An astronaut in a full spacesuit stands on a dark, rocky, and uneven surface, looking up towards a bright, glowing light source in the distance. The background is a deep blue space filled with numerous stars and a faint, colorful nebula or aurora-like glow. The astronaut's helmet has a reflective visor with some orange and yellow light reflecting off it.

**Once upon a time there was a human being who
encountered something really different. For the
first time, he saw it as something beautiful. And
then something unique happened in the history of
humanity...**

He felt that he did not want to destroy it

**It changed the course of the human species
forever**

NATURAL IMMUNITY 2

**The interaction: “I and the Other”
(The secret of Love)**

Meritxell Castells
Iceland, December 2021

www.substancialibre.com

Natural Immunity

1. Ecosystem Identity

Living beings are organized to survive and develop, and everything is organized for it. Health is being what you are. In this first part I explain the basis of natural survival.

2. The interaction: "I and The Other"

Immunity is not defense. To become strong is to learn to interact without being annihilated. Its purpose is to make you strong, to be able to sustain future challenges. Here I explain the secrets of relationships, be it with a human being, with a virus, with our home or our environment.

3. The universal Language, The Code of the Universe

This idea means maximum information in minimum expression.

In this third part I explain Self-healing brought into our lives. Everything around us consists of information fields (wave-particle duality). Making it conscious brings us closer to understanding reality from our integrity, using the two hemispheres of the brain.

**The first lesson in all branches of knowledge is to understand the
heartbeat of the Universe**

The Universe expands and contracts at the same time

The maximum in the minimum

To exist means to know (matter carries its laws)

**The identity that we are as life is an expression of the wisdom of millions
of years...**

From here the free path begins

(Only if you want)

To know consciously what you already know

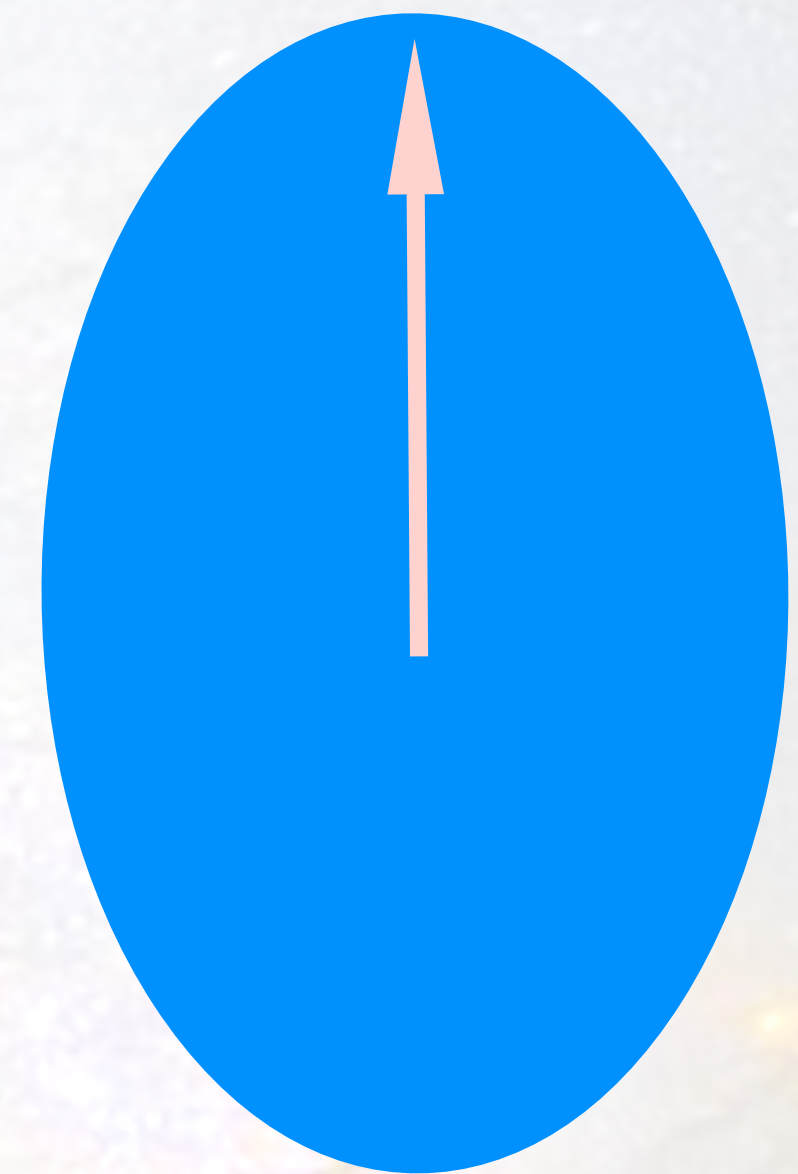
**The maximum in the minimum... We continue smart laws
In its Natural Order... and free**



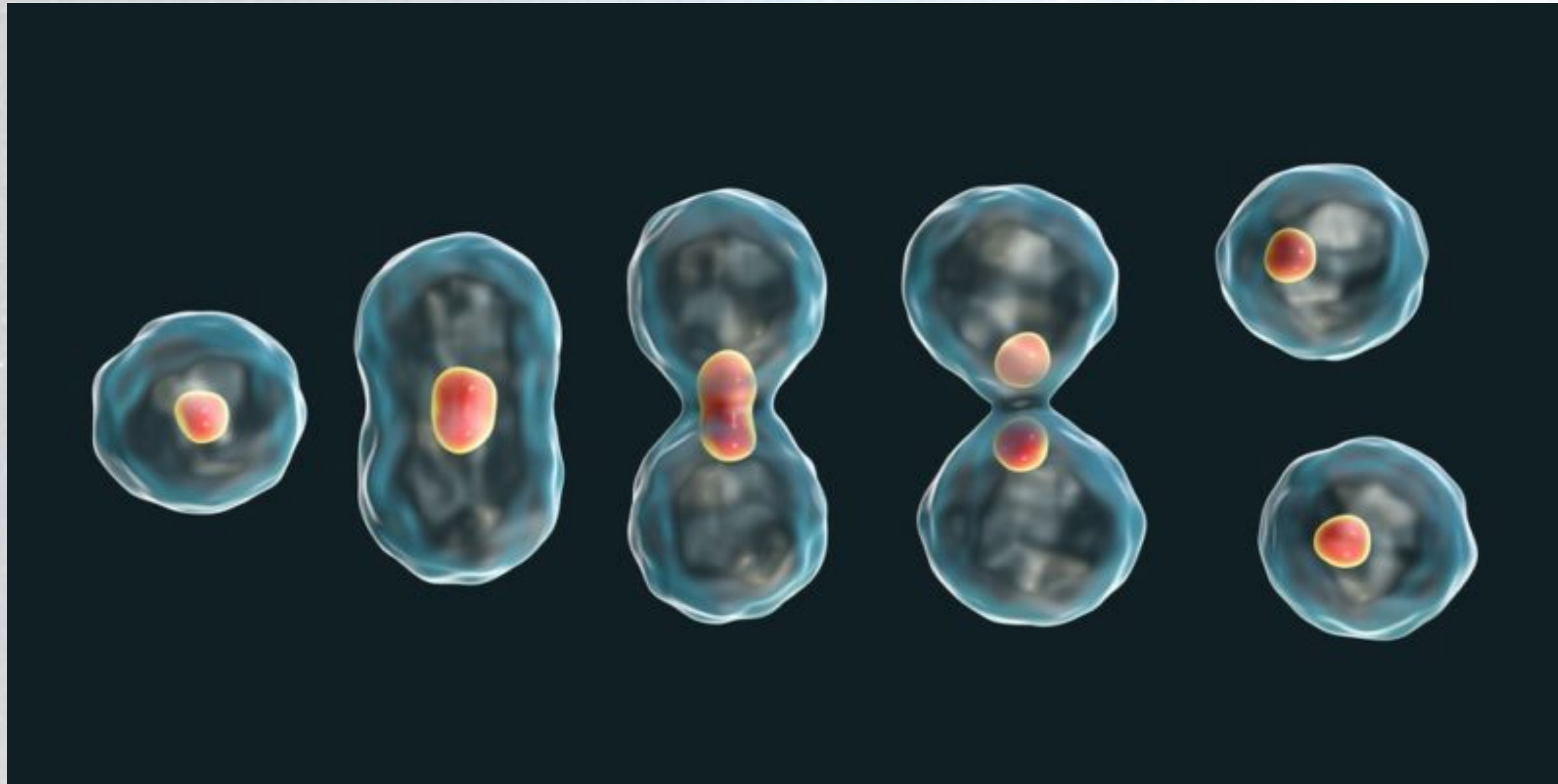
Let's see how it happens

The history of **knowledge** began in
a sphere (life), that wanted to know
each of its possibilities
individually...

Then the individual will was born,
and with it, **a different way of
conceiving the Universe... And Time**



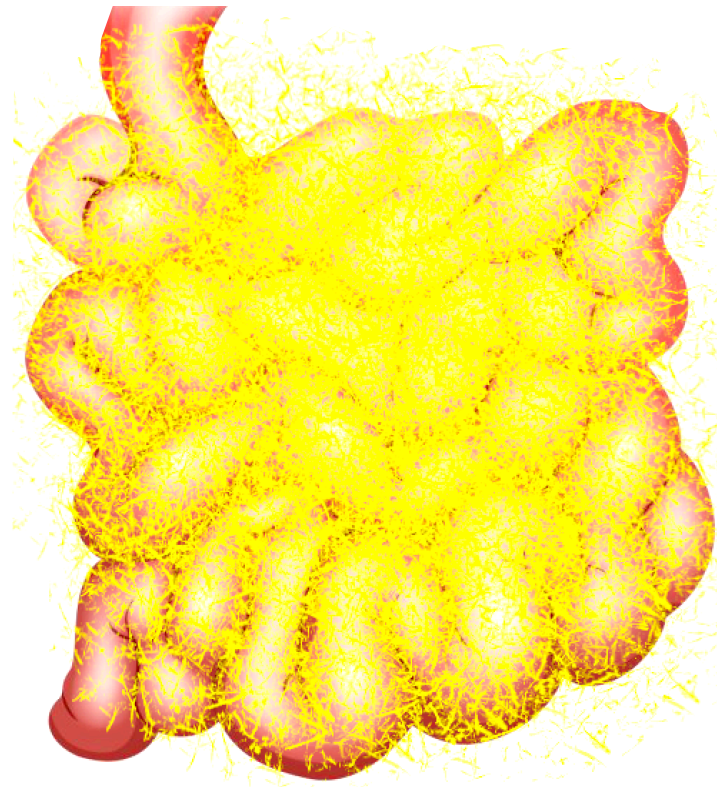
Being Time begins with a decision that is expressed in life...



Then you start to die, which is like coming home from the long way

**To do this, you are shaping
your “tools”...**

Our substances are expressed as Instruments of knowledge



The gut brain knows

It is the most primitive brain, it represents the collective, the way of "thinking" of Nature.

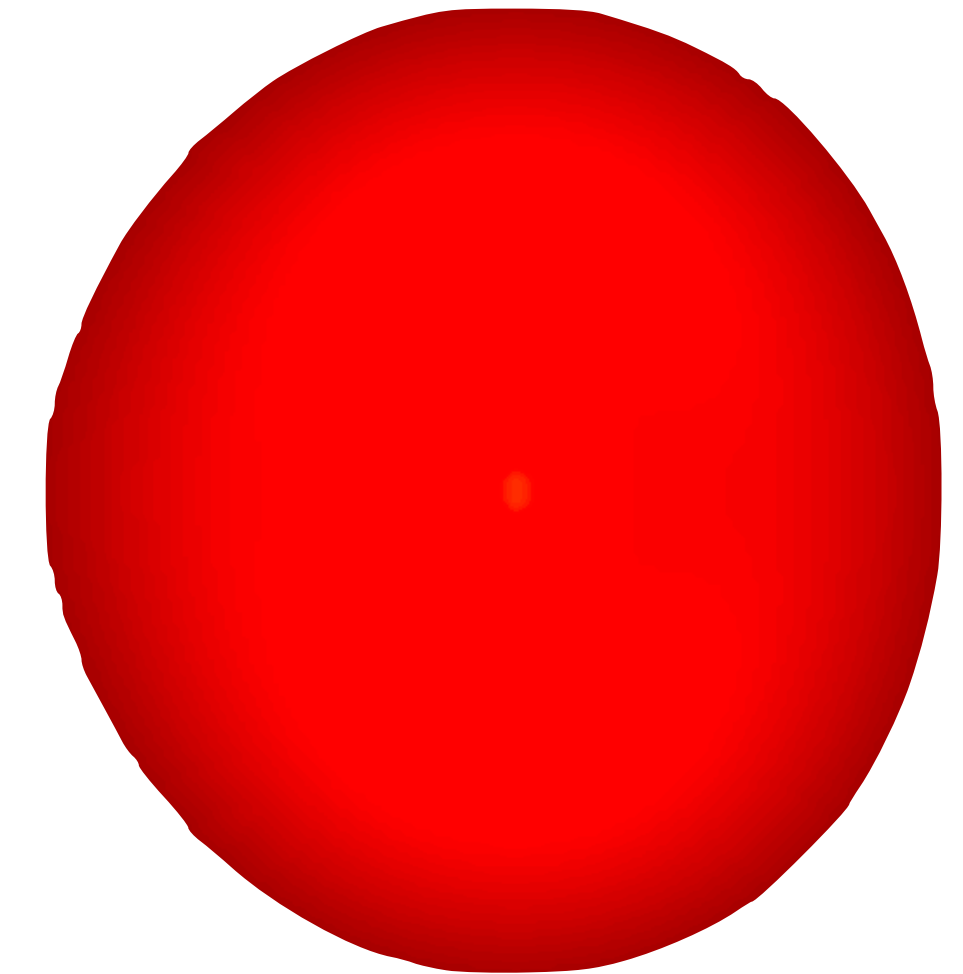
Everything already exists as a possibility even if you don't realize it.

Time is an eternal present. What I will know, I know because it is in my possibilities.



The brain of the head knows

Represents the collective from individuality
To individualize is to differentiate (= define).
It is responsible for the perception of time as a sequence of events in the past, present and future processed as image / memory



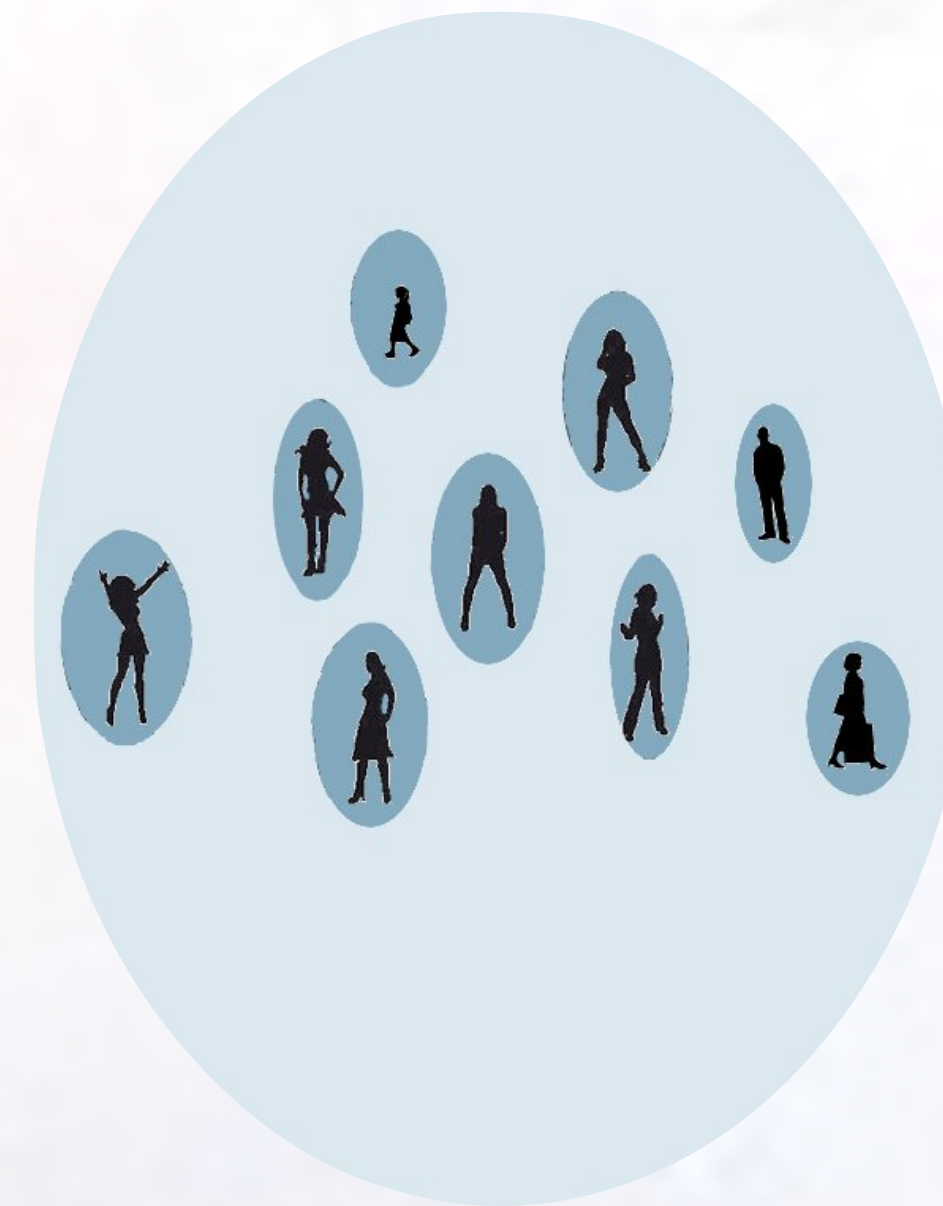
Mind... I don't think, I arrive

It is the thought beyond the speed of light (it does not work from the image / memory). The connection is by information fields and is total (I describe it in the 3rd part)

We can see it reflected in the evolution/ development of a society



**Collective, "the power of 360°"
Represents the existence**



**The collective from individuality.
Besides existing, I am**

**We preserve the ESSENCE (we are still many people)
We change the SHAPE**

(...And in the abstract conversations
about Space and Time)

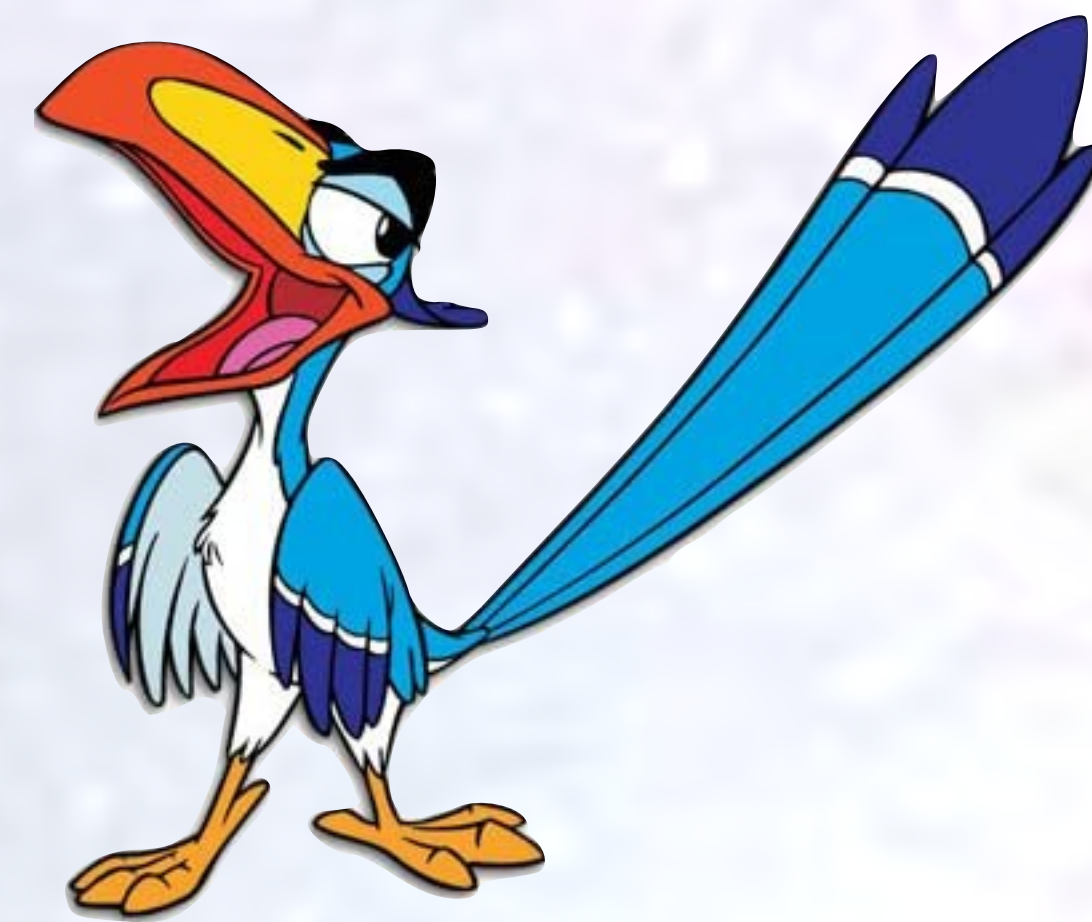
The Universe is inside a Natural Order that is expressed as connection and recognition of everything that exists, interconnected as a single brain (to understand Nature, think collectively).

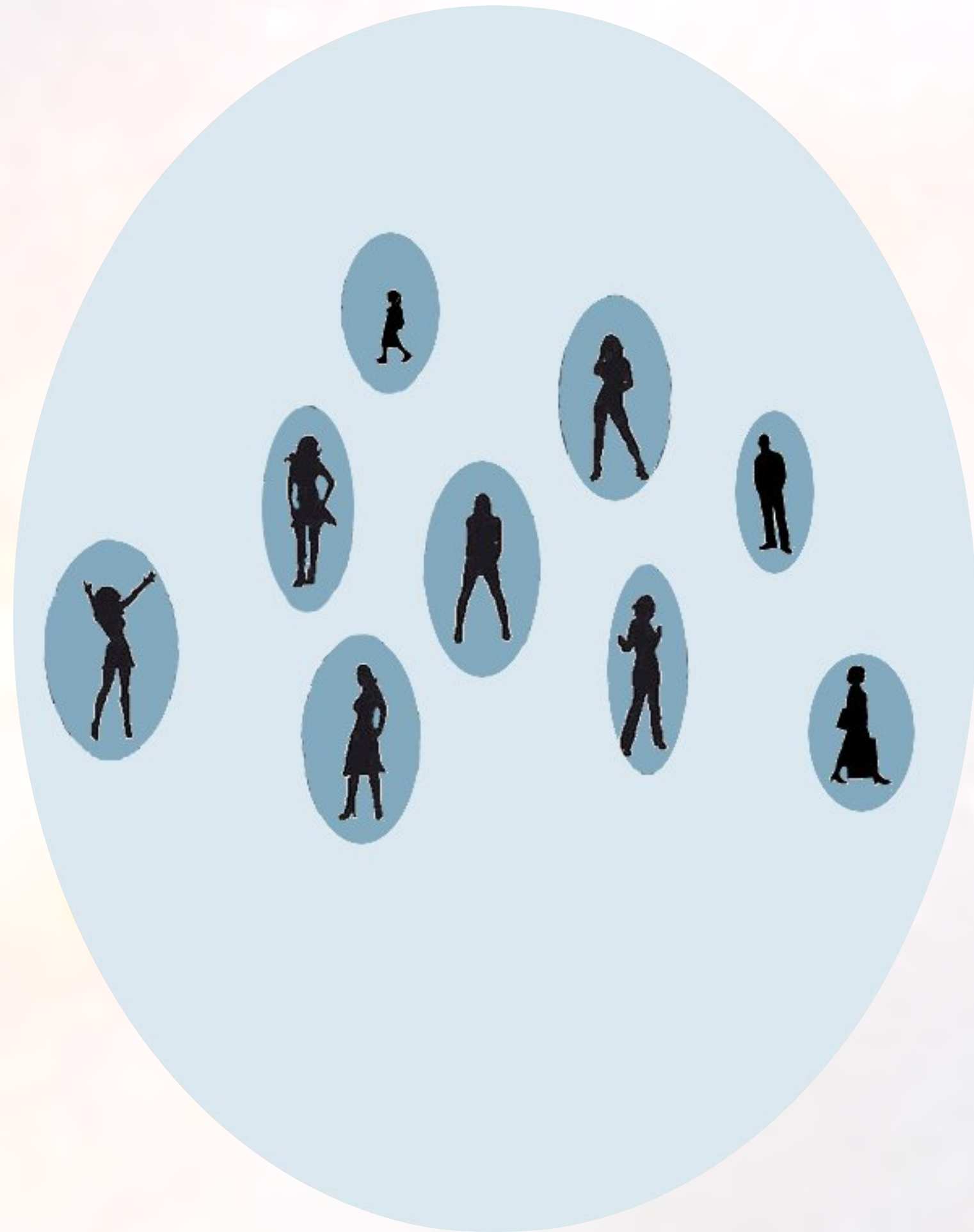
This Natural Order is a position in Space. We call it Time, and it defines the Universe differently in everything that composes it, which is recognized in its "position" (differentiated identity).

The gut brain knows

It is the most primitive brain, it represents the collective, the way of "thinking" of Nature. Everything already exists as a possibility even if you don't realize it.

Time is an eternal present. What I will know, I know because it is within my possibilities.





This is an Orderly and Free expression of an intelligent society. Each one in his individual world and at the same time within a collective in beautiful interaction, where each individual is considered as what he is and respected.

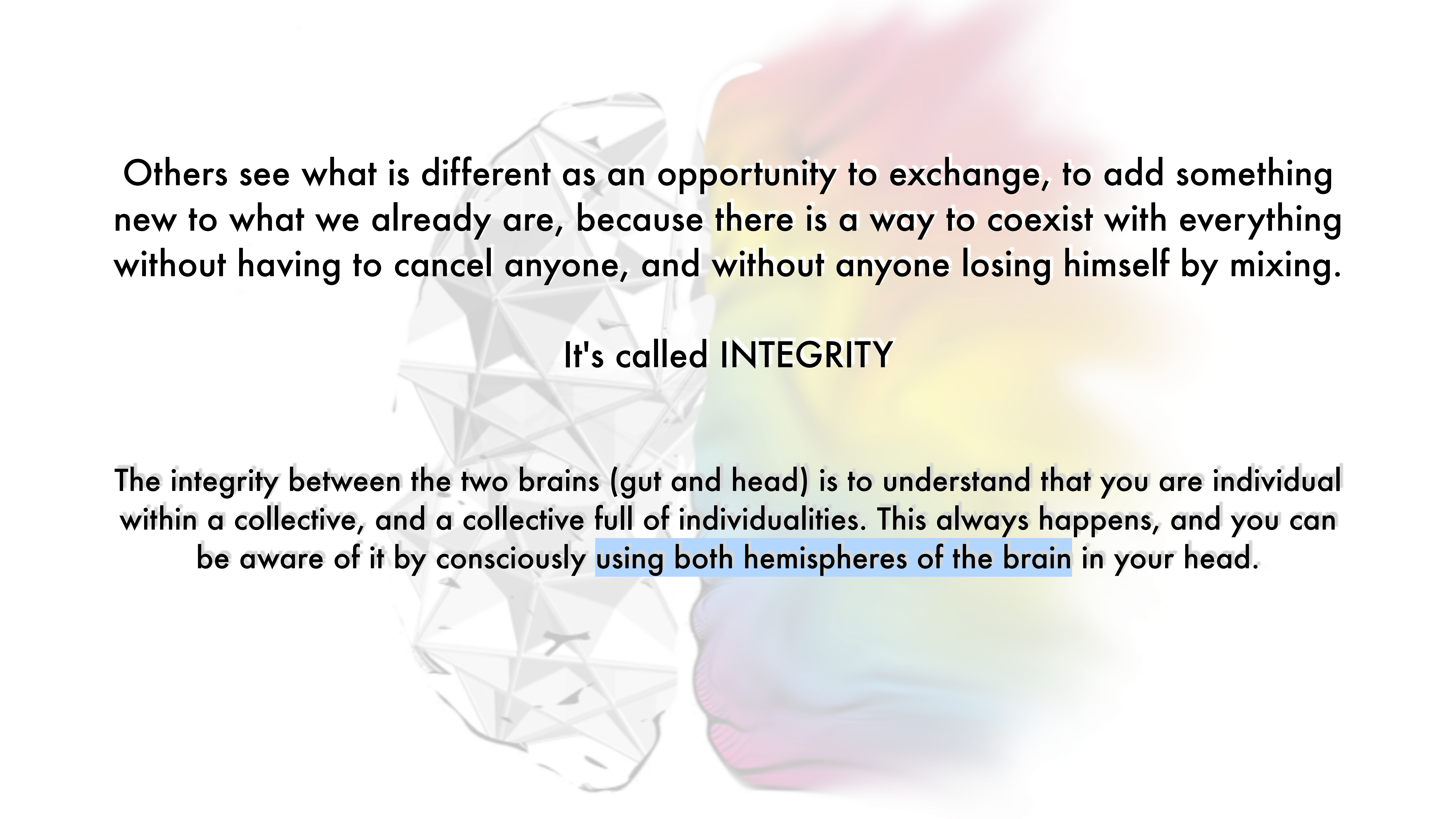
But...
Why is this not the case in practice?

For some people, to differentiate is to separate, to set aside. They classify reality in a constant confrontational duality (good-bad, black-white...). They feel anger if someone thinks differently (a deep visceral anger, that they cannot avoid to emit to the other). They see "the different" as an enemy that annuls you, and that therefore you must to eliminate.

This leads to the current structure, where knowing is an act of understanding
(= weighing between two sides)

And so reality loops, going through times of happiness and conflict in repetitive cycles of thousands (or perhaps millions) of years.

Dualism is bipolarity accepted as normal. The problem is not in being "bi" (two) but staying there.

The background features a stylized illustration of two brain hemispheres. The left hemisphere is depicted with a complex, low-poly geometric pattern in shades of gray. The right hemisphere is shown as a smooth, organic shape with a soft rainbow gradient, transitioning from red at the top to blue at the bottom. The text is overlaid on this background.

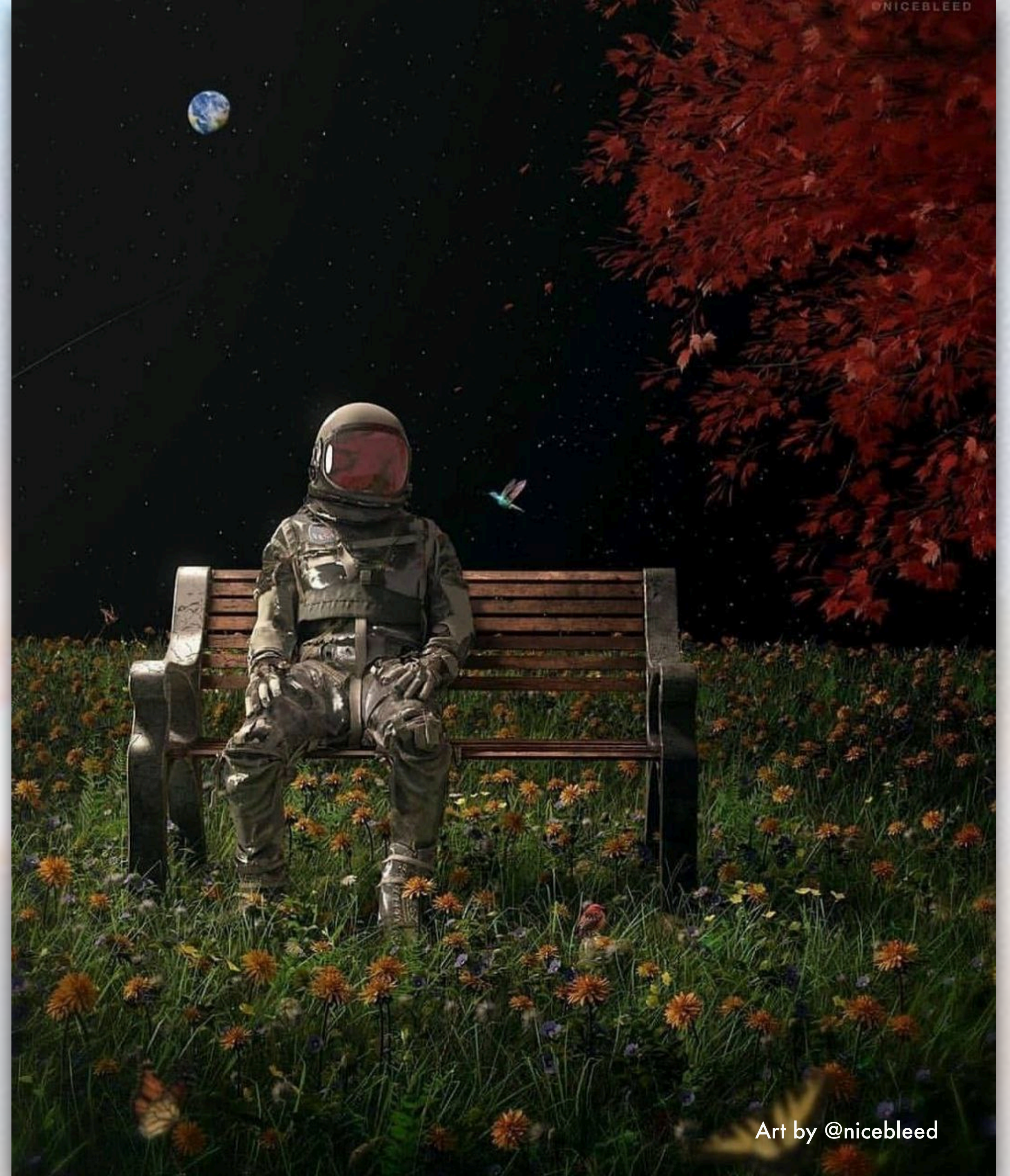
Others see what is different as an opportunity to exchange, to add something new to what we already are, because there is a way to coexist with everything without having to cancel anyone, and without anyone losing himself by mixing.

It's called INTEGRITY

The integrity between the two brains (gut and head) is to understand that you are individual within a collective, and a collective full of individualities. This always happens, and you can be aware of it by consciously using both hemispheres of the brain in your head.

When I differ from you, I
see you, because I develop
the ability to see
individually... Then I see
you because I am also
capable of seeing myself. I
am able to define
everything.

And I see that although
you are you and I am me,
we are within the same
Universe



Art by @nicebleed

Understand the conflict

(Going into more details...)

When we start to differentiate / define ourselves, we start bumping into each other, and we enter into a new form of communication. I call her:

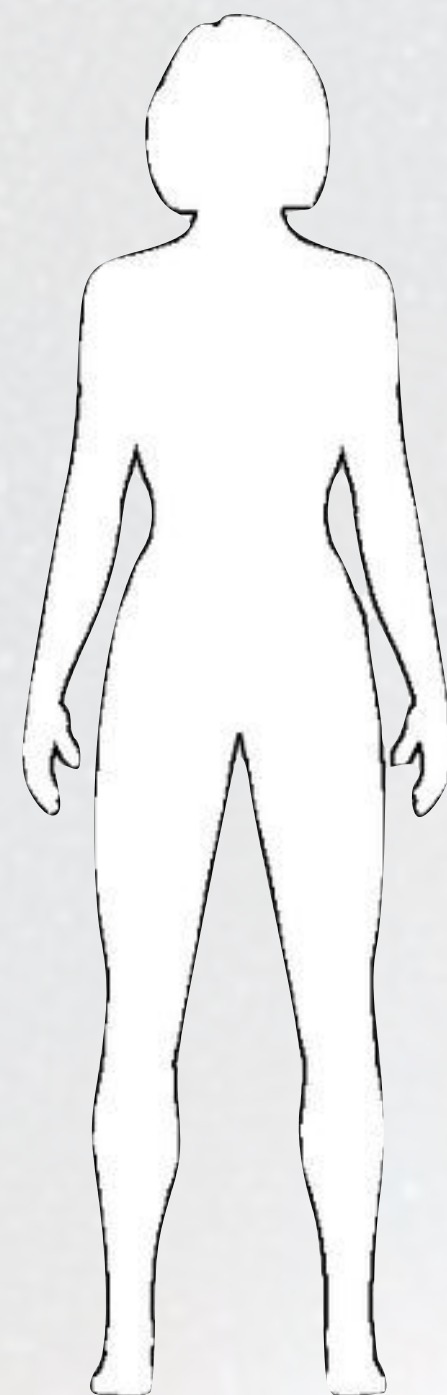
FRICTION

It means that we are going to get closer to the exactness of who we are, and at the same time we are going to ❤️ perceive the information of the other in a clear, direct way.



And then, the challenge or the conflict appears:

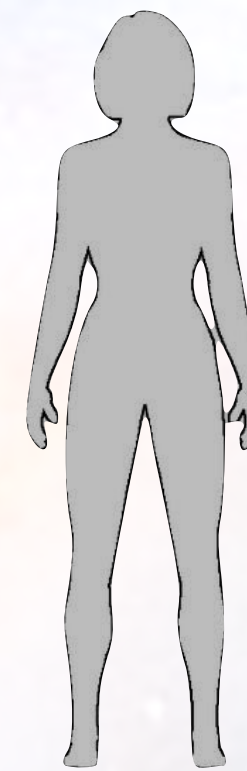
Can we coexist in the same space without annulling ourselves?



"You or Me"?

Or

"You and Me"?



The "other" can be a human, a planet, a virus, a plant, your job, the neighbor's dog, WIFI, a Woody Allen movie, sinister Google projects, wind, gluten😂...



DIFFERENTIATING IS DEFINING **(so everything is clear)**

Seeing the other as an opportunity to learn something new or as a threat, depends on the "knowledge structure" that you have made for yourself.

The SUBSTANCE OF INDIVIDUALITY is like a super-power that allows you to see differently without feeling threat, and this happens because you can sustain the difference between yourself and the other, which means that you can blend without losing yourself.

What makes you think for yourself is what makes you realize that, in addition to you, there are others who also think for themselves.

In this process, you accept or reject what you consider different

**What does it depend on?
If your “structure of knowledge” is emotional or feeling**

Let's see this in detail...



Emotions

Emotion in its purest form is "e-motion" (an impulse for action)

It is the substance of the Animal Kingdom for survival.

The animal that feels fear, flees or attacks. It has no option to control that instinct.

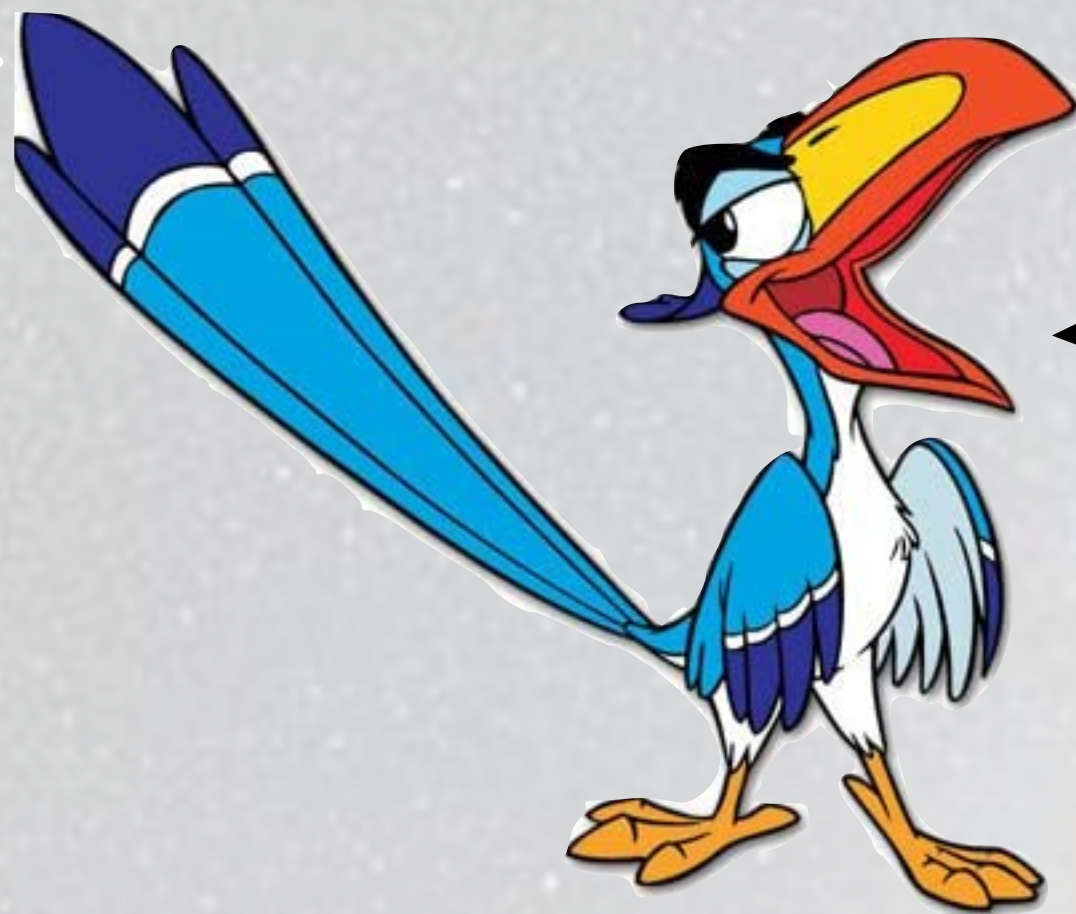
In people, emotions have been corrupted by prejudices. And then, fear is no longer an effective tool to detect whether there is real danger or not. Emotions become prejudices and are not an instrument of knowledge.

People process their relationships in this way, attacking what they are unaware of, hurting, conquering, trying to annul "the other" so that it does not annul them.

They are defensive reactions to extreme fear that they cannot control.

They express themselves with fear, anger and pride because there is a void of the substance of individuality. So they neither think and neither recognize other thinkers

Irrational fear is an interference to see the true reality



The hardest thing in this world is putting yourself in someone else's place, seeing that there are other humans who think and they have their own ideas.

The most emotional people react with attack to those who do not think like them, because they think that the way to feel safe is to stay in a "familiar" environment. That is why they see what they do not know as a threat.

Feeling

The beings that process information from feeling see "the other" as someone different with whom they can learn something new. They are not afraid of being annulled because they know that what they find they can sustain. They see danger as an option to improve.

They are beings with true intelligence, which process information from the two hemispheres of the brain, as an integral expression of the two brains (head and gut)

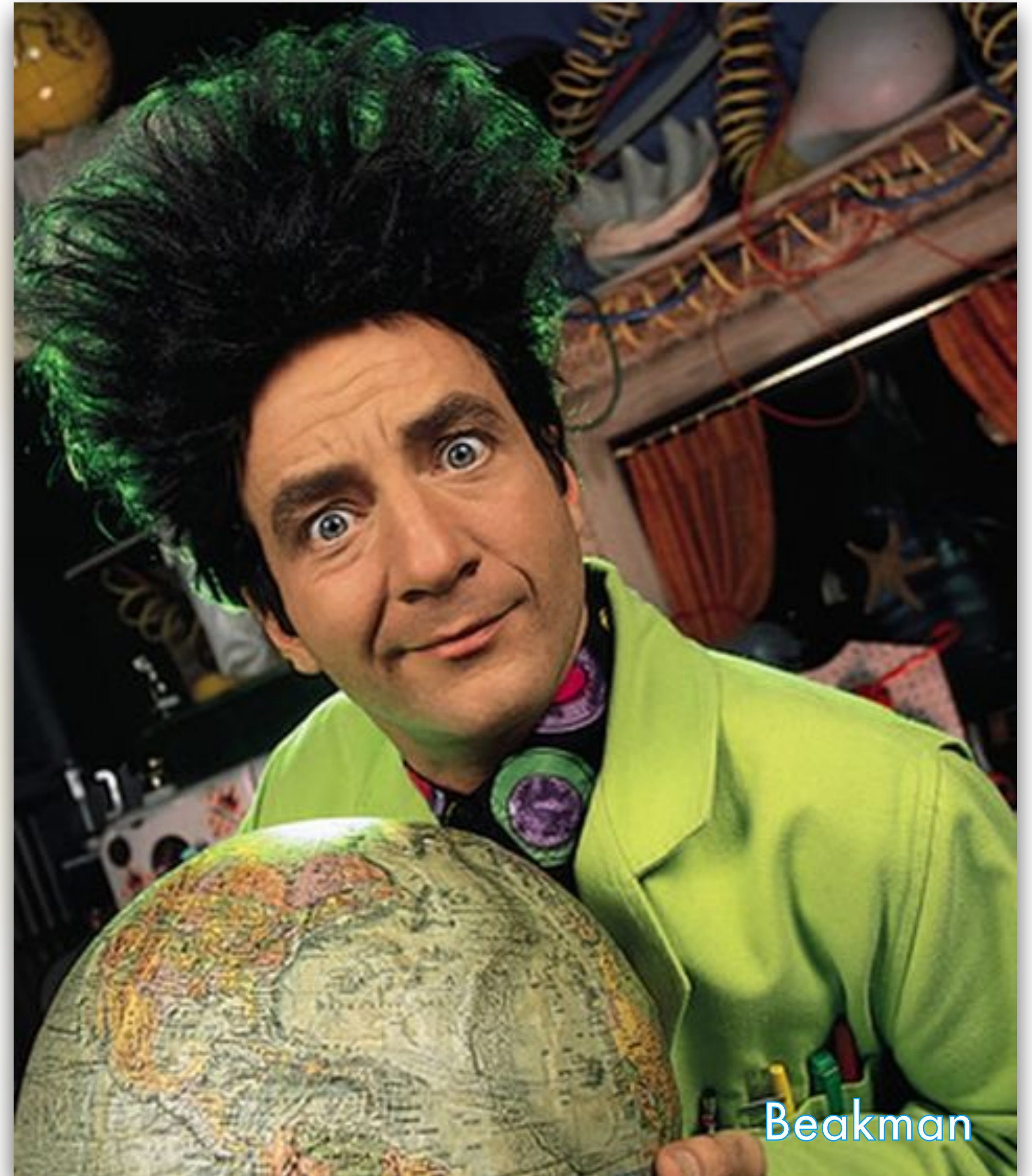
The result is a loving Mind, an instrument to reach everything without barriers, and it is something that can only be done from integrity.

The interaction with "the other" from the integrity (when you are yourself), does not mean to stop being you.


That is why you learn to differentiate (define), to carry within you multiple qualities without going crazy.

That is the challenge to continue developing

**You are not
crazy, you
are diverse!**

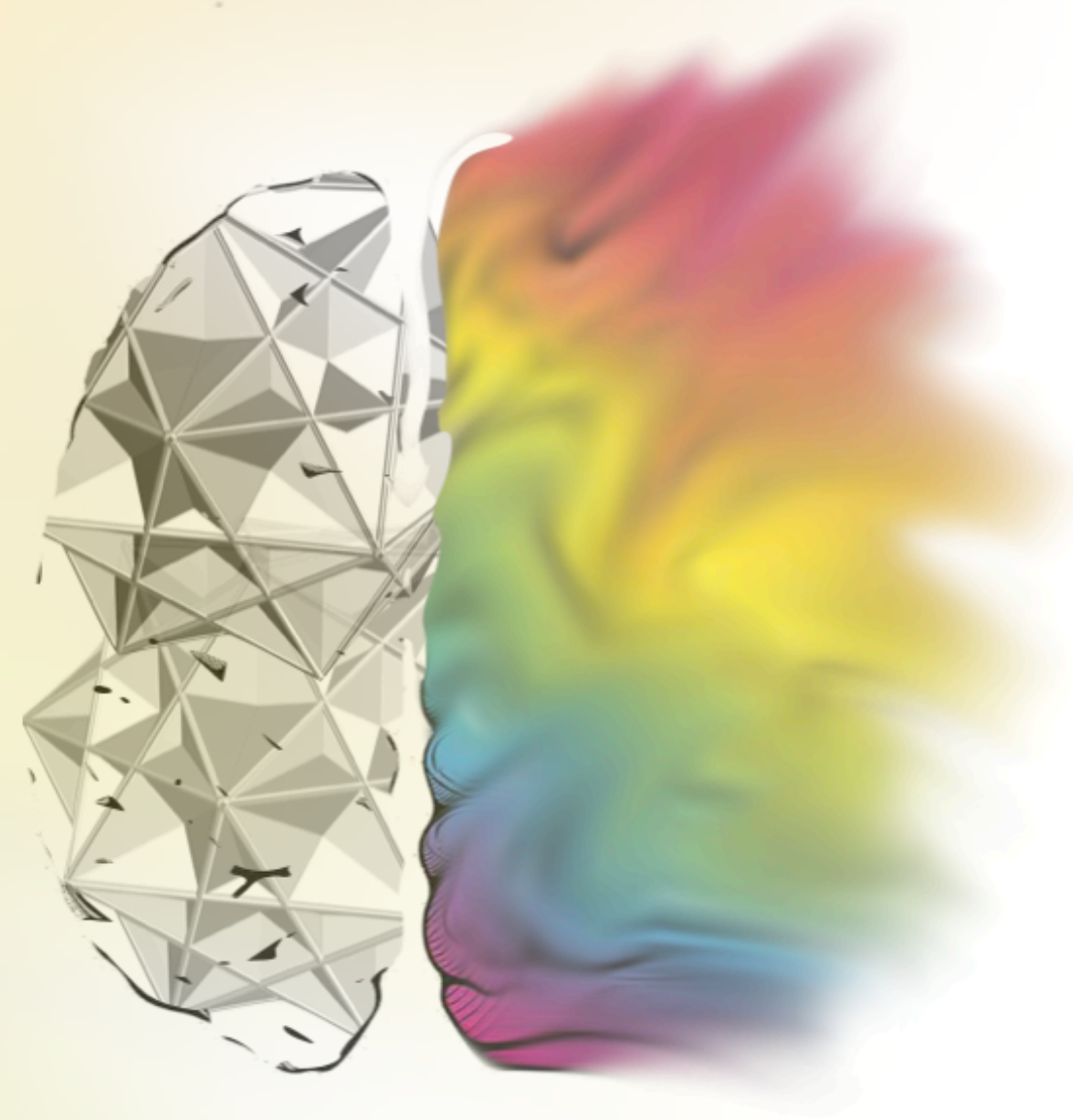


Beakman



Let's get into it even more...

**You have to earn the beauty (the best version) of
"the other" when you understand the difference
between you and that "other"**



The other is Love or tension? It depends on you...

How much "friction" do you hold within yourself?

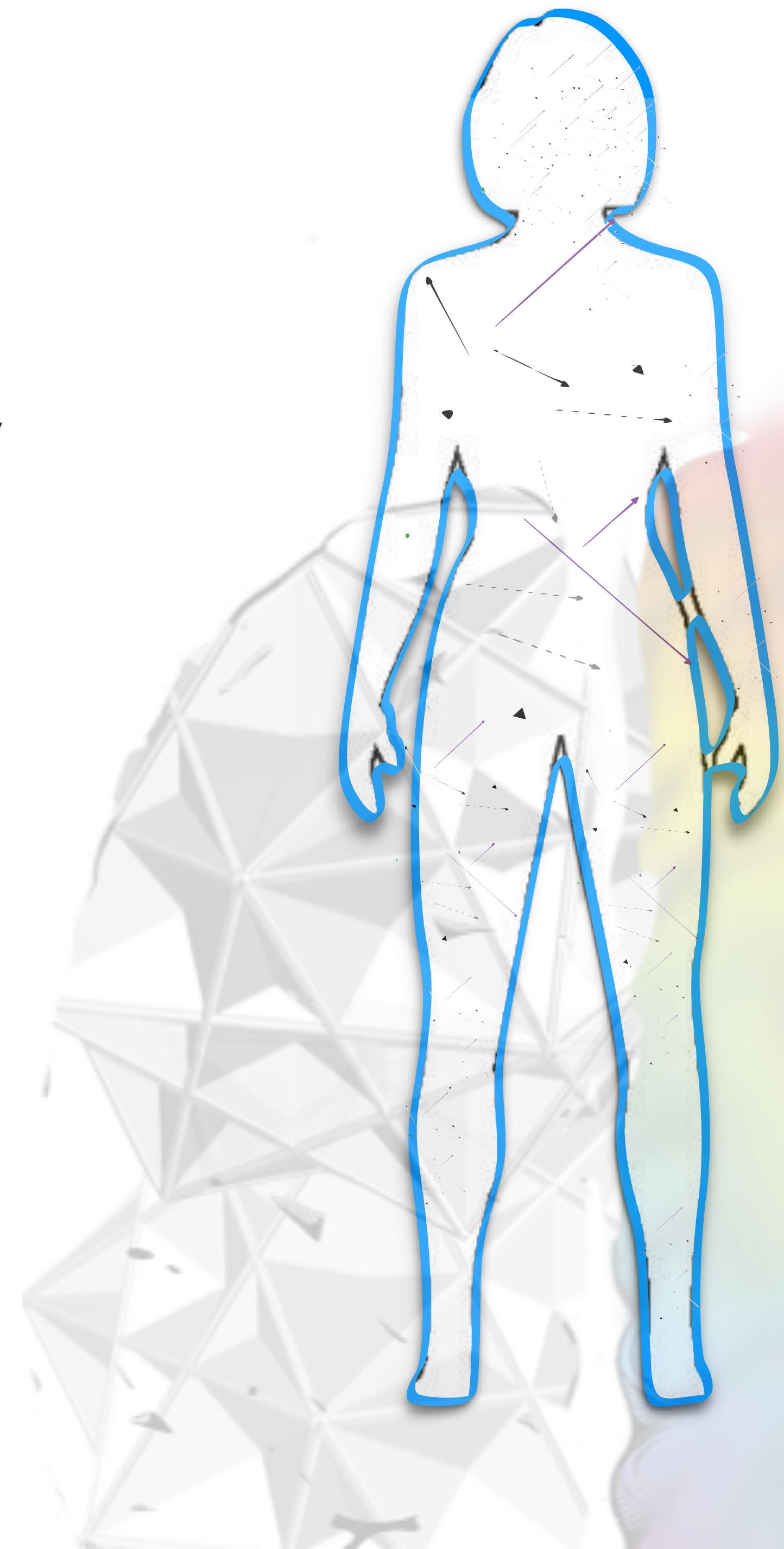
Conflict = multiple different arrows (in your body, in your head or in your social life)

Harmony does not exclude Conflict

(it is not one or the other, it can be both at the same time)

Harmony is when you manage to hold all the "arrows" and continue with integrity.

This is Human Art ("sculpting" yourself).
The secret of happiness and immunity are here



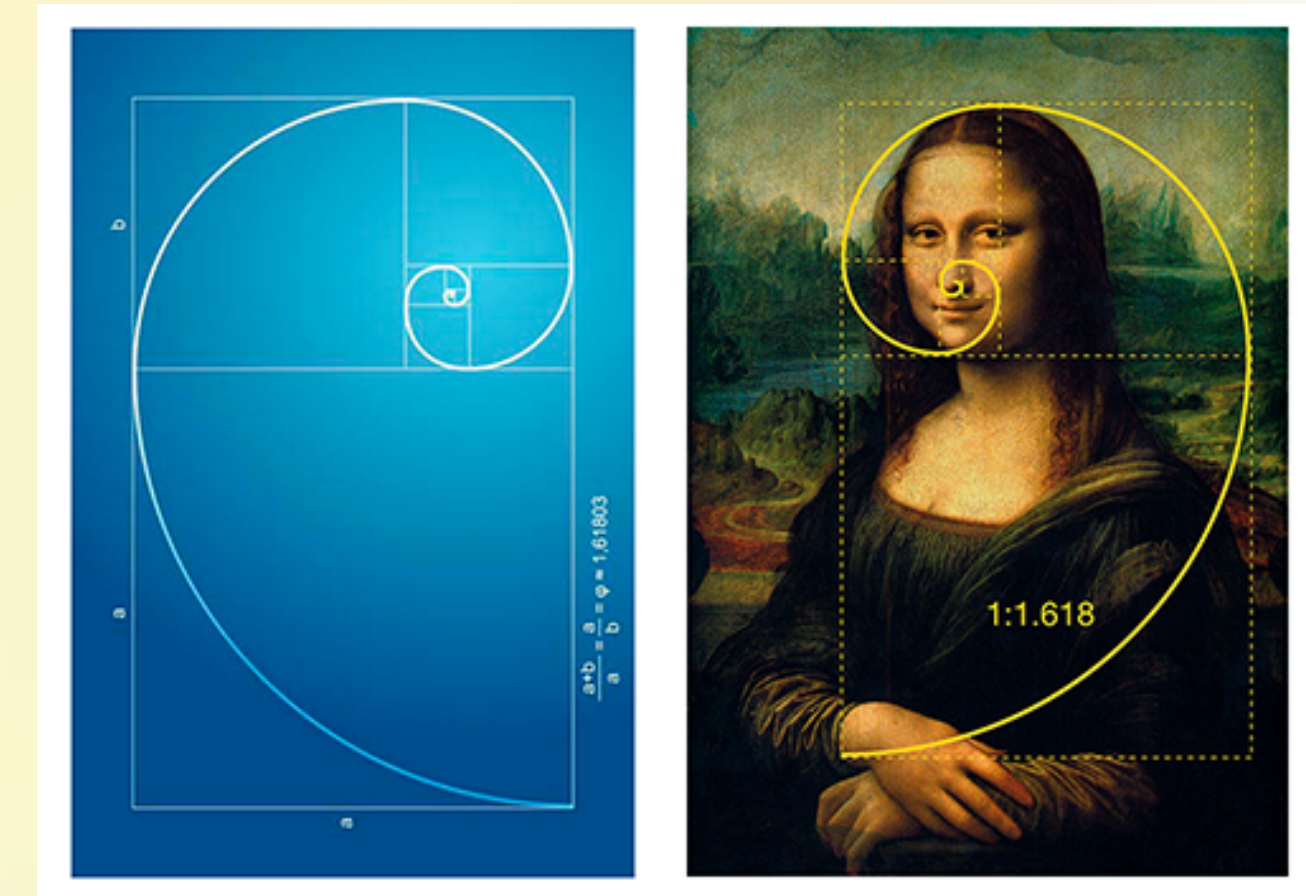
What is Love?

When you look at someone or something without "noise" (fear, prejudice...), from your purity, you connect with everything because there is no interference
This is Love

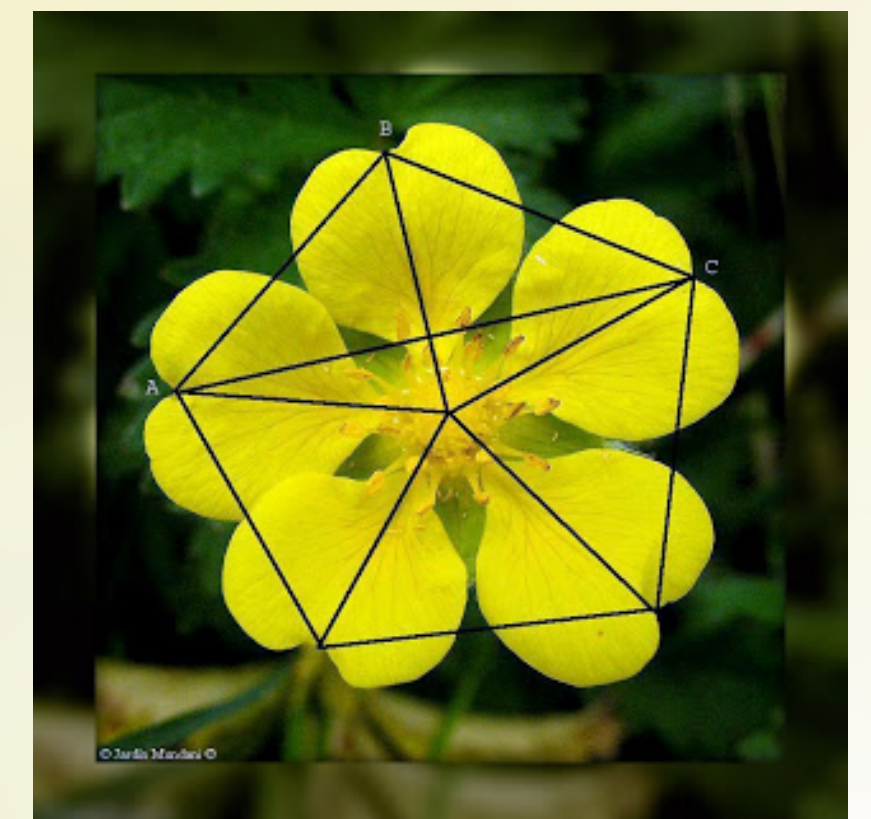
Love is the system of recognition of everything that exists in the Universe
Without prejudice, what is true is clear

We form our identity in the heartbeat of the Universe, seeking to express the maximum information in the minimum expression of form, to get into Time only with what we are prepared, and to improve the memory of history.

That is why we grow between these two movements, in an internal war of substances like a tree does before extracting its beauty in a flower. We seek transformation into the maximum beauty / intelligence possible, to be prepared for all challenges.



The Golden Ratio



And what is the
challenge?

Mix with everything
and remain You



The maximum in the minimum is:

It is abundance without harming ("just measure")

It is to be able to learn without making mistakes (intelligence)

It is to be able to think of the best option (wisdom)

It is to get to everything else by solving the friction

It is to be able to be the most stable and strong without damaging (= interaction)

It is to be able to be the maximum information in the minimum expression (spending the minimum of energy = Identity)

It is to survive and develop without harming (= respect)



An intelligent being seeks to express itself in what it is, it is a natural direction of everything in Nature and in the Universe.



Love vs possession The Myth of Pan

(The big challenge)



Pan chasing a Nymph

Pan was the son of the god Hermes and a mortal. He was half animal and half god. He lived within him a constant struggle of identity, sometimes expressing divine qualities and other times an unbridled instinctual force.

He was very funny, and he chased the Nymphs because they were pure and beautiful beings. He wanted to possess them, as a way of returning to the yearned divinity.

When Pan reached a Nymph, she converted into stone or another element of nature.

Pan could never own them because nobody can never really own someone. Pan's lesson to be with the Nymphs is through true Love, which is non-possessive Love.

This is how we come to see the beauty of "the other"... Without fear, without anger, without possession, without annulling.



To possess is to negate the other, it is to not respect their existence, and it happens because there is a deep, unbridled fear (Pan).

This is what has happened throughout history with wars, conquests, colonialism, dictatorships.

When you look at the other to submit or possess, the other closes to you, attacks you or disappears, and does not show you the true beauty of him. When you express true Love, the other opens like a flower, to be able to surround you with his beauty.

This is the secret of relationships

It is respect for the other without submit him. Pan represents the unbridled instinct, the uncontrolled consequence of the lack of integrity, and that manifests the insecurity in the face of one's own survival.

Overcoming Pan is true freedom, since the greatest slavery is being a prisoner of unbridled forces.

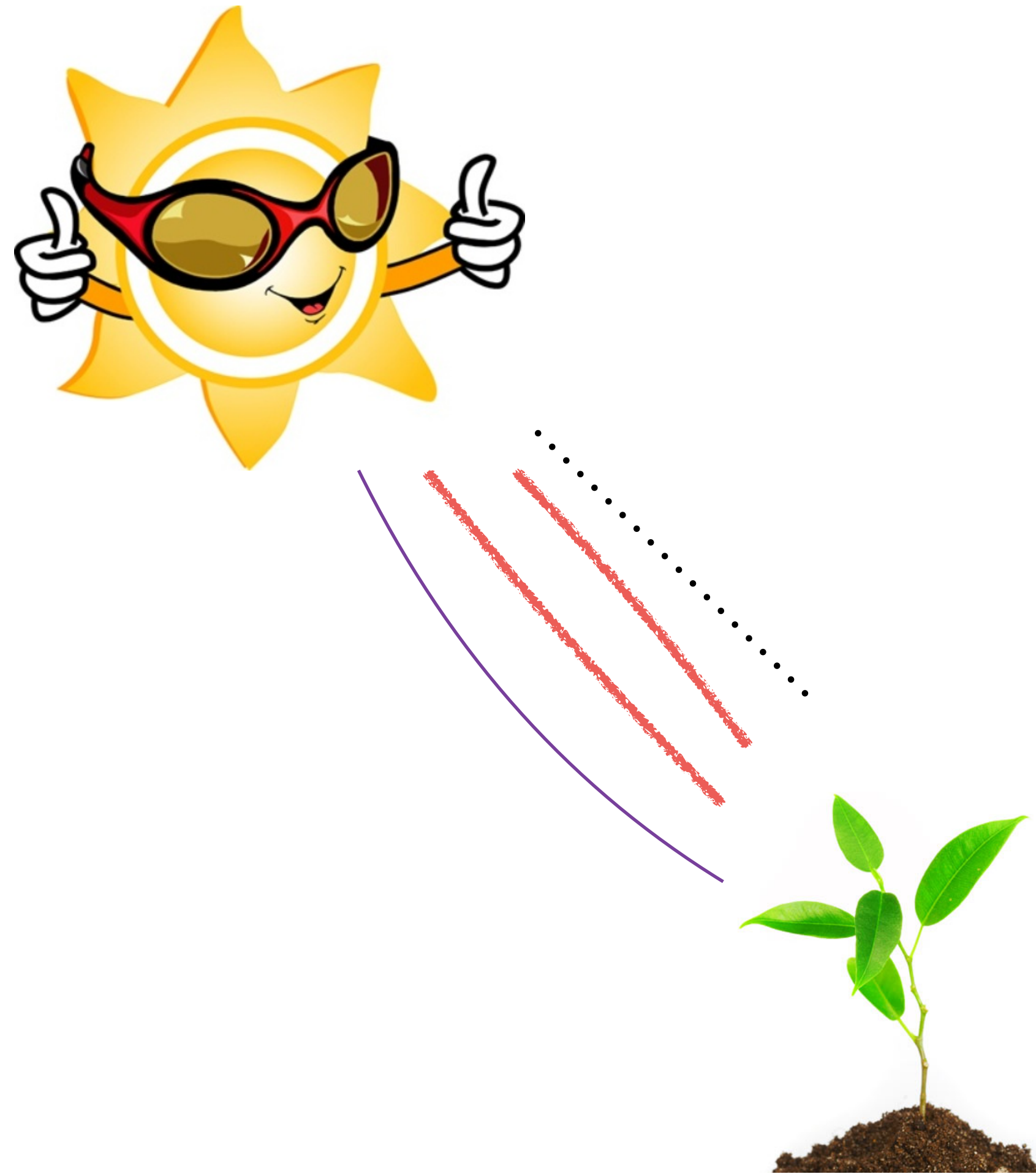
And we do it in an act of constant transformation.
It happens within oneself. It is the challenge of every being in the search for his integrity.

THE TRANSFORMATION



Seeing the truth depends on
the will with which you take on
the challenges of existence

A basic example of transformation



Plants **transform** the Sun's energy into matter so that other living beings can feed themselves.

They transform raw sap into processed sap.

Transforming is knowing how to extract the most beautiful. It is releasing the extraordinary from what you would have liked to destroy.

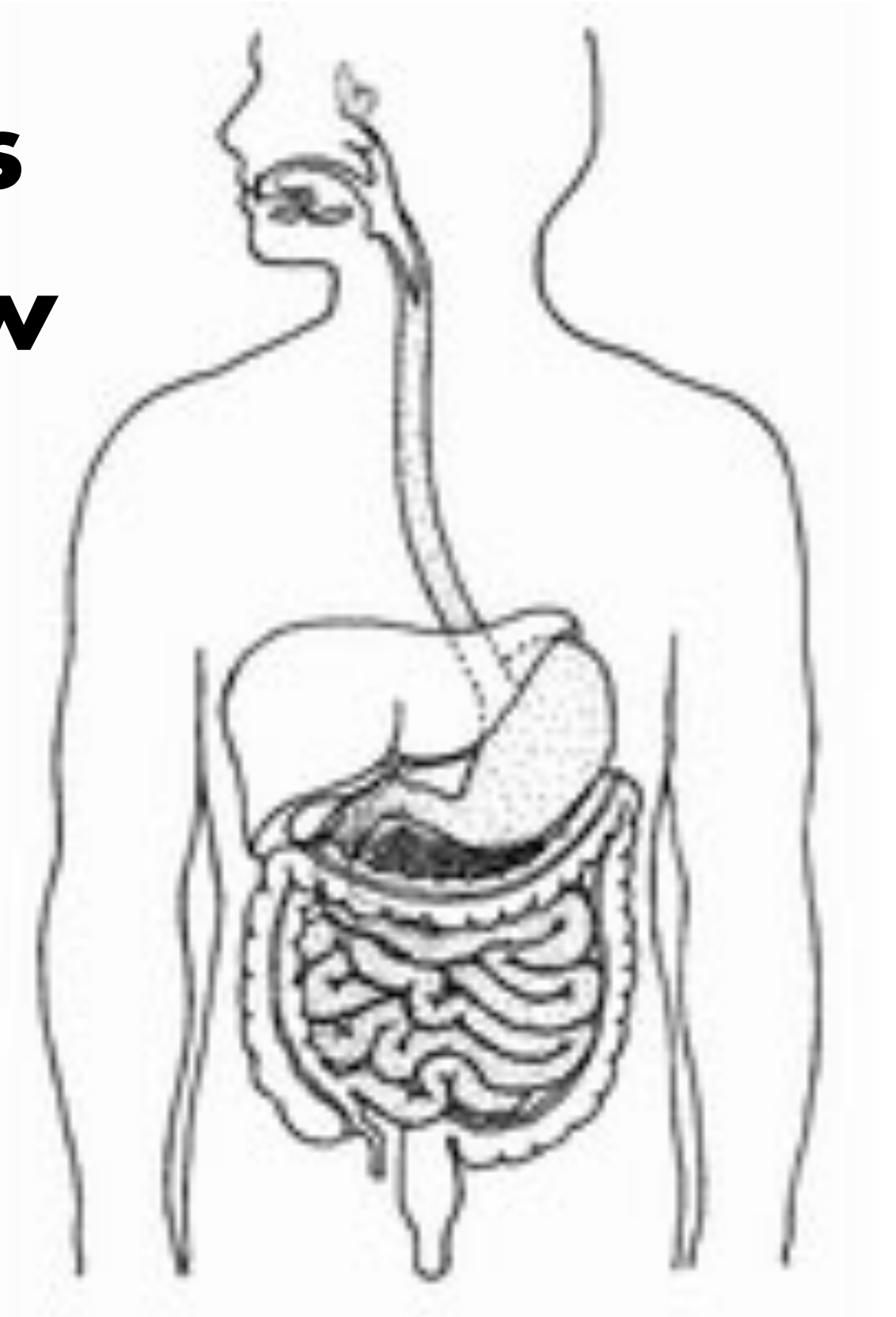
Another example of transformation:
The digestive system
Digestion is transforming to extract
nutrients

The mouth **chews**
Then you **swallow**

The stomach **digests**

The small intestine **selects**

The large intestine **eliminates** 💩



...And we can compare it with "the digestion of life" = Understand

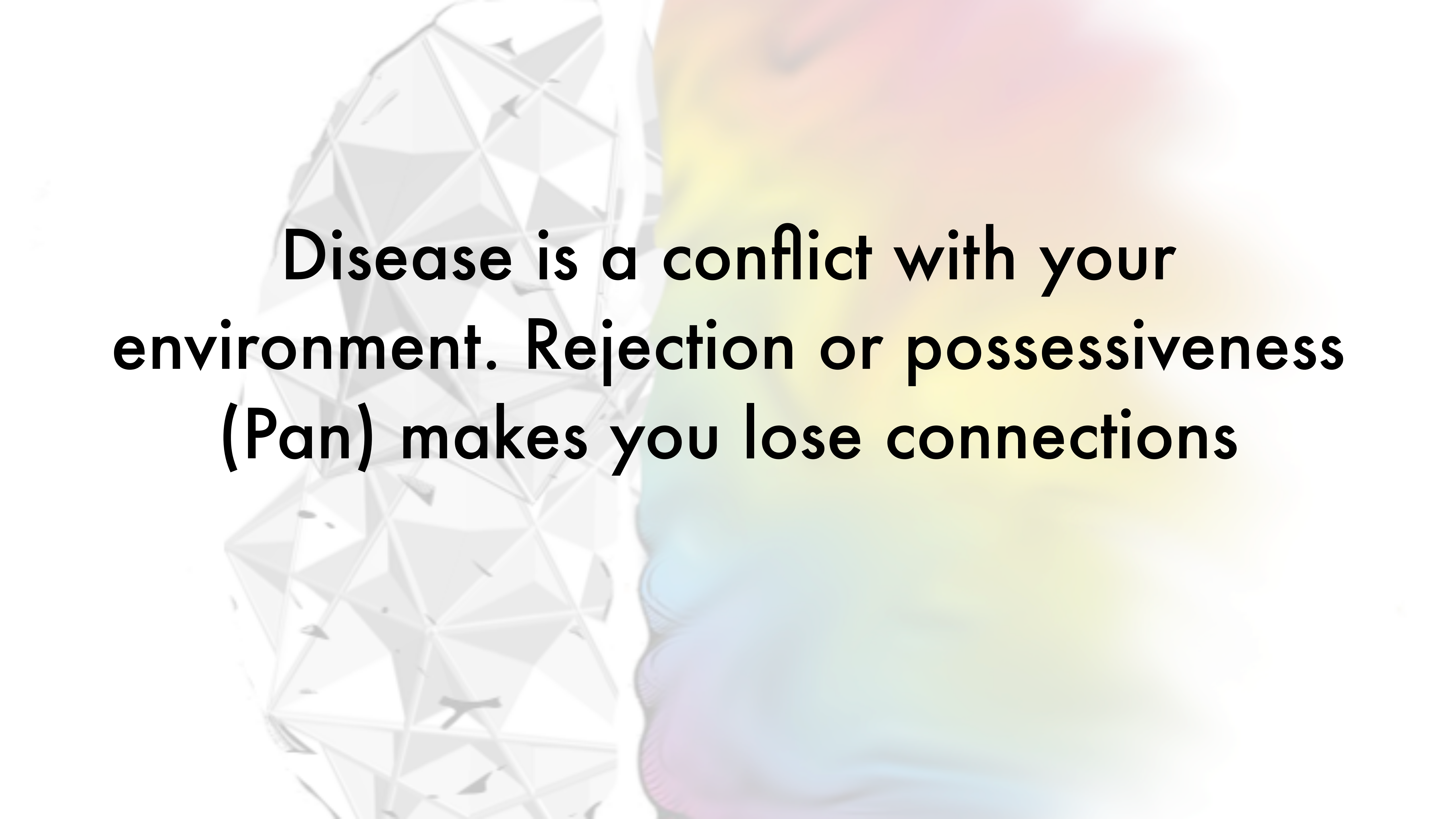
When something happens to you, you have "**swallowed**" it first (even if you don't like it). Then you **digest** it (which means you understand why that happened to you). Then you **select** (you keep what the experience serves) and finally, what you can no longer transform at that moment, you **eliminate**.

(That is why when we have not understood something that has happened to us, we say "I have not digested this")

Why do we say that rage is visceral?
Why do you feel the rejection of what you do not tolerate in your gut?

Ask yourself ... Why do people seem to have lost their integrity and thus their ecosystem consciousness?





**Disease is a conflict with your
environment. Rejection or possessiveness
(Pan) makes you lose connections**

Use thought to advance, not to generate prejudice

The only interference with your development is your prejudice

AHHHHHH
VIRUSSSSSSS



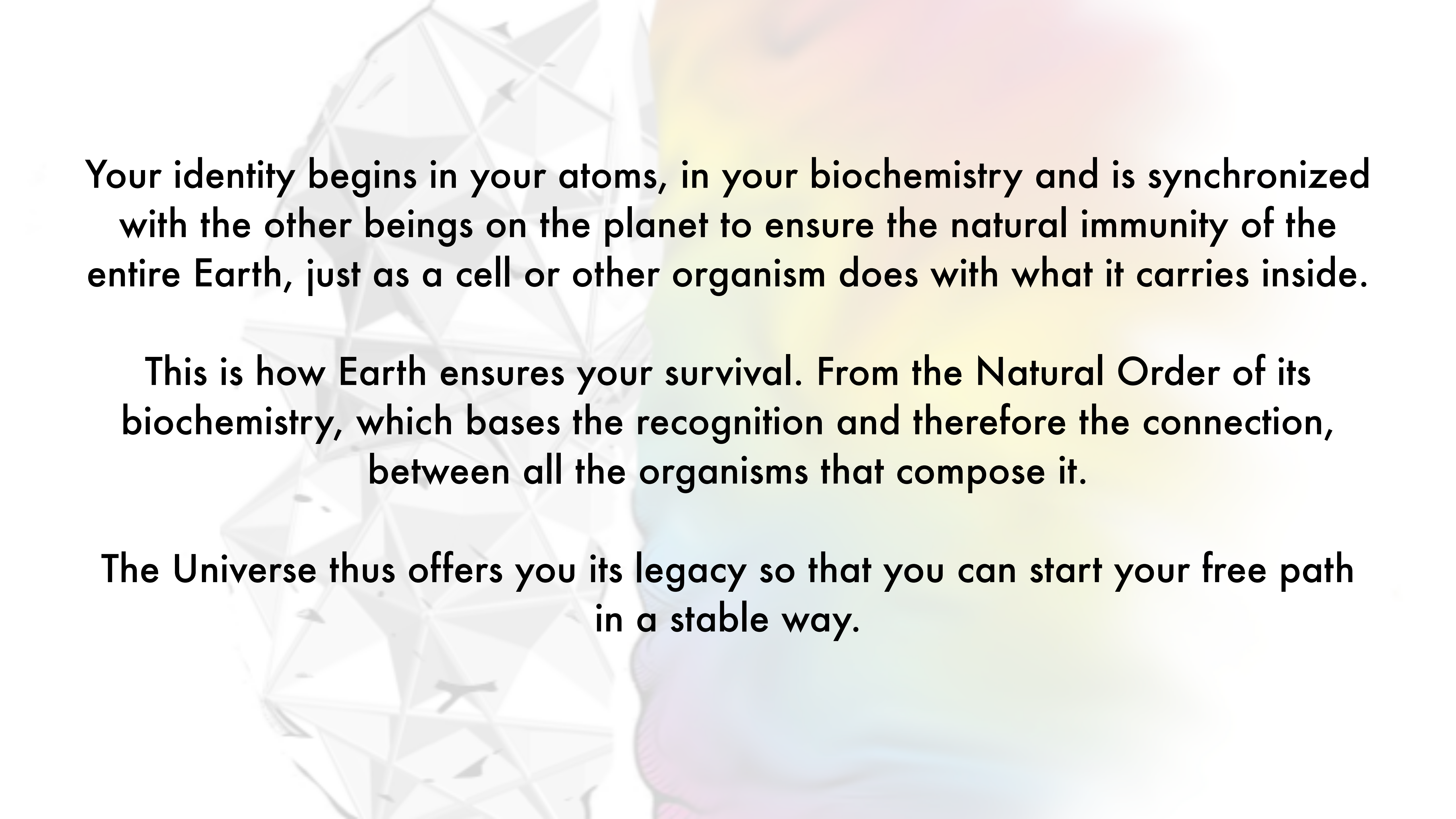
What
happens!?

!?



When the conflict with our ecosystem is enormous, the disease is more serious





Your identity begins in your atoms, in your biochemistry and is synchronized with the other beings on the planet to ensure the natural immunity of the entire Earth, just as a cell or other organism does with what it carries inside.

This is how Earth ensures your survival. From the Natural Order of its biochemistry, which bases the recognition and therefore the connection, between all the organisms that compose it.

The Universe thus offers you its legacy so that you can start your free path in a stable way.

Optimizing is our smart direction in everything. True beauty is extraordinary intelligence.

It is expressed between life and death.

Every time you do something against life, it takes a lot of energy to repair it.

Then you get closer to sickness and death.



IMMUNITY

=

**INTELLIGENT
INTERACTION**

“You and Me”

What is the option more intelligent?



Strong and happy with your environment or in a bubble all your life?

**We are trained to resolve any uncertainty.
Your immunity depends on your integrity, and the integrity, on have no prejudices.**

When you separate from who you are, everything is conflict, and you see the other as a threat instead of seeing an opportunity to learn something new. Your management of the difference depends on who you are, because it is the only thing you can truly be.

Interaction is not defense

It is to be able to relate while preserving your integrity and respecting the integrity of the other



**Whoever believes in artificial immunity is because he is
afraid and does not trust himself.
(that's why he gives the power of his immunity to
another)**

**The foundation of fear is emptiness, or the belief in
emptiness**

**Self-knowledge is on our way as part of survival, since
no intelligent being destroys its environment**

The emptiness is only a false idea, a prejudice,
a code imprinted on your thought.

There is nothing in the Universe outside of the
Natural Order, and therefore there is nothing
that you cannot sustain from your integrity.

Mind creates what you want to believe.

The brain does not deceive, it only shows you
the partial truth that you hold from prejudice.

There is no secret, it is simple and clear:

Integrity is the result of the Will to be you,
And then you get so close to what you would
have destroyed and/or it would have destroyed
you, that you get to love it, and at the same
time release its beauty.

Thank You!

Meritxell Castells

Iceland, December, 2 2021

