

## THE TWO SIDES OF REALIZATION, WHICH BECOME ONLY ONE

In many occasions, the two sides are realized at different times, many months or years apart, in no particular order. To have the full picture and see the potential, one needs both realizations

### INTERNAL REALIZATION How humans really work

- Humans are eager for permanent external validation
- They do not take enough time to focus on internal energy
- By doing so, they love competition, which brings stress and reduce energy
- They do not realize they lose a lot of energy, useful not to miss personal opportunities
- Once they focus internally, they free their potential and can become the creator of their lives
- They then can understand a larger scope, methods, creative processes and feelings



### How Everything works

- In duality, the division, separation, anger, mistreatment, lies, manipulations will shape humans and societies in egoic views, expressed by self centrisim
- This is a profoundly dysfunctionnal process which is counter productive at the same time of being totally unnecessary and a lot less interesting to live

- The world state is a mirror of the personal state of humans

- With unity, the collaboration, understanding, joy, compassion, creativity can shape humans and societies in growth moments which accelerate meaningful change for both internal and external experience

- This is what is to be realized fully at all levels and will become necessity in the coming times, so much exhaustion of energy has drained almost all potentials of developments, to restore those chances, all may go through this incredibly beautiful and hard path for self sovereignty

### EXTERNAL REALIZATION How the world really works

- The world is harvesting a lot of human energy, via work, stress, competition, despair or anger
- It always focuses on division rather than unity, on power rather than collaboration
- This division, separation increase negative feelings such as anger, hate, jealousy
- From difficult the world can devolve into stressful, brutal and cynical
- This cyclically leads to war, civil unrest, unmanageable societal conditions
- Once the above is understood, there is a need for unity, compassion, cooperation
- This need appears first at individual level by consciousness, and ripple effect on larger groups

