreme Him with the strong him is above and behind, the backbone.
- Oneself with the instinct is positioned inside your body and in the sexual area.
- The higher mind is behind and connected with the lower stomach and sexual area.
- The mother of god is behind and connected with the lower stomach and sexual area.
- The angels, the stars that guides and protects us, are in the center and behind.

The distribution and focus of the hims across the area of the body and around the body is necessary for the mental structuring and functioning.

1.10 The elements that activates the hims and expands it

This are the elements all the systems have.

1.10.1 Association and triggering of the him

The mental systems require to be remembered and motivated in the precise place and moment, they are associated to the environment, people and activity where they must be active, and when they are present the memories must be triggered and the him activated.

The association must be permanent, all the internal and external stimulus and perceptions must stimulate the activation and expansion of the him in the mind.

1.10.2 The supreme him in “the other where your mind is focused”

The supreme him imposed in “the other where your mind is focused”, can work frequently as your own supreme him, for that reason, the supreme him of “the other where your mind is focused”, must be the same supreme him you have.

Is necessary to associate the stimulus you are perceiving in each “other”, assigning the Supreme Him and the identity of the other, it can be a person, an animal, a plant, an object.

1.10.3 Activation and presence across the body and the environment

The Supreme Him is activated and expanded in areas inside and outside the body permanently

the chakras: the top of head, the neck, the pectoral, the stomach, lower stomach, sex.

The environment: body, aura 1-meter radio, body of being 3-meter radio, infinite

Front and back: lower stomach and front of the body, lower back and behind the back

1.11 Phenomena consequence of the him

1.11.1 The bypass of logical, ethical and emotional mental blocks

The mind has a logical, ethical and emotional mental block that protects the mind against any external suggestion received by the mind.

Suggestion must make sense, logical; must be correct, ethical; you must deserve it, emotional.

When a suggestion comes from a member with “him influence” it bypasses the logical, ethical and emotional mental blocks.

A suggestion from a member of a group has an effect in the opinion of an individual.

A suggestion from the parents has a powerful effect in their child.

A suggestion from the Supreme Him, God, tends to structure directly the suggestion as a truth in the subconscious.

1.11.2 One resembles what one adores

Internally the subconscious internalizes and replicates the cognitive model and functioning of each him the individual has, when the individual face a situation where a him is necessary.

1.11.3 The behavior the him has, the individual replicates

If the him has a specific behavior, that specific behavior is replicated by the individual with that him loaded in his mind.

This can be a him like god, an authority or parents, or it can be a him like a member of a group.

1.11.4 The sexuality moves around the supreme him

The sexuality is a consequence and a requirement of the supreme him.

The sexual energy, the sexual impulse and sexual life is guided and owned by the supreme him, the supreme him is present in this activity and the sexual life must be devoted to the supreme him.

1.12 The holistic approach structures the mind: mind, spirituality and metaphysics

The approach to the him must include the spiritual and metaphysic side of the him.

In an approach purely mental of the him, the spiritual and metaphysic side of the religion influence the mind critically and is necessary.

In example, the knowledge of the scriptures, the spiritual communion with God and the exercises of breath of universal energy modifies the mental experience, expanding and integrating the mind with the surrounds, and the expansion is the basement of the mental existence and experience.

1.13 Love to God: The design of the Supreme Him (God in the religions)

The design of the Supreme Him (God) in a culture has many relevant aspects, if you define an animal as god, it affects the social customs as the personal customs like the sexual life, and all the activities are permeated by the selection of his god, his history, his behavior and his commandments.

1.13.1 The evolution of the Supreme Him (God)

His strong him, the unconditional love that gives to his believers affect the love the parents have for their children; the weak him, the law, affect the way in which their believers have relations between them.

The religion must evolve with the society, but how can old manuscripts "written by god himself" be change by humans, but they change, they change in the way they are ignored or reinterpreted, this happened all the time in the history of all countries.

1.13.2 The design and reinforce of the cognitive functioning and behavior of the him in the believers

The religions are there, and we can't change the scriptures, but we can change and reinforce the positive aspects in the teachings.

In the teachings of a religion we must design a set of cognitive functioning and behavior the supreme him has that will be replicated by their members.

We must design the attitude we develop from God toward the individual, from the individual toward himself, the individual toward other individuals, we must cover all the types of programming of the him, like:

- The strong him, the unconditional love, acceptance, bless and positive distortion of any cognitive structures.to become positive to the believer and the rest of the humanity.
- Reinforce the avoidance of judgment to the individual, and unconditional love to the individual, and the responsibility of the individual to do the same for the rest of the community.

To focus in the positive aspects of the him of a religion, and once identified make them a critical part of the teaching of the scriptures that is reinforced in several ways, and repeated across the process of the teaching of the scriptures in the life of a member of a religion, changing their priority by the way and the frequency they are taught.

1.13.3 Necessary adjustments to avoid abuses of the supreme him

1.13.3.1 Separation of the Supreme Him from the priests

In the religion the first adjustment is the separation of the identity of the Supreme Him from the priests, by default the priest inherits the supreme him identity and all what says works in the mind like the supreme him would had say, and that had been used to manipulate groups to personal convenience of different groups across the history, to start wars, maintain division, etc.

Is necessary to set that the word of the priest is not the word of the supreme him, each one has a different voice, the priest and all his opinions are imperfect and he is human.

1.13.4 The hypothesis of the creation and evolution of the him in the religions based on limited evidence

This hypothesis says there is historic evidence showing the main religions were made by people who meditated and understood how the supreme him, god, can be used to shape the mind of the individuals and define the functioning of a society, define what is the correct and what is the wrongful, what is true and what is false.

In the creation of religions there were three kinds of events that created the religions:

- The presence of god, presence of god in the mind of the individual inspiring him and real miracles.
- The work of humans that designed the religions who said was god who did what they did.
- Alteration of the history of events that happened that were not miracles, to miracles to inspire and deepen the faith in God.

The understanding that if you create an almighty god, and you set a god that set a law, and that law will be fixed in the mind of that society and that society will work under that law; the society will not always obey that law, but that law will become the reality and the correct way the society should develop and behave.

There is historic analysis proposing:

- The Red Sea didn't open by Moses, instead of that it was Moses knowledge of the red sea.

- The laws of Moses were created based on other religions in the area.
- The desire of Moses to create a society without human sacrifices and with respect to the humanity.

The same for Islam:

- The need of a religion that includes them.

In Christianity:

- There was a deep understanding of the him, and an evolution of the him, from a religion based on the Weak Him, the law, to a religion based on the Strong Him, the unconditional love.

Urantia book, the “fifth revelation”:

- It is a special book that includes in his explanation of the creation several elements, like time “worship in the present”, and other details that shows it is a special Him, if it is the fifth revelation or not is irrelevant, as a Him, it is an unique work.
Personally, I do not agree with some explanations but undeniably it is the definition of a new Him, that integrates the new conception of the universe to the religion.

A simple analysis shows there are contradictions between the main religions, and some of them are partially wrong, nobody can say which is wrong and which is right scientifically, but yes the need to understand more about their origins and improve them, to avoid killing each other, as happened these previous centuries.

1.13.4.1 The two sources for the creation of the religions

First is the presence of higher beings that are present and integrated to the humans, and their influence moves to the humanity to search god, and guide them in that task.

Second is the understanding of the mechanisms of the supreme him, that the leader of the main religions has and used to shape the society through them.

1.14 Love to oneself: The design of mental functioning towards the individual himself

The love to oneself is something that doesn’t receive enough attention, because it is assumed that it exists in the individual correctly structured, but it is not true, the love to oneself is one of the reasons of the him and the love to oneself requires to be structured consciously.

There are many simple and obvious attributes a person should have mentally that never receive in his life.

1.14.1 Unconditional love to oneself

The individual must take care of himself, love himself as he wants God and the neighbor to love him.

Avoid judgement to oneself, always positive to oneself.

1.14.2 Defining and delimiting the identities

Is necessary the individual:

- define which are his identities, what is he, which are his groups, his family, his extended family, friends, work, your culture, your society, his global family.
- to define what are not his identities, disconnect from undesired groups and identities.

Delimiting what the individual is and what the individual is not, define his consequent mental functioning.

1.14.3 The maximum priority for the instinct of survival of the individual

The initial priority is to survive himself, before helping other to survive.

Awake an/d stressed for his survival and motivation. Relaxed and calm to decide and behave.

Complete activation of cognitive functioning.

Permanent hungry and needy that motivates permanent effort for survival.

Capture and retain energy for oneself.

1.14.4 Granting freedom of choice, rights and the him of himself

The individual requires to receive control of his own life and his own destiny.

The individual must be a him of himself, receive the characteristics that allows that. The rights to have self-determination.

Is necessary for the mental development of the individual that the supreme him and the father of the individual, have the decision to sacrifice their own lives for the individual to survive. This phenomenon creates and activate essential mental structures in individual.

1.14.5 Defining the goals and priorities: the treasures

Define the decisions of life, the goals and their priorities of an individual.

1.14.6 Mental exercises that motivates the mind

Mental activity that motivates the mental functioning.

The mental awareness of the body can change its functioning, for example, imagining that the feet are balloons and these are inflated, it affects the mental functioning.

1.14.7 Create connection with other loves

Love to God and Love to the others, to be loved.

1.15 Love for others: responsibility for others

The love to others is the responsibility we must have for the needs of others to live in a society, because we survive and exists as groups.