

# PURE LOVE

The Journey of Becoming a Loving Human





# Pure Love World is an invitation to join the Collaboration World: a space devoted to Loving Humans

## Pure Love World: the mission

The mission of Pure Love World is to invite people across the world to join the Collaboration World—a space devoted to Loving Humans. Loving Humans refers to the rare group of individuals who embody true kindness because they embody a predominance of healthy behaviors, such as being straightforward, honest, transparent, and genuine. Being kind means continually striving to improve our behaviors to become more loving family members, spouses, friends, or collaborators. Collaborating means walking towards a horizon of common goals, nurturing the well-being and happiness of all.

## Pure Love World: the vision

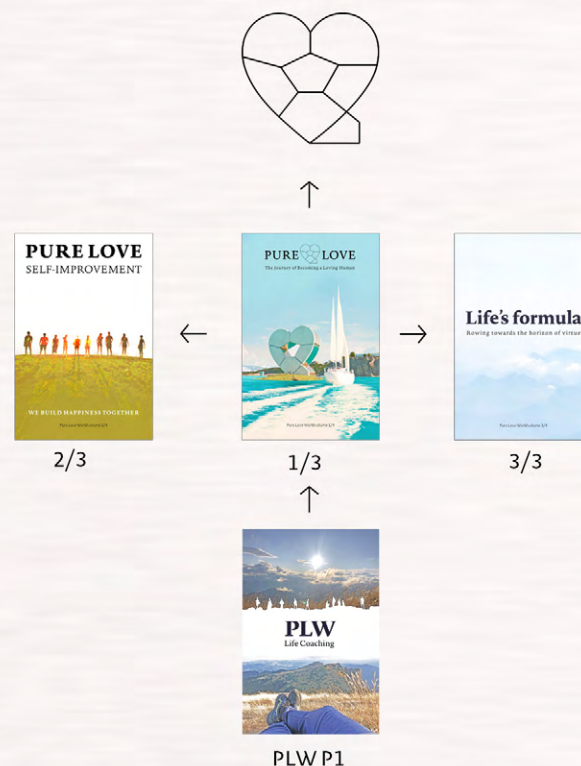
What we give energy to grows. The vision of Pure Love World is to unite with Loving Humans to generate collaboration-driven energy with the intention of reducing global selfishness and building a legacy of collaboration and sustainability, thereby fostering a kinder world for future generations. To maximize the fulfillment of its vision, Pure Love World aims to create Well-being Centers in beautiful mountain regions.

These centers offer spaces where Loving Humans can connect, and they provide a peaceful environment to practice collective self-improvement in combination with physical activities such as hiking, running, and mountaineering, as well as creative activities such as thinking, writing, talking, cooking, and gardening. Another purpose of these centers is to provide young people with a strong foundation of guidance, allowing them to become Loving Leaders by example so they can embody the change the world requires to be a kinder place.

## Pure Love World: the personal growth system

Pure Love Self-Improvement is the collaboration-driven personal growth system of Pure Love World. It was designed with the recognition that life is a valuable gift endowed with finite time. Its purpose is to provide valid starting points for committed, kind, and honest individuals who have the desire to embody vibrant health and sustainable happiness in a fast, significant, and sustainable way. These starting points include books, and PLW Life Coaching—through conversations. The embodiment of vibrant health and sustainable happiness allow them to navigate reality with confidence and intention, creating the foundation to live their life's purpose and experience a healthy, happy, and fulfilling life.

Pure Love Self-Improvement is not about helping others by telling them what to do and how to do it. Instead, it's about applying its implementation method called Collective Self-Learning. It involves improving our behaviors—or improving our quality of life—together by nurturing our well-being and happiness through the simple act of talking with one another about how to cultivate these values. Collective Self-Learning entails having conversations with acquaintances, friends, or family members without resorting to external forces like coaches, psychologists, or therapists, because they are driven by selfish intentions such as offering help in order to gain acknowledgment or maximizing profit. As starting points for our conversations, we use the concepts from the Pure Love World books. To succeed in our conversations, we use collaboration-driven principles as



## Pure Love World: a kind role model

As Daniel, the creator of PLW, lacked parental guidance to help him overcome life's challenges, he created Pure Love World to act as a role model for himself — with the intention of serving as a role model for others. In essence, Pure Love World can serve as a compass for our decision-making process, guiding us toward choices that contribute to the well-being and happiness of all — including ourselves.

guidelines for our conversations and decision-making processes. Some examples include: equal participation, the use of unity-focused language, and the demonstration of healthy behaviors such as being honest, transparent, and genuine.

## Pure Love World: a book series

Pure Love World is a series consisting of three books in the following order: (1/3) Pure Love: The Journey of Becoming a Loving Human, (2/3) Pure Love Self-Improvement, (3/3) Life's Formula.

They are based on a unified philosophy, enriched by unique perspectives that deepen and expand upon this central idea. This idea is centered around the concept of Selfish Humans and Loving Humans. Structured programs, tailored to age, are designed to implement and reinforce these principles. As of today, the PLW Life Coaching program (PLW P1) is available.

## Pure Love World: for whom is it intended?

Pure Love is intended for individuals aged 16 to 65 who:

- Have the desire to join the Collaboration World with the intention of building healthy, meaningful, and sustainable relationships with Loving Humans
- Continually strive to improve their behaviors to become more loving family members, spouses, friends, or collaborators
- Seek to embody increased well-being and happiness in a fast, significant, and sustainable way with the goal of embodying vibrant health and sustainable happiness
- Lacked parental guidance, like most of us
- Feel like outsiders or out of place in this society, or simply perceive themselves as different from the majority
- Lack the desire to live because they embody a predominance of negative emotional states, like depression, anxiety, anger, or unhappiness
- Are more sensitive than the majority

## Pure Love World: a single-problem, one-solution model

What is the problem? The embodiment of a predominance of toxic behaviors and flaws is the behavioral problem that generates ill-being and unhappiness and ultimately leads to the manifestation of mental, emotional, or physical diseases. What is the solution? The embodiment of a predominance of healthy behaviors and virtues is the behavioral solution that generates vibrant health and sustainable happiness.

To simplify, what is the problem and the solution? We merge all toxic behaviors and flaws into a singular behavioral problem called: being a Selfish Human. The key to overcoming the embodiment of toxic behaviors and flaws lies in a singular behavioral solution called: being a Loving Human, which is equivalent to embodying a predominance of healthy behaviors and virtues.

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# INTRODUCTION

## A. PURE LOVE: THE BOOK

Life is a valuable gift endowed with finite time. We only have one opportunity to experience it, so why suffer aimlessly as a Selfish Human and make irreversible, life-consuming mistakes? → **M** To navigate the challenges of this reality and achieve sustainable happiness, it is essential to collaborate with loving humans. We find them by embodying their qualities. *Pure Love: The Journey of Becoming a Loving Human* is our guide on this path. Within its pages, author and former egocentric Daniel shares his transformation from a self-centered existence to one of genuine fulfillment. He accomplished it to a fair extent within less than a year by committing to the fundamentals of Pure Love, developing richness in Mind-Soul-Body.

The root cause of unhappiness, distress, and lack of parental guidance is one singular behavioral problem: selfishness or being a Selfish Human. It takes root in competing, fueled by one's urge to have or be the most or best of something to seek acknowledgment, social status, or money. Among the consequences of selfishness, some of the most devastating are inequality, unwholeness, and unethical behaviors such as lying, pretending, drug abuse, and diseases. Based on personal experience, Daniel asserts that practicing

Mainstream Controllers flying towards the Selfishness Oasis



Sailing towards the Pure Love Island with its 25-meter high limestone heart

Pure Love or being a loving human is the singular solution to “all” problems. Pure Love challenges the impending selfishness apocalypse with its unity-based self-improvement system. It offers straightforward information, effective tools, and practical examples to enrich our lives in the domains of work, health, and relationships. Its concepts are reinforced by Osvaldo's illustrations, ranging from stylized grotesque depictions to photorealistic renderings. They aim to add an impactful visual dimension to our journey and engage us with the World of Pure Love. Pure Love is the compass that steers us towards a clear horizon of improved decision-making, honest relationships, and freedom from hardships that arise from the Competition World. We achieve this by being deliberately committed, habitually questioning the truth, and reevaluating our perceptions of others and ourselves. Pure Love is an invitation to join a community striving for a common goal: building a legacy of collaboration and sustainability for our children.

## B. PURE LOVE: THE BIG PICTURE

### 1. THE MISSION OF PURE LOVE

The mission of Pure Love World is to invite people across the world to join the Collaboration World—a space devoted to Loving Humans. Loving Humans refers to the rare group of individuals who embody true kindness because they embody a predominance of healthy behaviors, such as being straightforward, honest, transparent, and genuine.







Being kind means continually striving to improve our behaviors to become more loving family members, spouses, friends, or collaborators. Collaborating is walking towards a horizon of common goals, nurturing the well-being and happiness of all.

## 2. THE VISION OF PURE LOVE

What we give energy to grows. The vision of Pure Love World is to unite with Loving Humans to generate collaboration-driven energy with the intention of reducing global selfishness and building a legacy of collaboration and sustainability, thereby fostering a kinder world for future generations. To maximize the fulfillment of its vision, Pure Love World aims to establish Pure Love Centers in beautiful mountains regions.

These centers offer spaces where kind people can connect, and they provide a peaceful environment for collective self-improvement in combination with physical activities such as hiking and running, as well as creative activities such as thinking, writing, talking, cooking, and gardening. Another purpose of these centers is to provide young people with a strong foundation of guidance, allowing them to become Loving Leaders by example so they can embody the change the world requires to be a kinder place.



## 3. ABOUT THE PURE LOVE CENTERS

### a. The Concept

Located in vast and remote spaces surrounded by scenic mountain areas, the Pure Love Centers are retreat centers designed to provide a peaceful environment for collective self-improvement. These centers offer opportunities to engage in challenge-driven physical pursuits (such as incline running, ice baths, or yoga) or creative activities (such as cooking, writing, or drawing) while interacting with like-minded individuals who aspire to embody the change the World requires to be a more loving place.

In essence, the Pure Love Centers serve as a source of inspiration for engaging in the practice of Pure Love, which takes root in the Pure Love Self-Improvement System. →C



### b. The Building and the Architecture

The Pure Love Center is a simple square two-story building. The first level is dedicated to activities that promote the development of the Mind-Soul-Body, while the second level is for sleeping accommodations. The center comprises a library, areas for drawing, an audition room with a stage for interactive performances, a vibrant health restaurant for culinary instruction, and a gymnasium.

The typology-based architecture of the Pure Love Centers originates in art and functionality. It evokes familiarity through the strategic use of arcades and symmetrical axes, allowing long fields of vision. The center's design manifests extroverted features (the central axis) and introverted features (the ring-related structures and architectural elements) to facilitate a seamless flow and connection between the interior and exterior.



### c. The Courtyard

The courtyard is a communal living room serving as a beautiful centerpiece, inviting residents to gather, connect, and enjoy in-person interactions. →9.2b Accessible from the arcades, the yard encompasses four pathways. One can walk through the outdoor tree alleys, directly through the arcades, and straight to the center, where a giant rotating limestone heart rises within an infinity-edge fountain.

### d. The Pure Love Limestone Hearts

The Pure Love Stone Hearts are the symbol of Pure Love and were created by Daniel Horning. The two-sided sculpture is made of five limestone blocks. Each piece represents one of the Five Moral Values of wholeness, selflessness, fair equality, respect, and balance. →CH.16





## C. THE PURE LOVE SELF-IMPROVEMENT SYSTEM AND THE MAINSTREAM SELF-DEVELOPMENT TEACHING SYSTEMS

A self-improvement or self-development system embodies information that conforms to a certain way of thinking intended to help one navigate life as a human among humans. So far, many teachers, coaches, motivational speakers, and lecturers have provided us with Ego-driven teaching systems: the Mainstream Self-Development Teaching Systems. This book intends to offer us a selfless and unity-based teaching system called the Pure Love Self-Improvement System.

### 1. THE PURE LOVE SELF-IMPROVEMENT SYSTEM

The Pure Love Self-Improvement System was created in 2022 by Daniel Horning and takes root in the Five Moral Values of wholeness, selflessness, fair equality, respect, and balance. →CH.16

This system entails talking and interacting with one another on shared topics that benefit us all (such as the concepts of Pure Love or developing health) while engaging in physical activities (incline running, hiking, mountaineering, ice baths, or yoga) or creative activities (cooking, writing, music, or drawing).

The Pure Love concepts were designed to be easily understandable and applicable to promote effective self-improvement and provide sustainable help. This system is based on an open-minded and non-hierarchical structure, where all parties involved have an equal role to play, working together towards a shared goal of developing emotional and physical well-being and internal values (such as honesty or discipline). →13.1 a

#### a. The Pure Love Self-Improvement System Generates Tolerance, Equality, and Selflessness

Loving Humans generate open-mindedness and non-hierarchical structures by primarily using the pronoun “we” as a means of “let us figure out how we can serve each other.” Open-mindedness generates tolerance because it leaves room for each other’s perspectives. As a result, open-mindedness and non-hierarchical arrangements inevitably generate equality. To offer help, Loving Humans employ the pronoun “we” to speak to all and create a sense of unity. We can agree that the Loving You of Our Identity →7.2 d is more receptive when addressed with “we can do it” than with “you can do it.”









## 2. THE MAINSTREAM SELF-DEVELOPMENT TEACHING SYSTEMS

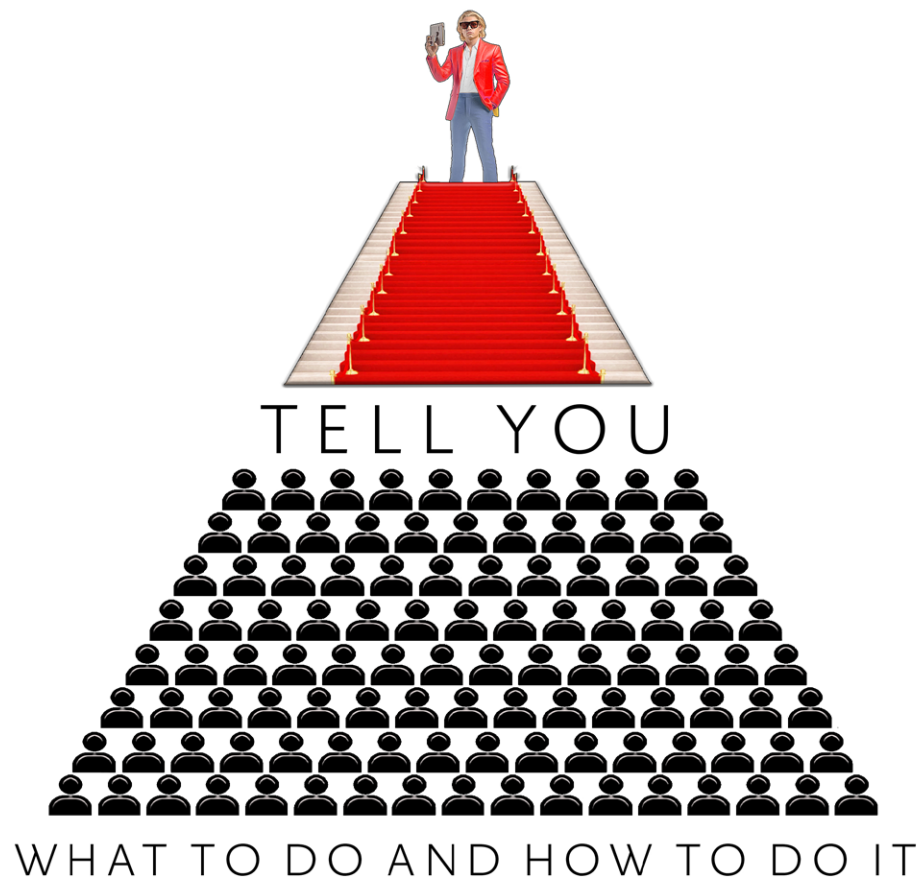
The Mainstream Self-Development Teaching Systems take root in the Competition World →CH.8 and are represented by Mainstream Controllers (as coaches, teachers, or motivational speakers) →8.3 b who cultivate a strong presence on social media platforms and perform on stage. These teaching systems are based on a dogmatical and hierarchical structure, where one person instructs others how to attain success in every aspect of life by telling them what to do and how to do it.





Their manipulative teachings are designed to provide an illusion of helpful information, but their primary objective is to maximize profits while simultaneously providing teachers with recognition for their help. To further the manipulation, these teaching systems flood attendees with a superfluous amount of irrelevant information to prevent them from achieving success. →8.2 e As a result, focusing on the helpful information requires an amount of discipline and focus that most are unwilling to muster.

For example, I once watched a movie on TV, and the frequent commercials caused me to lose track of the storyline. The Mainstream Self-Development Teaching Systems, school teachings, and traditional teachings feel similar.



#### a. The Mainstream Self-Development Teaching Systems Develop Intolerance, Inequality, and Selfishness

Selfish Humans propagate dogmatism and narrow-mindedness; they use hierarchical structures by primarily employing the pronoun “you” when instructing others what to do with the intent of experiencing a sense of superiority and importance. Dogma develops intolerance because it leaves little room for the perspectives of others. Dogma and hierarchical arrangements inevitably generate inequality.

To offer help, Selfish Humans employ the pronoun “you” as a strategy to cater to the receiver’s Ego and foster a feeling of exclusivity with the intent of receiving something in return. They want external identity values (such as money or status) or external emotional values (acknowledgment or importance from others). →7.3 a

We can agree that our Egos are more receptive or feel more acknowledged when addressed with “you can do it” than with “we can do it.” The primary goal of Selfish Humans is to make others feel valued or listened to with the sole purpose of obtaining the most or best of something.



## D. THE CREATORS OF PURE LOVE

### 1. OSVALDO PASILLAS, THE ILLUSTRATOR OF PURE LOVE

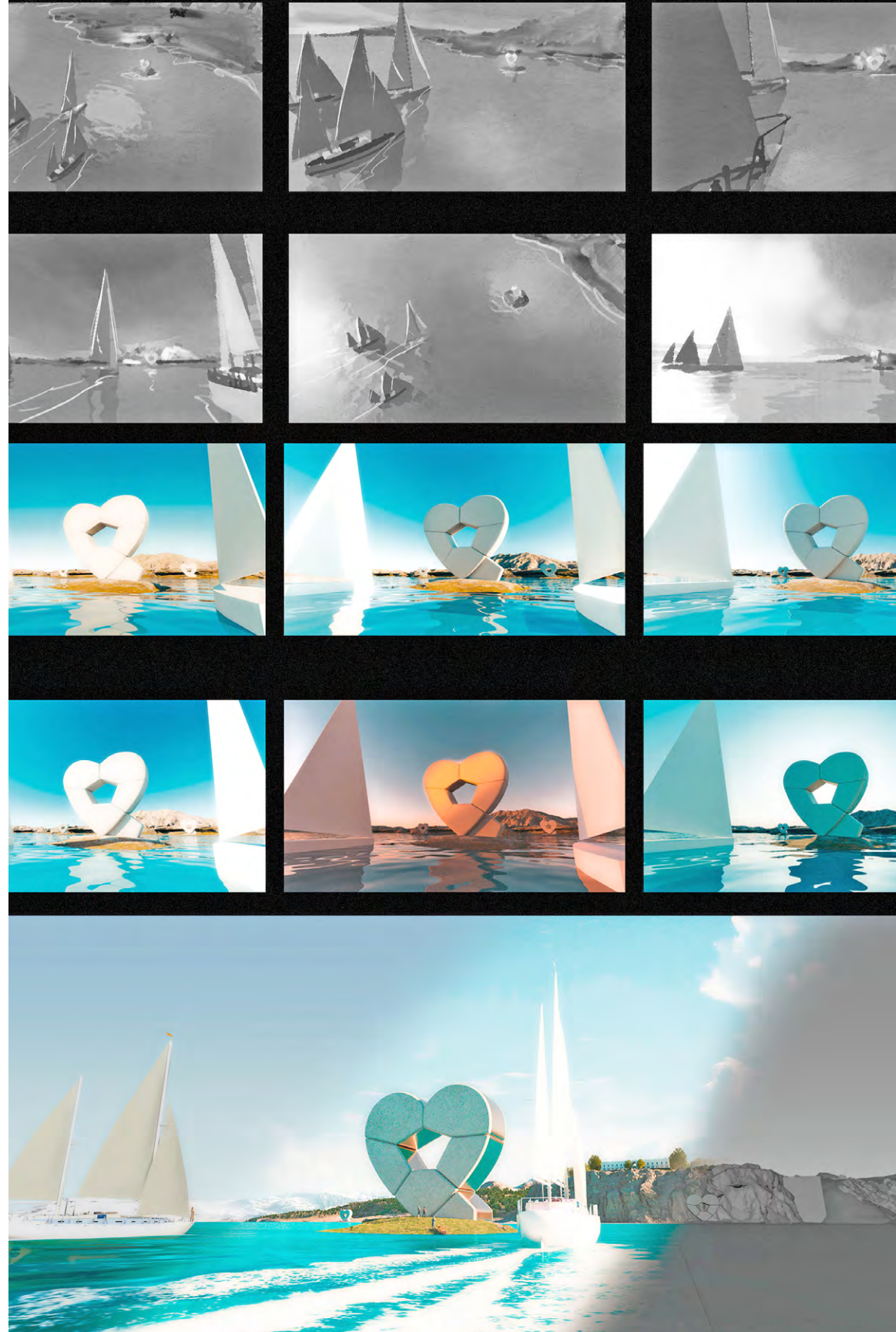


Born in Mexico during the 90s, I grew up in a creative family environment. Early on, I loved drawing and making things with clay, inspired by the TV shows and cartoons from the 80s and 90s. I used these creative outlets to express myself and tell my own stories. As I grew older, I was expected to do well in school, so I focused more on academics and less on art. My only creative outlet by then was music. I learned to play piano and guitar as a new medium to express my creativity.

Careerwise, I made the initial choice to pursue a degree in digital art and animation at my local university. Shortly thereafter, I realized animation was something I wasn't made for, so I focused on illustration and visual development.

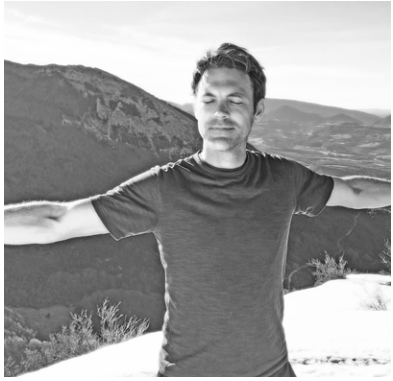
At 21, I entered the entertainment industry and since then I've been able to collaborate on different projects for a local and global audience, such as animated feature films, Netflix animated series, Video games, Editorial illustration, trading card games, and children's illustration.

Over time, I picked up new skills like 3D art, leading me to explore new opportunities in areas like architectural and product visualization, marketing, and most recently visual effects for live-action feature films and TV. During this journey, I had the pleasure of meeting Daniel and collaborating on the exciting project Pure Love.





## 2. DANIEL HORNING, THE CREATOR OF PURE LOVE



### a. A Beautiful and Ambivalent Childhood in France

I was born in 1980 in France and grew up enjoying the beauty of Nature in the Drôme region, between the Provence and the Alps, where majestic valleys and scenic mountain views provide the ideal place for mastering the art of natural stone, which I have practiced passionately until today. I was raised in an environment where my ability to make choices was restricted, my academic years were aimless, and I was surrounded by drug addicts, individuals without direction, and apathetic adults who were physically present but emotionally distant.

Unfortunately, during a crucial time in my life, specifically my teenage years, I faced a lack of support and guidance, which caused me to suffer from regular emotional and physical distress. →M

### b. A Forever-Lasting Bad Trip?

At the age of fourteen, I experienced a sense of liberation when I enrolled in a boarding school and soon started consuming drugs such as alcohol, cigarettes, and weed. Until the age of fifteen, I felt invincible and fearless; however, the drug habit led me to experience a continuous bad trip for months. I had the feeling of being trapped in a never-ending nightmare and was incapable of accomplishing daily tasks for years. I left two schools because my physical and emotional well-being became unmanageable.

### c. Clueless Among Helpless Humans

Unfortunately, some of the negative sensations from that bad trip have







persisted until today. Despite consulting numerous therapists, psychologists, and psychiatrists during my teenage years, I continued to feel helpless, which was indeed a tragedy. Today, through newly acquired insights, I can understand why many doctors or adults are helpless. How could they have helped me?

#### **d. The Wake-Up Call**

Hoping to leave my problems behind, I relocated to California in 2013 from my beautiful home country of France. I had a terrible attitude and was incredibly selfish, rude, and arrogant. After receiving countless reminders of my negative behavior, I finally became aware of its consequences through direct experience in 2018. From that day, I began working on becoming a Loving Human.

#### **e. My Journey of Becoming a Loving Human began**

Like many, I was lost and wandered in the Competition World. →8.1 I was involved with the Mainstream Self-Development Teaching Systems →C2 and social media and was so easily influenceable →6.2 c that I turned to Mainstream coaches to guide me. My constant need to compete led me to desperately seek acknowledgment and external values such as money and fame. The year 2019 marked a turning point for me. I knew I needed a drastic change; I unconsciously realized that competing was no longer the right path because its concept felt wrong and extremely silly. The concept of competition is explained in Chapter 8.

At this time, I met with a coach, and after three years of working with him on and off, I finally became considerably more loving, debt-free, and free from the “grass is greener elsewhere syndrome.” Why? Because I was getting a fair understanding of the Truth. →CH.15

#### **f. Unexpected Realizations**

Our progress had come to a standstill as I realized that my coach, much like other Mainstream educators, was primarily coaching to seek acknowledgment for the help he was providing. Despite this realization, I’m grateful because it allowed me to write this book. We respectfully said goodbye, and I continued my journey of becoming a Loving Human.





## **E. THE ORIGINS OF PURE LOVE**

### **1. PREVENTING OTHERS FROM SUFFERING FROM BEHAVIORAL PROBLEMS**

#### **a. Serving Myself with the Intent of Serving Others**

Pure Love as a whole is a solution. It embodies the processes developed through my self-serving actions, designed to assist individuals who suffer from the behavioral problems I once experienced. Some examples include expecting, reacting, disrespecting, pleasing, competing, and selfishness. Acknowledging one's problems with honesty →13.1 a is the starting point for finding sustainable solutions.

Only after I acknowledged my behavioral problems did I begin working on the solutions in the form of information presented throughout this book. To enhance comprehensibility, I consolidated these behavioral problems into a singular one, called being a Selfish Human. The key to resolving behavioral problems lies in a singular solution: becoming or being a Loving Human.

#### **b. Embodying Behavioral Problems Is Essential to Develop Processes to Overcome Them**

The Pure Love statements, processes, or tools derive from my personal experience. Their comprehension was facilitated through Pure Love-seeking tools →H such as common sense or experimentation through trial and error. As part of my research and study, I embodied a variety of human behaviors, with a particular emphasis on the problematic ones. Through their deconstruction and reconstruction, I gained a thorough understanding of how humans interact with themselves and those around them.

By breaking down behaviors into their smallest fragments, I understood why we say what we say or do what we do. →CH.12 Each time I obtained a new comprehension, I employed the Pure Love processes. Then, I adjusted them while being confronted with conflicts or challenges in the domains of work, relationships, and love to optimize their efficiency.

#### **c. Having Experienced Behavioral Problems Is Critical to Offering Sustainable Solutions**

The fact that I have experienced behavioral problems, such as unwholeness, selfishness, narcissism, seeking acknowledgment, laziness, or wanting to look good, served as the foundation for the behavioral-based explanations found in this book. For example, recognizing that I was displaying selfishness for years qualifies me to explain the concept of selfishness. Having effectively overcome selfishness to a considerable extent enabled me to offer effective processes, tools, or explanations to overcome selfishness.

#### **d. Talking about Behavioral Problems without Having Experienced Them Is Inaccurate**

Is it plausible to discuss narcissism without having experienced it firsthand? The act of gathering information on narcissism from others to write about it and provide solutions to surmount it is flawed and inaccurate because it requires reliance on external sources.







Unfortunately, believing what others say is unrealistic because most humans are inherently biased. Humans distort information by infusing their words or actions with exaggeration, drama, and entertainment. They intend to attract attention and be acknowledged for what they do because they navigate in the Competition World. →CH.8 To support accuracy, we gather information through our own experiences. Talking about narcissism after having been a narcissist is beneficial but requires us to be honest with ourselves.

### e. Pure Love Spares One from Going through Years of Suffering

Experiencing these behavioral problems has allowed me to write *Pure Love* for those who are currently going through what I went through. My intention in writing this book is to give readers the tools and motivation to decrease their degree of selfishness to achieve sustainable peace and spare them from going through the years of needless suffering I experienced. →M Once we gather the courage to hold ourselves accountable for our present selves and are truthful about our behavioral issues, we become prepared to seek assistance or implement self-improvement. →K

## 2. THE DESIRE TO FIND LOVING HUMANS

During my teenage years, I lacked guidance; I yearned for help and sought a loving individual who could serve as a role model, offer direction, and be a source of strength during times of hardship. In this book, a role model is a Loving Human, specifically a Loving Leader by Example. →9.3 a Many of us seek Loving Humans but have difficulties finding them. Why is that so? According to the game rules of Planet Earth, the people we attract in our lives reflect who we are as a person. →CH.2 We cannot develop relationships with Loving Humans if we remain a Selfish Human. The reality is that most humans, likely even our parents, are predominantly selfish. Nonetheless, it is our responsibility to move forward by being forgiving and embark on a journey of becoming Loving Humans so we can serve others.

## 3. A PASSION FOR SEEKING THE TRUTH

Seeking the Truth became my passion. Its capacity to produce valuable benefits such as certainty, peace, and happiness →15.1 b makes it fascinating and worthwhile. By prioritizing honesty, we gain a deeper understanding of human behaviors and relationships. The realization that many humans are dishonest and self-centered compelled me to explore the Truth about

dishonesty (the Untruth). The Untruth is found in being a Selfish Human or navigating the Competition World. →8.2 a

## 4. PURE LOVE FOUND INSPIRATION IN INCLINE RUNNING

Mountains inspired *Pure Love* during my incline running practice, which enhanced my cognitive abilities to the extent that I could easily access many of the answers to my queries. Those answers were directly converted into voice-recorded notes. The success we achieve is a result of the reasons underlying our choices. In my case, I was running to develop a perseverant mindset, become more loving, seek the Truth, and better my relationship with myself.

I established a habit of taking notes while running when I noticed the link between the contents of my notes and my enhanced physical performance. The two hours spent running twice a week were not the cause of this success—my performance improved thanks to the process of Thought Choice Alignment, →CH.11 which I discovered while running.

## 5. THE DESCRIPTION OF AN ART PIECE BECAME A BOOK

Around 2016, I created stone hearts as candle holder diffusers, and I needed a description for these pieces. Through writing that description, this book emerged soon after. The heart is formed by five blocks corresponding to the Five Moral Values of wholeness, selflessness, fair equality, respect, and balance. →CH.16

## 6. IRREVERSIBLE LIFE-CONSUMING MISTAKES

Life is a valuable gift with limited time. Growing up, it is crucial to have at least one parent who acts as a guide, helping us navigate the challenges of reality to avoid unnecessary hardships. Tragically, most teenagers lack parental guidance, and that has catastrophic consequences: it leads to irreversible, life-consuming mistakes in adulthood. →M One mistake besides being a Selfish Human and competing is giving our attention to Superstar Mainstream Controllers. →8.3 b

Guidance refers to the provision of information and actions that assist individuals in navigating the challenges of human existence, with the aim of supporting Moral justice and ensuring the sustainability of our planet.





As we read through the book, we encounter two distinct types of illustrations. One side features Selfishness-infused illustrations embodied by the Competition World and Selfish Humans. The opposite side showcases Pure Love-infused illustrations represented by the Collaboration World and Loving Humans. The Selfishness World is given life by darker and colder hues, particularly blues, greens, and purples, with complementary red accents. The Pure Love World is given life by natural sunlight and bright and warm tones.

The illustrations about selfishness incorporate exaggeration to effectively communicate the negative outcomes of selfish or unethical behavior. The illustrations associated with Pure Love are more realistic and serve the purpose of conveying its vision.

The illustrations aim to add richness to the book, the way light adds beauty to landscapes. They are an integral part of the book and intend to take the reader on the journey of Pure Love. Osvaldo Pasillas, a wholehearted illustrator from Toluca, Mexico, has artfully given life to Pure Love by infusing his illustrations with its concepts and spirit.

## F. THE STRUCTURE OF THIS BOOK

To increase the book's comprehensibility, I have employed repetitive word selection, a consistent writing structure, and an inverse-based hierarchical sentence structure in which paragraphs or chapters begin with the negative and end with the positive. The Competition World, Selfishness, and Selfish Humans represent the negative side. The Collaboration World, Pure Love, and Loving Humans represent the positive side. The text portion is as important as the illustration portion because they reinforce each other's messages.

This book acts as a self-teaching book and maximizes one's ability to understand its core messages or processes because they are interconnected with blue arrows. (→) To simplify the book, I have used Pure Love-seeking tools such as common sense and logic →H in the writing process. They allow one to understand the book without a college degree or academic study.





## G. PREPARING FOR OUR JOURNEY OF BECOMING A LOVING HUMAN



W H O

### a. Accepting to Assess Ourselves with Honesty

We can reach our destination of becoming a Loving Human only if we know who we are. Are we predominantly a Selfish Human or a Loving Human? Osvaldo, the illustrator, has enriched the illustrations of the various types of Selfish Humans →8.3 with a sense of humor and playfulness to assist us in identifying ourselves.

For what reason should we be overly serious about this matter? In the past, I was a Mainstream Parrot →8.3 e due to my inclination towards lecturing others, a trait which I still exhibit on certain occasions. My desperation to be acknowledged as a star in several domains drove me to become a Mainstream Superstar. →8.3 f



A M I ?

Selfish Humans from left to right: Dictator Mainstream Controller, Mainstream Zombie, Mainstream Superstar, Mainstream Parrot, Mainstream Sheep, Superstar Mainstream Controller, Superstar Mainstream Controller, Mainstream Media Fanatic, Mainstream Superstar, Mainstream Sheep, Dictator Mainstream Controller, and Superhero Mainstream Controller





Mainstream Media Fanatics

### **b. We Have Been Unprepared for Life**

The education system and the adults we grew up with have failed us in our preparation for life in its purest form. Supposing they did, why are so many humans wasting parts of their lives lost, confused, struggling, suffering, or sick? To move forward, we must forgive ourselves and others and take responsibility for who we are now.

Life is a gift, and as far as we know, we have one life and one body. Therefore, we focus on making choices that are predominantly good. Things that contribute to emotional and physical well-being qualify as good. Some examples include being whole, →[5.3](#) generating Pure Love Thought Choice Alignment, →[11.3 c](#) or practicing the Five Moral Values. →[CH.16](#)





### c. Questions Generate Effective Results →j

Knowing why we do something helps us get an understanding of the Truth. Questions such as “Why am I saying what I am saying?” “Why am I doing what I am doing?” or “At this moment, am I saying what I am saying to seek acknowledgment or to benefit others?” render helpful outcomes.

### d. Receiving Follows Giving

Most humans remain Selfish Humans because they want to receive before giving. Is it possible to gain endurance or fitness without giving in terms of discipline, commitment, and physical exercise? Selfish Humans remain Selfish Humans because they ask for loving relationships but fail to be respectful and honest.

### e. Our Mission of Becoming a Loving Human

Our mission is to find Loving Humans by becoming a Loving Human. The fact that many humans are Selfish Humans is very discouraging; however, we are not alone. To support our mission, we develop our skills in distinguishing Selfish Humans from Loving Humans →l and distance ourselves from Selfish Humans, even if they are our friends or family members.

The key to establishing loving relationships with Loving Humans and ourselves is genuinely becoming a Loving Human and letting go of the Selfish Human within us.

### f. Sustainable Change Stems from Loving Intentions

Change is sustainable when an individual’s intent to change stems from a desire to change in accordance with Moral justice. Change that stems from the desire for recognition is unsustainable.

### g. Removing Bad Habits

The key to effectively breaking a bad habit lies in comprehending its advantages and disadvantages and comparing it to its opposite, a good habit. Regularly experiencing the benefits of a good habit makes eliminating a negative habit even easier. Being incapable of breaking a bad habit despite using practical tools originates from embodying laziness, a Love Barrier. →6.2 b The antidote to laziness is discipline.

As an illustration, we choose drinking alcoholic beverages as a bad habit and being alcohol-free as a good habit. What are the side effects of drinking? The intake of alcohol

is detrimental to our physical and mental well-being as it is a substance that induces cognitive dysfunction, brain fog, irritability, aggression, and despondency. Taking that into account, is it worth it to have a drinking habit? No. What are the detriments of being alcohol-free? None.



## H. THE PURE LOVE-SEEKING TOOLS

The Pure Love-seeking tools allow us to develop the Loving Human in us, develop richness in Mind-Soul-Body, and assist us in seeking the Truth. Their opposites are the Love Barriers. →CH.6

### a. Common Sense, Logic, and Reason

Common sense is the practical application of our senses and mental faculties to make sound decisions. Logic is the way of concluding a common-sense matter. Reason is the capacity to logically weigh evidence, facts, or information by making sound judgments free from bias, emotional states, expectations, or preferences.

### b. Open-Minded Skepticism and Curiosity

Our capacity to learn is enhanced when we are open to new perspectives, challenge what we perceive as true, and remain receptive to alternative ways of thinking.

### c. Compassion

The objective is to build a bridge of understanding and acceptance for individuals who struggle with selfish tendencies or immoral behaviors, aimed at connecting with their emotions and hardships. Seeing Selfish Humans from the perspective of the Four Yous of Our Identity →7.2 can help us develop compassion by reminding us that despite predominantly making choices with the Fearful You or the Ego, they also make choices with the Loving You.

### d. Practicing What We Preach

Practicing (doing) what we preach (say) originates from honesty and means aligning our actions with our words rather than saying or doing things to look good.

### e. Appreciation or Thankfulness

The desire to acquire the most or best of something →7.3 a arises from navigating in the Competition World, embodying the Love Barriers, being in Survival Mode, pursuing quantity over quality, or being a Selfish Human. Excess or wanting the most or best of something results in the devaluation of life in its purest form and generates a lack of appreciation. Developing thankfulness originates from navigating the Collaboration World, being a Loving Human, prioritizing quality over quantity, or developing internal values.

## f. Listening to Loving Humans

Rather than devoting years to studying a specific subject to understand the Truth, we can gain insights or valuable perspectives from certain Loving Humans, such as scientists or thinkers. We should refrain from listening to people talking about knowledgeable humans because they are often more interested in being acknowledged than delivering accurate information or helpful solutions. To affirm the validity of Loving Humans' information, we can employ the tool of "acting like a scientist."

## g. Honesty, Discipline, and Focus

Honesty is the quickest path to the Truth because it eliminates the unnecessary obstacles that arise from dishonesty. Discipline is our ability to give ourselves instructions and follow them by the word. Focus is an attribute of discipline and is our ability to channel our attention (energy or presence) on one task until completion.

## h. Acting Like a Scientist: Experimentation through Trial and Error

Our method of arriving at a conclusion in terms of Truth involves the application of experimentation through trial and error in conjunction with other tools, such as common sense, honesty, and discipline. We aim to make varied attempts to do a certain thing until we succeed in finding the ideal way of doing that thing. Our approach involves gradually eliminating less effective practices in favor of those that yield ideal results.

## i. Internal Power-Based Tools or Processes

Internal power-based tools originate from prioritizing internal powers →CH.1 and solely utilizing external powers to reinforce inner strengths. Our tools' effectiveness or success are not reflected in our results (output) but in the amount of time or effort (input) invested to generate these results. Our success increases as the input decreases and the output increases. A lower input originates from prioritizing quality over quantity.