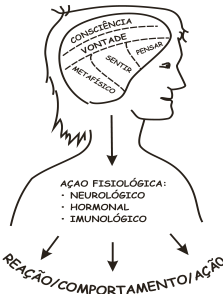


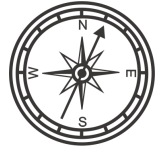




# HUMAN RELATIONS AND COOPERATION - CONSCIENTIA METHOD

Basic thoughts about human being	Metaphor	Symbol
<p><b>We have freedom to feel and think, and limited freedom to act.</b> Freedom leads to responsibility and responsibility requires freedom. Freedom and responsibility are synonymous. We are responsible for the way we feel, and we need to respect each person's way of feeling. The way we feel (happiness, love, fear, anger...) influences our physiology.</p>	<p><b>I am the captain of my own boat.</b></p>	
<p><b>Everything I see in others also exists in myself to a certain degree.</b> Every human being has all human aspects. Your happiness triggers the consciousness of happiness in me. Or the other way around, your happiness triggers the consciousness of my own sadness.</p>	<p><b>We are internal mirrors between ourselves.</b></p>	
<p><b>What I do to others, I also do to myself, inside myself.</b> The way I act reveals the way I feel. When I do good toward someone else, I am doing good toward myself as well.</p>	<p><b>How I treat myself, I treat others.</b></p>	
<p><b>I am conscious, therefore I exist.</b> Consciousness is essential to our existence. <b>The human being is his/her consciousness.</b> To feel is a important part of consciousness. When you suppress your consciousness you are suppressing yourself.</p>	<p><b>Consciousness is our compass.</b></p>	
<p><b>Evil can only be cured with good.</b> Evil cannot be cured with another evil. Love is the basic feeling of life.</p>	<p><b>Evil can only be cured with good.</b></p>	
<p><b>Equality requires shared responsibility.</b> This requires direct democracy, which means that everyone has equal right to participate in and make decisions. Direct democracy in economy and politics leads to solidarity.</p>	<p><b>Equality leads to solidarity.</b></p>	
<p><b>HUMAN RICHNESS;</b> valuing the human being is reinforcing the consciousness of human richness</p>	<p><b>DENIAL;</b> caused basically by society's repression</p>	
<p>1 Ability to <b>perceive</b> (see, hear, feel, smell, taste), interest to learn, to know...                  2 Ability to <b>remember</b> the past                  3 <b>Intuition</b>, the "sixth" sense                  4 <b>Love</b>, responsibility, humility, happiness, gratefulness, enthusiasm...                  5 <b>Metaphysics</b>, spirituality                  6 <b>Courage</b>, initiative, persistence...                  7 <b>Creativity</b>, ability to imagine                  8 <b>Common sense</b>, ability to evaluate                  9 <b>Honesty</b>, ethics, justice...                  10 <b>Aesthetic sense</b> to see beauty                  11 <b>Self discipline</b> to control your impulses                  12 <b>Special aptitudes</b>, music, mathematics...                  13 <b>Ability to learn</b>, Accumulate information                  14 <b>Physical abilities</b>, beauty, strength...</p>	<p>1 <b>Negative emotional habits:</b> chronically feeding into anxiety, sadness, fear, anger, unhappiness, guilt, shame...                  2 <b>Censorship</b> (rejection of consciousness): feeling scared, irritated or angry when you see your flaws, getting defensive, blame yourself, moralize, condemn...                  3 <b>Idealization</b> (perfectionism, narcissism, delusions of grandeur): exaggerated and rigid demands of yourself and others, to think you are responsible for almost everything                  4 <b>Envy, evil:</b> envy = not wanting to see the good, concentrating on negativity, feeling, thinking and acting destructively, aggressively                  5 All these obstacles are a symptom of <b>egocentricity.</b></p>	