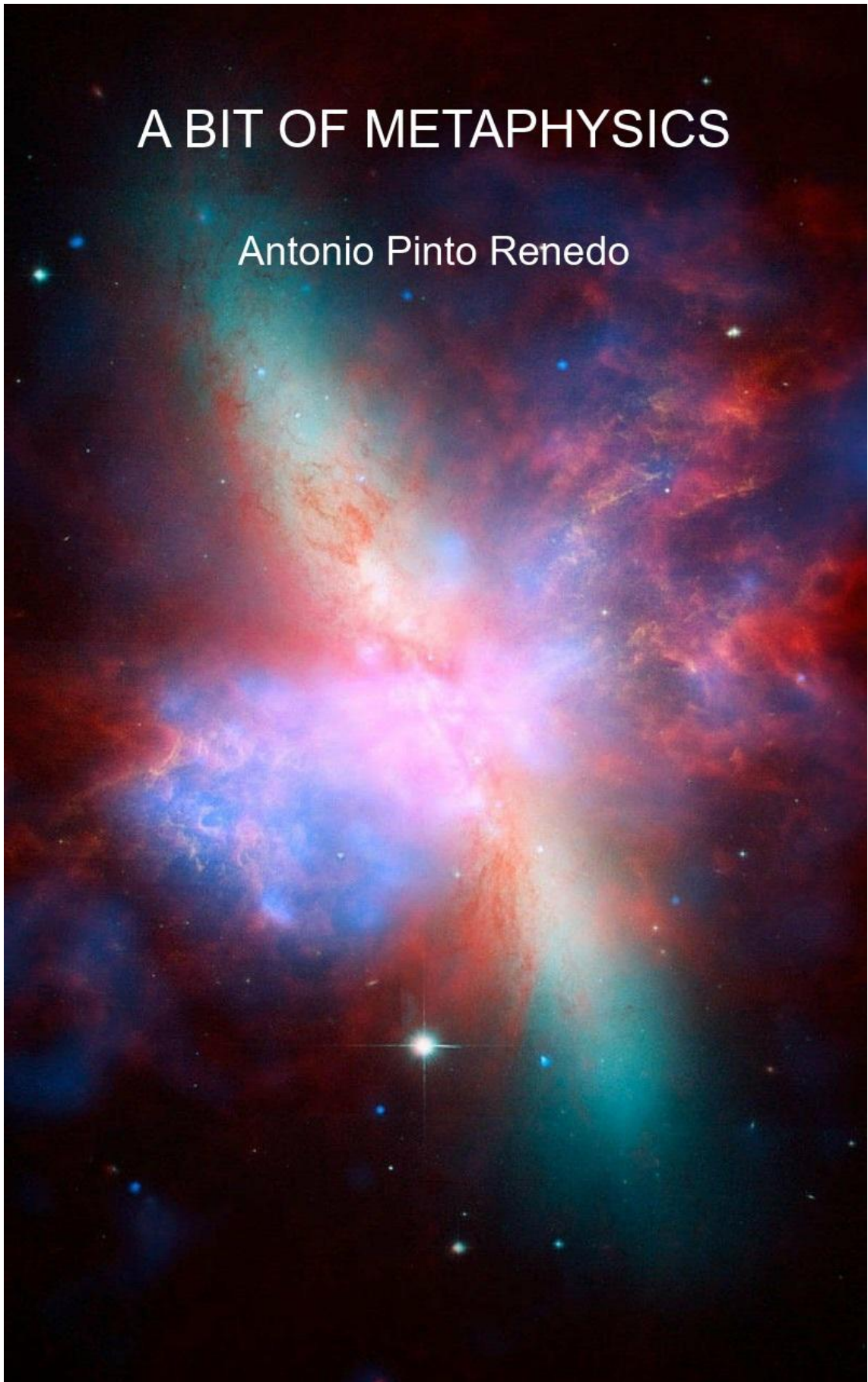


A BIT OF METAPHYSICS

Antonio Pinto Renedo



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FOREWORD

With this book, I try to transmit those ideas that I consider appropriate to favor the progress of humanity. Every time we meditate, we extract from within ourselves the small proportion of God that we all have, and then we become creators of a new and better world. We must not waste this possibility with a life dedicated solely to the stimulation of the senses. When a philosopher meditates and has enough inspiration, he becomes the discoverer of a better world that we could have if we believe in it. First the idea exists only in his mind, but when the gente believe him becomes reality, to putting his ideas into practice. That is the key to evolution, because all the wonders that we know today were once the dream of a philosopher. When a person is only concerned with feeling the pleasures of the bodily senses, the pleasure of feeling the essence of the universe that can only be obtained with meditation is lost. Someday perhaps there are no more discoveries to find and then stimuli are the only way possible, but in a world in evolution only those seeking the truth so n able to understand the universe in its whole. Because a materialistic man only knows how to travel through a geographical territory, whereas a philosopher when he has enough intuition, is able to travel with his mind through time and space and discover a better world that he can then share with the rest of humanity. I also try to offer readers what Jesus called "the water of life" that is, the food for the spirit that philosophy provides, because just as the body feeds on matter, the spirit feeds on emotions, which is what philosophy represents. I hope this book is like a light that guides people in that ocean of lies that is the contemporary world.

I also want to warn the reader that the way in which the world is presented in this book is different from usual, because it deals with the foundations on which the universe is built from a metaphysical point of view, therefore, it may be hard to understand. This knowledge has not been acquired by reading it in other books, but by going to the same source of knowledge, because if we let go of the pre-established dogmas and topics, we can find the truth for ourselves simply by studying nature

carefully, because the truth that governs the universe, is eternal and constant in any time and place, and is just waiting for someone to discover it.

This book has been translated from the original Spanish version.

01 THE STAGES OF LIFE

It could be said that life is divided into two main parts, in the first, nature protects us from most evils due to the strength of our youth. But in the second, after 40 or 50 years, that force that nature has to regenerate our body is reduced, so that only those who act prudently achieve health. Those who when they were young were dedicated to abusing drugs or obesity inadvertently destroyed all the genetic reserves that their bodies had to regenerate and now see their health deteriorating rapidly. It is as if nature takes its death toll for death, because those who abuse animal fats end up causing obesity that ultimately kills them. This means that in the end they end up dying for the animals they have killed.

It is not that these people die or become ill for the simple fact of consuming fats, but because the sedentary lifestyle and low caloric expenditure that is common today makes the most appropriate diet is the vegetable type because it contains less fat, In addition, vegetable fats are healthier than those of animal origin. But those people who persist in eating fats that their body does not need eventually end up causing their own suicide. For this reason, those who insist on encouraging meat consumption at all costs are leading society to death.

In this second part of life, only those who act with caution manage to survive, therefore, it is necessary to reject all kinds of drugs, exercise and eat especially vegetables. It is true that some diseases are not caused by negligence in our behavior but most of them are, for that reason, it is important to apply common sense to our actions before looking for a doctor. The order is also essential to have health, because when we maintain an orderly life our mind can do things automatically, this allows us to free space in our memory to dedicate it to more important things. It is true that an excess of customs can lead to mania, but if we observe nature we can see that progress would not be possible if nature did not have the “mania” of always following the same patterns. If our planet did not have the habit of always maintaining the same distance from the sun it would have long since frozen or burned, if it did not have the habit of always maintaining a harmonic tilt or rotation rate, humanity would not have been able to organize

crops in a stable way and civilization could not have advanced. For this reason, the human being should establish stable habits such as having the same time to go to bed and get up both on weekdays and on holidays, because in order to be healthy, the body needs a stable system that avoids disorder in our lives. Progress would not have been possible if it were not for the existence of stable laws of nature on which to support progress. This shows that order is not only useful but necessary.

To be healthy, it is essential to take only the calories that our body needs, because food should never be used for entertainment, in addition, an orderly life will always allow us to reach higher levels of development and live better. During youth, the strength of our body saves us from many of the mistakes we make, but in mature age nature weakens and only a firm will to reject bad habits can help us, this is so, because the degeneration of the body that occurs with age in the form of obesity or certain diseases is not always the consequence of age, but occurs because the ability that the body had to regenerate naturally is not replaced as it should by an iron will to maintain the body in the right way. This occurs when the spirit has a lower level than the body that uses what causes it not to know how to replace the lost qualities. For this reason, a body that was perfect in youth can become deformed in mid-life through no fault of age. Only when the person replaces the strength of youth with the will to keep the body healthy and athletic, renouncing the abuse of fats or other unhealthy behaviors, can old age be reached in the best physical conditions, but that, only the spirits evolved are able to understand it instinctively.

It is true that some diseases are caused by genetic flaws or toxic substances that enter our body without our knowing it, but it is also true that many people when young had perfect bodies and in the second half of life they become deformed monsters. When that happens, sometimes the cause is ignorance and the backwardness of our spirit, but other times it is our own pettiness turned into bad habits of life that ends up destroying our health and that perfect body that we had. It will always be better to prevent a disease from appearing by acting with common sense rather than looking for remedies to cure it, therefore, we must

respect the right that our body has to be treated according to the use for which it is designed.

So far we have planned life divided into two parts taking into account the relationship between health and responsibility, but, if we divide it into smaller parts, then it could have 4 stages. In the first one that goes from 0 to 20 years we have all the youth but also all the ignorance, which prevents us from extracting the maximum benefit from life, therefore, we want to learn to be adults and live our life independently. From 20 to 40 years we feel young and it seems that this situation will last forever, it is as if time does not pass, we are also cultured enough to get more out of life. From 40 years on, physical decline begins and that makes us feel old, although it is not true, in this period our body loses physical faculties but maintains the same potential because we compensate by adding knowledge. After age 60, the sum of knowledge no longer compensates for the lost physical faculties, which means that old age begins, but we must have the illusion of living and doing activities to keep our body and mind agile, because people who exercise and they take care of their health nature often rewards them with a healthy life and a quiet death when the time comes. But if we suffer from a disease that seriously damages our quality of life, we should not be afraid of euthanasia either, because this way our spirit will be free from a damaged body that no longer fulfills its purpose.

From a certain point of view, life resembles the seasons of the year, because in winter, which is like childhood, we get cold and we want spring to arrive. When spring arrives, which is like the age of twenty, we are delighted with the arrival of a pleasant climate, when summer arrives at the age of thirty, we are fine, but when this season reaches its peak at forty or fifty years of age. We get scared when we notice the first symptoms of physical decline, then we start to think that summer is not as good as we thought and we start to miss winter. When we reach eighty years the heat is already scorching like a midday in summer. With the climate at this time the decline begins until autumn returns and the temperature comfortable, then the temperature continues to drop until the cold returns again and we miss the summer again. This is so, because with the seasons of the year the ideal climate repeats

itself twice, unlike human life. This means that both winter and summer are unstable seasons that are not very comfortable to live in except if you live in very cold or very hot places. But, in places with intermediate weather, only spring or fall has perfect weather. With life it is the same, because only in the period between thirty and sixty years old can it be said that life is lived fully, before it is not possible because you have a lot of youth but little knowledge and later not because you have a lot of knowledge but few youth, only in the intermediate period is the balance between youth and knowledge.

Life and the seasons of the year are two more examples that show us how universal polarities are present in all kinds of situations. Winter represented in blue would coincide with childhood and summer represented in red would coincide with old age. Winter is ideal when it is not too cold and summer is also ideal when it is not too hot, this shows us that, as with the rest of things that have polarity, perfection is found at the intermediate point of the two polarities that is represented by the color green.

Nature needs this process of continuous change from pole to pole because only then can it be recycled. Life is like a wheel that begins with childhood and ends with old age just as years begin with one winter and end with another, just before another spring begins. In the same way, reincarnation serves as a means to renew our old body and change it for a new one, because just as the planet continues to live regardless of the death of days or years, the spirit continues to live regardless of the death of the body. , and this process can continue indefinitely in the same way that one year happens to another.

02 LIFE IS NOT JUST EATING

It is true that food is essential in life and that it can even be an excellent antidepressant, but it is unacceptable that some people use it as their sole source of stimulation. This occurs mainly among retirees who abuse food as a way to counteract their boredom. When they do that, instead of behaving like human beings they behave like simple ruminants who have no other purpose in life than to be constantly chewing. All this absurd behavior is caused by the excessive prejudice that exists with respect to work, as people forget the great antidepressant effect it has, but because of these prejudices, society dedicates all its efforts to seek retirement as soon as possible and as Consequently, it goes from excessive activity to none. In this way retirees suddenly find themselves with a feeling of emptiness and boredom that they foolishly pretend to solve with food. It cannot be acceptable that the life of a retiree is limited to getting up and having breakfast, a while later having a snack between meals, a little later having lunch, then going down to the bar to continue eating, then going home to eat, then having a snack while watching television, then go back to the bar to continue eating, then have a snack, then go out to the street for a walk and as you walk, enter the bars to continue eating, then go home for dinner and before going to bed have something to avoid starving for the night. What seems like a joke is very real in many people, so only when you establish a firm meal schedule is it possible to control your diet. Because ignoring this truth is the fastest way to get sick and die, it is like committing suicide by eating. The fair thing would be to eradicate the prejudices that exist towards work and eliminate absolute retirement so that older people do not have to stop their work activity altogether. Therefore, the ideal would be to create workshops where they could carry out simple jobs for three hours a day, this would be great to keep the mind exercised, spend energy, entertain themselves and feel useful to society, it would be four benefits in one. It seems that humanity has forgotten the great importance of older people in the past, since in all ancient tribes the councils of elders were fundamental in making political decisions, but an excessive appreciation of the

youth coupled with contempt to work has provoked that senseless interest in stopping work activity completely at a certain point in life. By doing this, society is deprived of the great wisdom acquired by these people and the great use it would have if they dedicated themselves to sharing it by acting as tutors for young people in any type of profession.

Another effect that causes an inadequate diet is the emotional repercussion, because extreme thinness favors excess nervousness and obesity causes a bad mood and aggressiveness, due to the apparent increase in gravity, this makes a person in that situation feel all tired the day and the normal thing is that he vent his discomfort among those who are closest to him. Therefore, it is necessary to create firm lifestyle habits that limit the calories that are consumed only to those that our body needs. There are also those who say that with age it is normal to have obesity, but that is only a way of normalizing aberration, because it is our right, but also our duty to maintain good physical shape throughout life. Obesity only serves to ruin the lives of the elderly, because it fills them with diseases, forces them to live as if they were carrying a sack of stones on their back and also slows them down. The truth is that the elderly could live almost without eating, firstly because when energy expenditure is small, the amount of calories consumed should also be so, and secondly because the older the age, the greater the difficulty in processing foods especially fats.

One of the characteristics that distinguishes man from animals is that by having more nutritious food, he does not need to spend as much time eating, this allows him to have more time to devote to more important tasks. But we must not confuse more nutritious foods with the consumption of meat, because today all the necessary nutrients can be found without resorting to it. In addition, the sedentary rhythm of modern society determines that the calories that are needed each day are very few, therefore, plant food should be the main component of the diet. In the past, people often did not have enough food to live on and therefore their only goal was to get more food, but in a time of sufficiency like today, the main goal should be to learn to settle for only what our body needs.

It is also disappointing to see some people who, unable to control their weight, choose to flatter obesity as the eighth wonder of the world. This is arrogant behavior and a flight forward, not wanting to acknowledge the obvious. For this reason, I find the relatives of those who suffer from morbid obesity despicable and look the other way before this serious problem, because they should not help them to obtain an excess of food or fat just because they ask for it, their duty is to reject it energetically that if they were drugs, because by doing so they are bringing evil into their own home.

Nor should they be fooled when they are told that obesity is caused by a change in metabolism or by retaining fluids, because the truth is that these people have neither changed their metabolism nor are they retaining fluids, because what they retain is fat for using an improper diet.

The truth behind all this is that obese people gain weight because they are hungrier than normal, sometimes it is due to a genetic failure and others due to simple boredom, but if instead of controlling that hunger using a stable diet they let themselves go. Due to the impulses produced by an unbalanced body asking for more food, they will end up developing a morbid obesity that, as with drug addicts, will become an addiction and then it will be very difficult to control. But, if these people get used to eating only what is necessary and following a fixed meal schedule without eating anything between hours, the brain will adapt automatically and will stop sending hunger signals outside the corresponding hours. It should also be taken into account that when a person eats excessively, it favors the premature aging of their organism, because every digestive process also includes a certain biological waste, in addition, fats are difficult substances to process, therefore, it is absurd to take more than we need.

From a metaphysical point of view, I consider it better to divide the day into four meals instead of five or more, because it is necessary to teach the mind that most of the time should be spent on other things and not just eating, and when it increases much the number of meals what is caused is the break of control over diet. In other words, we must tame our brain so that it sends us the hunger signal only at the correct times. If we follow this strict system and only eat at the established times and between those

hours we only drink water, then the brain will adapt automatically so that outside those hours, even if we see food, it will not cause us to feel hungry. But that is only achieved if we are firm in that custom. The number four is the ideal because it symbolizes stability, the square or the cold. In contrast, dividing the day into five meals or more is worse, because this number represents among other things heat or instability, which is less suitable when it comes to establishing a fixed and stable pattern. Number five is as if it invites us to overindulge in meals. In other words, to control the calories we consume it is necessary to limit meals to four a day and always at the same times, so that only water can be taken between meals. In the case of young children it is different because as they grow up very fast they need to feed more frequently.

The alternation between meals and the spaces between meals is similar to the relationship that exists between the crest of a sling and its valley, therefore, those who do not respect the separation between meals cause an interference that destroys the body's ability to self-regulate. The relationship between the majority and the exception is also fulfilled in this, the majority that would be the time that should exist between meals and the exception that corresponds to the time we must dedicate to eating. An evolved being must spend little time eating because that way he can have more time to devote to higher tasks.

Living in an orderly manner is not only good for meals, it is also good for other aspects of life, for example, the ideal would be to get up or go to bed at the same time whenever possible regardless of whether it is a weekday or a holiday. It would also be good to organize life so that at each hour of the day we carry out different tasks so as not to get bored and leave one or two days off at the end of each week, because the smart thing is to work to live and not live only to work, because all that that is well must be done in its proper measure.

Also despicable are those politicians who, in order to obtain money, charge a multitude of foods with taxes under the pretext of avoiding obesity, but at the same time remain silent in the face of the serious damage that the consumption of animal fats causes in the population, and all this In order not to harm their own meat

industry, these politicians are hypocrites, because they are trading lives for money. It is a mistake to blame salt or sugar for obesity, since they are essential elements for health, what is wrong is abusing them, because with food, as with the rest of things in life what matters is to maintain a balanced attitude, therefore, it is logical that obese people avoid them, but it does not make sense that a punishment in the form of taxes is applied to the rest of the citizens for consuming necessary food.

To defeat obesity and most diseases, it is necessary for our spirit to impose itself on matter and the mind to impose itself on our body, this means that the natural capacity that our body had to regulate itself and that it has lost over the years must be replaced by the firmness of our will to reject all that is insane. Because age favors the gradual deterioration of our organism, therefore, we must compensate for this deterioration by establishing firm lifestyle habits. We must also exercise to keep our bodies athletic and eat a balanced diet. If we act in this way, we have many possibilities to maintain a healthy and youthful appearance throughout our lives.

Another paradox of today is that at the same time there is half the world going hungry and the other half eating twice what they need and suffering the consequences that this causes, that is, some suffer from hunger and others from diseases caused by the food abuse. There are those who say that if all the surplus food were delivered to the countries that need that food, the hunger in the world would disappear, however, although this sounds good, it is completely false, in the first place, because it is absurd to propose that a country deliver its goods to another in exchange for nothing just because he says he needs it, because in order to progress, each person and each country has the duty to adapt to their own limitations. Secondly, because if the most developed countries gave half of their food to the poor countries, then hunger in these countries would disappear, but only for a very short time, because the sudden increase in food would also cause a rapid increase in number of inhabitants which would lead to the same situation again. This shows that the true origin of poverty in these countries is not their difference from rich countries, but the fact that they have more children than they can support. Therefore, it is

necessary that these countries establish strict birth control to prevent their number of inhabitants from exceeding their own economic resources, because if they do not, poverty will never disappear, although there are organizations interested in making us believe that if they we give our money everything will be solved.

03 THE DRUG TRAP

It is not that it is wrong to try to feel pleasure, but it is a serious mistake to use drugs to achieve it, because the great problem that drugs represent is that they act by circumventing the mechanisms that the brain has to regulate its stimulation. This causes a deterioration in the brain that makes the addict feel less and less stimulating sensations, which leads him to seek more drugs and higher doses to try to compensate, and he does not understand that the more he consumes the greater the damage caused in the brain, because being unnatural stimulation methods they do not respect the regulation system that the brain has and therefore force it until it ends up unbalanced. Because happiness is not derived from a chemical process as drug addicts think but is the consequence of living with dignity and common sense. It is true that in the sensations of pleasure there are also chemical substances that the brain is capable of producing according to its needs, but these substances are only released according to the biological rules that the brain itself has. But trying to elicit those reactions by force as drug addicts claim only serves to destroy health.

People who get into drug use do not understand that they destroy the mechanisms that regulate pleasure in the brain, which causes them to receive less and less stimuli, with the consumption of these substances the brain loses its sensitivity, becoming Like a stone, it is as if the soul were like a glass lens and the drug was a handful of earth thrown on that lens, which prevents the passage of light and feelings of happiness. This immerses the soul in bitterness, which leads the drug addict to believe that stealing to get more money or more drugs can solve it, but he does not understand that his greatest enemy is his own vanity, because it was his dedication to vice and not the lack of money which made him unhappy. To resolve this situation, it is necessary to return to humility, because the brain can only regain its sensitivity when drugs are rejected and one lives in harmony with nature. The universe has so many wonders that it is absurd to get carried away by the false path that drugs represent, therefore, it is necessary that humanity reject them completely and use natural forms of stimulus so that it is possible to start an era in which common

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