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PSYCHOLOGY OF SOUL Chapter 11.2

Control is a global manner of thinking, a local way of acting, and a way of feeling completely; that is control.

Personality Building through Character

If someone asks me what is the most spiritual thing we can do in today's world as people, as human beings or as doctors, I would say: to build a good character. It is not much about getting in contact with soul, or rising the spirit, or deifying life; but the first and most important aspect is the building of character. Let us see how we can build a good character using our codes of reference:

- Contact: Character is an instrument to get in touch with the world, with life, and with us.
- Impression: A good character is an instrument to bring world deep inside us, embodying it, and internalizing it.
- Relationship: A good character is a good instrument to get into the religion of life that is a relationship; to get into the relational field that is the conscience field to transform life: relationship.

A) Contact is Born out of Control

How could we develop the science of contact? We get contact through control. For that reason we talk so much about alignment and control; without alignment there is not control. There is control when there is alignment; there is alignment when there is coherence, and there is coherence when there is unity or vibrating integrity among different bodies. Then, control is first, and it depends on the right view. Control is a right view; control is a right approach, without losing the aim, to have a

total perspective of life. Control is a global way of thinking, a local way of acting, and a way of feeling completely; that is control. It allows us an appropriate contact, other than rigid, which does not create dependency. Control allows us to come back to ourselves; it does not make our ego disappear but allows its strengthening. This is the contact made from control.

When we lose control, we lose contact with the other or with ourselves. In any case, it is serious because reciprocity is damaged. There is not territory of conscience anymore; therefore, we have to keep control, which means, to keep the proper vision, the proper sense of proportion. This gives us awareness about our own limits, and that awareness is the only thing that allows us to expand it. Control not only has to do with vision science and with our more physical part, it has to do with the psychic level too; consequently, we will take up again science of control later on, practicing some exercises of energy self-regulation.

B) Impression is Born from Commitment. Commitment is a feature of harmonic character. Commitment is dedication. Dedication allows us to make from our activity, from our action, and from our life, not an obsessive and repetitive thing, but something sacred. Typically we can live our life in an obsessive way, looking for perfection, or we can live our life in a devoted way. Consecration is to make a sacred ritual from life, in which we come into the moment's heart.

Commitment is to go into the soul of the moment. It is to assume the power of our own presence at present. It is to be present. Being present, we are committed to life, and when this happens, an imprint is generated; that is, life is lived inside not outside. When life moves inside us, it causes a global image deep inside us, and that global image leads us to a right relationship.

C) Relationship is Creativity

The proper relationship from this character's third movement has to do with the creating personality, with creativity. A proper relationship is a creative one; it means that it is not a routine; it is not repetitive; It is dynamic, flexible, and fluid. It can be invented at every moment. It is lived as an adventure. Each moment in this relationship is a new one. On a relationship of this kind, we are always breaking our own record, even for a centimeter; it means that in a creative relationship competitiveness is not possible, and this is very important.

Why are our relationships destructive? Because relationships are competitive, even, between a man and a woman. We are now in a moment in which lots of response movements are really movements that are going over the opposite polarity. It is not about realizing who the real man is - a male or a female. It is that man through a woman reinforces and recognizes his feminine side. It is that through him, she knows, recognizes, and reinforces her masculine side. Then, it is in that sharing that we reach each other balance. Then, a creative relationship is a well-balanced one, in which there is creativity because there is not competitiveness. In this relationship, we find something very special; we find our own competence. When someone finds his/her own competence, he/she is original, authentic, unique, and unrepeatable. That person does not have to compete with anyone.

The idea in a creating personality is not to have a lot of doctors or a lot of professionals to fill factories, and meet demands; the idea is that all human beings are original and when that happens each one will give a unique note. We are distressed that our children cannot compete; but this is marvelous; it is good they cannot compete, and that they are not competitive. If we are not educating them to compete, to be better, to be perfect or superior, we are letting them be their own competence. And when each one is his/her own competence, he/she can give that total and unique note that nobody else can give. That is the correct alignment

toward creating personality in which we cannot talk about superior or inferior; we only have to talk about unicity, each one of us is unique in that personality, and as unique, a human being is interdependent. That is what the new planetary ecology is about.

Unicity plus interdependence is an equation that takes us to genuine liberty. If we are not unique, and not what we think we are, even though we think we are free, it is not true. We get free in the context of our own group that is humanity. Then freedom equation is achieved when we generate creative characters, which allow not competitive relationships, but relationships to be shared for a competence in which we complement each other, each one of us gets completed; not only with the One, but with all the others, with everybody. All humanity is there to complete us. Everything is aspects of ourselves that we did not know, or did not recognize. But to find someone, to find the pleasure that, in that moment, is the other side of our story, the hidden side of our sun, that which discloses our soul, really makes of life an adventure. There are not going to be repeated moments. Then a creative character is a character that does not repeat itself.

[\(PREVIOUS\)](#) [\(NEXT\)](#)

Jorge I. Carvajal Posada