

Manual of the new man

By Ruben Feldman Gonzalez

1- BEING AND DOING

Learn what is silent leisure. Know what it is that really pleases us. Do not desire to be a hero. Simplify ideas, come close to the light. Be serene to understand and accept others as they are.

Be totally free. Strong to be attentive, sober to be strong, untiring in the tranquil attempt to see, valiant to accept the unavoidable pain of existence, implacable in destroying the desire to allow oneself to be deceived.

Let's make a piece of Heaven for ourselves on Earth. Now.

2-SAYING

They may have spoken to you with a sincere intention, but all that they have told you is absolute lies. Lies that have lived on by repetition from man to man, throughout millennia.

Leap over that without looking at it, without mentioning it.

Fly above that with your eyes on your surroundings and inside you, without looking down.

Start again.

You do it. You say it. Only you think it. Do not believe those who tell you that you are not capable or that it is madness.

Start again. Do not consent to the smallest pause in this path towards being completely here right now, which is no path at all.

3-STRENGTH AND HOPE

The strength of man is a psychophysical energy that allows the indispensable attention of each instant (which is not analysis) to the interior and exterior life. The weakness of man is the pursuit of distractions, excitement and stimuli, that are more and more numerous. It is the pause in his being here.

The hope of the new man is in freeing himself of acquisitions, acquisitiveness and the experience of the old man, of the wars of the old man (whether they be world, national, family or the interior conflicts of every day).

The only authentic hope for man lies in starting completely anew. Dare to do it without even hoping.

4-WORDS

Enough of arguments, enough of intellectual discussions. Enough of stereotypical and banal conversations. It is necessary to be very attentive not to even mention the old, not to even get caught up in the old with the word.

Slow speech, with human rhythm, not with the rhythm of the machines that surround you. Kind speech. You attack nobody because you accept everybody as they are, which is the best way of allowing them to change, because you cannot do any more for them. Nor any less. Accept them. Change is the business of each one. Change does not separate you from anybody. It unites you to all.

Accepting your friend as he is allows him to be sincere. To be himself. And nobody can transform if they do not first know who they are and how they are. The action of social value does not lie in making oneself be heard. but in knowing to remain, despite oneself, in the creative silence.

5- ENERGY

Little food. Less elaborate and more natural food. Much serenity. All of the joy that arises in you without seeking it. Do not think except of that which is happening to you at this moment, that you do at this moment, that they say to you at this moment. Live here and now. Exercise oneself tirelessly in the very difficult art of kind silence. In this way you will gather the immense energy that you need to be aware completely of what occurs. At each instant.

6- TRANSMUTATION

In the total crises, ruled by complete confusion, each truth has been transmuted to serve the astute. The astute is the old man. He who knows how to gratify his desires, whatever they might be. The new man is intelligent. The new man understands. The new world is that of understanding and in it there is no place for the old astuteness that decays and dies, because astuteness is tangential to reality. In the new world, truths are not transmuted, reality is faced and understood. Above pain and pleasure.

Above individual and collective desires, small or large.

The new man *understands* each truth, because only serene intelligence reaches the marrow of truth. Avoid with joyful tranquillity the interruption in your path. The new man needs to learn to be alone and sad in the centre of reality. The new man needs to learn to be alone and joyful in the silence without pause of reality.

And from this aloneness, which is difficult to call being alone, communion with oneself, with other men and with all is understood.

7-WORK AND RECREATION

When we have made of Religion, Politics, Work, Technology, Science, Psychology, Economics, Recreation and Friendship one and the same thing, we will have taken the most decisive step to end the growing confusion and conflict on our planet.

To really look at the diurnal or nocturnal glory of the sky, or the beauty of a face, or to do simply anything, dying at that instant to every other thing that we could

or have been, that we do or have done, is to give sparkling splendour to each instant of our life.

Work carried out with joy, as a constant recreation, will be a work that is unavoidably well carried out. And that is the most pure and the most honest politics, the best mental hygiene, because it belongs at each moment to eternity itself. To look, work, listen, walk, live in this way at each moment and not to consent, under any circumstances, to live in another way, is the best contribution to the economy of the planet, to mental and physical health, to the harmony of the world, which is the ultimate reflection of our own harmony.

Let us be inflexible with ourselves so that we do not impede our living in this flexible, loose, open and lively way.

We look forward to leaving work for recreation or to act in politics when recreation and politics are in the same instant in he who works completely.

If our work cannot be like that, recreative and total, it means that we should change it.

If our relationships are not mystical, recreative (which does not mean entertaining) healthy, harmonious, amicable, it is essential to put our essence in front of the mirror, because we lack mysticism, recreation, health, harmony and love, because we are confused and in conflict.

Entertainment is an attempt to escape from a reality, that in some way we do not completely like.

Recreation is to confront reality at each moment in a total and coherent way. It is to create continuously; and because of this, like and dislike have no place in it. We cannot like or dislike the things that we do or are because they are being burned at each moment in the sacred fire of a unique and complete life.

A recreative life.

8-HELP

When you feel impelled to help, detain yourself. It is very probable that your intent arises from an obscure sentiment of superiority, you are he who “gives”, the other, the subtly disdained, “receives”.

In deliberate help there is an immense “space” between you and he who you help.

When you feel equal to all and there is love, there arises a helping that you have not sought, that has no object and on which it would not occur to you to put the name “help”.

In that absence of “space”, that happens without wanting between true friends, arises the help without name that is not sought, not asked for, not granted. The help without space and without pause.

9- FOR THE THEMES (MultipleConditioning)

The heavenly bodies, human beings, food, radiation, ideas, the watch, money, a thousand things influence us; that is to say, make us joyful or make us sad, leave us exultant or make us depressed, give us life and health or sickness and death.

But there is a state of our being in which we are free of all that.

When we make ourselves independent of the past and the future. When plans and memories (even though they exist) do not affect us. That state in which time does not exist.

When we jump, full of life, the sudden and a-temporal leap to eternity.

Then we are free of the cosmos, of men and women, of ideas and of things.

Then we are one with all of that and at the same time a joy fills our emptiness without pause, a profound and vibrant total independence.

10-ACTIVATE YOURSELF

Unite with others without losing your own being.

Accept the others, totally, without looking for causes. Surprise those that surround you with unexpected tendernesses. Smile.

Look at the watch, but with the mind free of time. Enter your house without being concerned that it is yours.

Do not be a big stomach, the centre of all and disposed always to receive praise, fame, gain, joy, including love, passively.

Activate yourself. You can do it alone. You are absolutely capable. You are strong. Do not crush your latent potential with the sweetened abandonment of this civilisation that destroys us subtly and distracts us in a vulgar way with the newspaper, the TV, the radio, pressurised and unpleasant work, fashion (the latest piece of clothing to wear, the latest device, the latest vehicle), food of great variety, in great quantity, and scarce in quality, like the literature. You can do without these false necessities. You are capable. Do not allow them to crush that light inside you, that does not choose, does not accumulate. Without pause.

11-SHADOWS AND DISTRACTIONS

The shadows that pulsate inside you are profound and old. Since your birth they have grown with you, and maybe from long before that.

The shadows that surround you, although often they have the aspect of the light, together with those that persist inside of you, are in continual blind expansion, to invade and conceal the light that burns in the essence of your being.

It is for this reason that a single minute of distraction is the equivalent of much time in darkness. Do not distract yourself. Watch constantly. At each instant. Observe tranquilly and with no effort, each voice, each sound, each silence. All that which surrounds you at each moment. You will see yourself, and only yourself how all passes to form part of your essential and permanent, internal light.

12-WELL-BEING AND TEACHERS

The most important thing is that you feel good in the intimate depth of your being. You need flexible and spontaneous, tranquil and continuous vigilance to identify the things that truly oppose your real and profound well-being, which is one of the most firm foundations of the well-being of those that surround you. Not ceasing in that contemplation at any instant, you cannot go wrong. You do not need anyone to make you see. You do not need teachers or advisors. Do not wait for your strength to come from outside. You can do it. You are absolutely capable. Do not believe those

who tell you that you are weak or mad. Take the leap right now. Untie your heart, your hands and your brain to be able to reconstruct them. Do not doubt it. Do not argue. Begin to live for once and for all your own life. The cats, the millionaires, agreeable work, silent leisure, the wind, the beggars, your friends, the moon, the smiles, amongst other things, will be your teachers. You yourself will see it.

If you open your eyes, your own mind and your heart, you will not need to interrupt your awakening.

13-INTELLUCTUAL INTERPRETATION

These words, like anything that exists, can have an immense significance for he who has really opened his eyes and is really awake in his mind and heart. These same words, chosen, memorised, or interpreted merely with the intellect, lack all value. **Do not analyse these paragraphs. Understand suddenly their ultimate wordless essence.** He who has opened the unending and profound fountainhead of his detached vigilance, is capable of understanding. But if these words serve so that your light is revealed, welcome are they.

Serenely, with a gentle inner smile, contemplate all. You will see what place you occupy in this great whole and your essential action will arise, your true action, which will not be a fleeting and superficial vulgar attitude.

14-RIGHT NOW

You want to start your life again completely.

Do not wait any longer. You are just as capable as any other human being. Diminish your ration of food to half. It is sufficient. Let your food be natural. Walk twice as much. Do something with your hands. Destroy everything that your brain is producing and reconstruct it totally anew.

Speak as little as possible, above all about yourself and the private lives of other people. Do not interfere in the life of those that surround you. Allow each one to live their own life. You are no one's owner. No one is your owner.

Love gives us neither rights nor duties.

Listen to all, not only with your ear but also with your feelings, if you have not allowed this dull society to destroy them completely (both your ears and your feelings).

Alone, look frequently at the ample line where the Earth unites with the sky, in this way you will not forget that this union is still possible.

Do not seek to see anything. Look attentively with spontaneity at all that which is arising in each one of your moments. Do not seek to hear anything. Listen with tranquillity, without forming part of the confusion, the gossip, the noise and the trivial frivolity that surrounds you. *Alert silence also can cure you.*

Consider if everything that you possess is really necessary for your survival. Consider why you are not capable of enjoying the simple satisfaction of your necessities.

Consider sometime very seriously if something that you do (or the manner in which you do it) is destroying your serenity and your joy. Remember that your tranquillity and your capacity to enjoy are very important for the well-being of those that surround you.

Accept everyone as they are, do not try to change anyone, but do not be afraid to be different from them. Do not look for causes to be happy for being alive. Start everything again. Where can you start except with your self?

Go ahead. *You can* do it. *You can* do it. Do not argue. Within the next minute you can be a new human being. Leap! Right now!

15-CONFUSION AND ADVICE

We have listened many times to advice alike or similar to this: “Just look at how the monsters crush one another’s heads. How they devour one another! Don’t you be like the monsters and-when you see one of them- crush his head and devour him”. The confusion is polymorphous. It can take the form of anything. Only the light that pulsates inside of yourself, uncovered only by yourself, in a single moment of courage, can identify the essence of the confusion and its multiple appearances. Already too much has been said to enrich the confusion. It remains to us to recur implacably, to silence.

Only an independent man is capable of love. For that reason, to love your family, be independent of them. To love your spouse, be independent of her or him.

Only a free man is capable of *knowing*. To *know*, free yourself of every enclosure, every doctrine, any institution.

The confused uses the names “fanaticism”, “madness”, for the essential action (or inaction) and for thinking (or the lack of this) which is the essence of the sane, joyful and true life.

16-FOR NO REASON

Life is something like a miracle. Each second of your life is like an almost unbelievable marvel. This very second is nourished by this light of yours, you see it or not. Not some other second. This very second. Live it. Do not kill it with sounds and words. Do not darken it with past or future. Do not even darken it with light. Do not lose for any reason whatsoever the opportunity to live this instant. Do not fear enlightenment. Be reborn. You are absolutely capable of doing it. Here now. Do not leave even a single second vacant in your luminous path towards the now.

17-SIMILARITIES

The old man has the same capacities as you. The same potential energy, almost the same basic architecture. But he crushes all of that in each second of his life with the distractions of reality, with the lack of attention, accepting without doubt the rules and morality, perpetuating the absurd past, limiting space, limiting time, *limiting himself*.

Do not allow what is inside of you to die. Allow it to grow. Die right now. *In life*. Return to be born in the next instant and in each second of your new life give life to your potential. Do not be afraid of enlightenment. Let your essence expand.

18-BLAME AND COMPLICITY

Do not feel guilty. Begin everything anew as in a birth.

Listen with attention to the old man. Understand what he says to you. With your new mind, awake and serene, you can die to all that he tells you and not be complicit in what he does.

Do not look for excuses and causes to justify yourself. Do not detain yourself with astute arguments and intellectual conversations, whilst your actions continue to be old.

There is no other remedy than to take the great little leap and be a total man.

And a totally new man. Right now. Without respecting your pain. Above pain.

19-OLD MAN

The old man can have any age. He has boxed off time and divided the Earth and the world. He has fixed rules, fixed morality (although he does not respect it), a particular church, or even something to substitute for it, knowing or not knowing what religion or religiosity is about; a defined political party, life insurance, a work which bores him and wanting to assure his life, he lives half-dead; he learns to kill and to die, he goes to war when they say, but he does not know what life is, rarely have they spoken seriously to him about it. He hates the silence or the quietude, because they show him his true face. He fears to see himself as he is because he fears even more the possibility of changing totally from one moment to another, dragging his pain without respecting it. He gives as much as they give. He smiles when they smile at him. He loves when they love him. He entertains himself by shopping: new clothes, mass television, the newspapers, the conversations without sense, today's so called "political action", passively viewing sports, the cinema and psychoanalysis when he can pay for it. He delays. He believes that he is comfortable. Even though he is terribly unhappy and is secretly dissatisfied.

20-YOURSELF

Go out walking, contemplate the eyes of all those that share your own destiny of living and dying. If you do not cease in your detached attention, without hurry and without pause, you could even identify in a graceful girl the old man in decomposition. Accept it and continue on your way. You are not a hero nor do you desire to be one, enough of those and do not try to change anyone or interfere. But in you is taking place the regeneration of the whole human species across all the centuries. It is sufficient to say yes to the jump. Suddenly be the same, with the same name, but be new. Yourself.

21-AWAKEN

Wake up. You have been put to sleep by the daily and weekly distractions. By vain words. By noise. With your brain enlightened you will understand in a single moment to where the old man marches. With that same light you will see the urgent necessity to overturn your words and actions at each instant. Without doubt you will

also find the serene strength, without being frightened, so that your transformation is stable. Do not leave in yourself any link of the chain of the past. Neither your homeland nor your name if necessary, to finish with the fences and the bombs and the persecution for death.

You will make around you, little by little, a new world, which will be built at each moment, and that maybe has never been seen, full of life, by the side of the old man, even without his aid, because your new light has made you so strong that never more could you believe that you were born weak, and that you could not make Heaven on the Earth.

Do not wait for your brother to start. Do it yourself. It is urgent that the new men of all of history are born in you at each instant. It is urgent that all of the old men that arise unexpectedly from your very being die right away.

22-THE BEGINNING AND THE END

Spread these words dictated by the inner light. Multiply them with your own music. Start to do it. Say them again with your own sense, in your own language, even in silence. Finish with phrases that are spoken just to fill up minutes.

Finish with stereotypical and automatic acts.

These words are not advice nor are they dictating rules. They leave you totally free so that with your own attention you will discover all the truth that surrounds you and that you despise without knowing it. Understand simply that you are half asleep and that will be the beginning and the end of awakening. Be aware of what one does even if you call them small things.

23-ENOUGH OF THAT

Firmness, fortitude, and flexibility are needed. But not in order to better bear the situation of sweetened comfort, of absurd hustle and bustle, of noise, of insignificant conversations, of overwhelming competition.

Strength used to adapt ourselves to situations has already done its job. It has produced the old man. Look at it with eyes enlightened by serene attention. Enough of that.

Listen to it attentively. Enough of that to reveal the new meaning that your strength has. Renounce. Abandon yourself. Leap. Plunge into the silence without pity.

Begin again. Go out from the ruins of the past towards the despised light of the present. Enough of that.

24-THRESHOLD

They tell you what you are useful for, why you are in the world, what you should do and how you should enjoy. But that should be thought about and decided only by you. You can do it. Do not fear. Break with the signs, the posters, the advice, the radio, the newspapers, the TV and with anything that tells you what other people do (gossip and news) and what you should do (advice, propaganda etc.) Break with the noise. Destroy the limits of space and time. Of mental time rather than time by the

watch. One has to be punctual. Compassion starts with punctuality. Do not interfere in the life of others, which is any life that pulsates outside of your skin.

Prevent them from interfering in your own life. You are free. Live your freedom as totally as you can. Communion is of the new human being. Interference is of the old.

Let the other's freedom live. Do not accept old arguments or repeated concepts, that try to soften this indisputable and great truth that is only the threshold of the portal of light.

25-THE BODY

You have abandoned the things that interfere with the activity of your body and your mind. Alcohol, tobacco and other drugs, excess of food, vane conversations, excess of sound, and that which you yourself have discovered. But that is only a very small part of the process of change. Do not detain yourself in the efforts that these small renunciations need.

Let there be no effort. Float. Do not get held up in the first little step, that of freeing your body. There is an ocean of light waiting for you. Leap from your obscurity.

Launch yourself at the void.

26-EXAMPLES

Do not seek examples of the new man. All examples limit the problem or distort it. You will recognise the new men who surround you and even those that are dead, when you yourself are one. *Today*. Understand in a global way. Open your mind serene and valiantly, to the light. Do not appreciate your pain. Do not respect it. Do not live the life of the others. Do not live by second hand. Die to the gossip. Live your own life. To think of the private life of others is to kill your own life. Examples cannot be anything else except old. The new man of yesterday, today is old. There can exist no example that is not of the past, even if it only arises from your thought. Do not look for examples.

Do not ask for anything. Surrender yourself with tranquillity. Think it yourself. Do it yourself.

Decide yourself. Now. You will understand without words.

27-THE BATH

Water bathes the body. Silence also bathes. Take weekly (and if possible daily) a bath of several hours of silence. Totally alone and divested.

Without books, without words, without friends, without enemies, without work, without leisure, without machines or any type of device, without internal noise, and, if possible, without external noise. Totally free. Inundate yourself with silence from Sunday in the morning to Wednesday in the evening. When you want. But you decide it.

Take that bath which is just as, or more important than, the bath of water. Inundate yourself with silence and light. You will understand yourself.

28-NO

The new man does not desire change. He goes further. He realises it.

He says no simply and amicably to all that which surrounds him and that destroys the old man. Without any rules, without seeking examples and without giving them, he realises the change in himself suddenly. Serenely. There is a silent explosion in the mind of the new man. There is a flexible firmness and a peace and a joy that have come without being sought through the multiple and stupid ways that the old man uses.

29-ACTION

It does not matter what you do. But that it pleases you. The new can be in routine itself if you have performed the necessary somersault, the essential mental leap.

Live each second with intensity, that is to say, with attention. Without effort. Serenely. Do not isolate yourself. Come close to all and accept them as they are, but you continue living in the new way amongst them.

Do not fear to be different. Do not fear to be the same. Do not fear. Go on. Leap!

30-ATTACHMENT

They have hurt you. Why do you feel hurt?

They have not thanked you. Why do you expect thanks?

You have failed. Why do you always expect some result from what you do?

Maybe because what you do is not pleasing to you in the very moment of doing it?

Do not be attached to work. Accept it and enjoy it. Like a child with a toy.

Do not cling to people. Accept them and enjoy being with them.

Do not be attached to ideas, do not accept them. Do not deny them. Fly far above them.

31-THE IMPORTANCE OF THINGS

All things have importance in that they make us conscious and awake. And the things are lived only in the awakening. If you did not wake up completely you would not even be able to totally remember your dreams from when you were sleeping.

All that which puts us to sleep or distracts us from what is occurring here and now (and not only that which we cause to happen), destroys the most noble and subtle, the most essential of the human being. Every problem that is not handled with detachment and attention, brings with it darkness, that is to say, perpetuation of the problem. Do not consent to discussions, banal conversations, gossip, ridicule, in intellectual gatherings.

Global understanding will make it so that you become aware of realities that at the start you will not be able to bear, because the heart is slower than the nervous system.

Because you have been constructed with lies and advice, with opinions and information, with gossip and news, with excitement and noise. Because you have not grown with each truth. But do not close your eyes. Hope detachedly that the light will also invade the heart.

32-CONFUSION-IGNORANCE-STUPIDITY

The most confused man is capable of taking a clarifying attitude: inaction.

The most ignorant man is capable of saying the two wisest words; that is to say, the ones he knows best: “No sé” -I don’t know”.

The most stupid man stops being so when he understands the tremendous value of a foolish remark.

33-AFTER THE START

This new total action does not go with you. With this part of you constructed with information and opinions. Then you seek some fragmentary activity to recommence the cycle of the absurd, of the dark nothing that calls you with inquietude and nostalgia from your own being. But be solemnly awake and see the impossibility of returning from the whole to the part. You find yourself in a hell of peace. To hide a grief, bury a pain with sex, with social action, with drink, with the so-called “religion”, with the so-called “politics”, with whichever of the innumerable shovels we use, is the same as burying a seed which inevitably will burst forth in hundreds of hidden roots of new pains, of new afflictions. Face the pain, do not respect it, so that it dies now, as it arises, because with the first shovel-full of distraction, you do no more than enrich its fertility. Destroy the seed of pain, dealing with the pain right now, with the most difficult arms to forge: observation in quietude and silence.

You have to confront the essence of your problem. Learn to burn ardently with your own tranquillity. To burn yourself at each second in the sacred art and the difficult science of your own silence. Learn the inexhaustible lesson of your silence.

34-THE INHERITANCE

The old man is not satisfied with the new world. To the old man, the new man suffers. But we are no longer dealing with being satisfied or not suffering. Neither are we dealing with being satisfied and/or happy. The problem transcends all limits. We are dealing with the death or the life of man. We are dealing with the continuity of the old man towards automation, rigidity, prohibition, mineralisation, unconsciousness, authority, periodic wars, illness and death.

Or to regenerate the human species in oneself so that he follows the new path towards friendship, flexibility, understanding, consciousness, voluntary cooperation, enduring peace, total health and true life.

We are dealing with the death in us of all of the elements of the old man that we have inherited in mind and in body. To identify these old elements, that attract us through hypnosis, that are manifested in our being at each moment, in acts, thoughts and above all in our words, is the most urgent task that we need to undertake. And also, to become aware of the incongruence of the old man which favours automation, authority, war, prohibition and death in the name of the “new humanity”.

Each word and act of ours is a testimony. Let them not be like that which the old man has bequeathed to us. Let's give affection. Let's give love without fear and without cause, with words, with acts and with silence. Let's give love above all if we have not received it. Let's give care, friendship, love, kindness, because they are the principal remedy and above all because we have inherited very little of them. Let's bequeath love and friendship. There are no paths or methods to arrive at the luminous path of love. It comes when one decides to open one's eyes, and walk. Right now. Let's destroy our inheritance of prohibitions and let's bequeath only freedom. Let's give freedom. Let's be free. Only in this way will there be a growth in the capacity to listen to all of the new men from all of the epochs, without distraction and so that all of their truths are made in us *today* a single truth. *Here*.

35-THE NEW HUMAN BEING

He could be a man or a woman. He could have a watch. He might not have one. But his mind has been freed from time. He is still punctual and responsible. He could have or not have. But he has been freed from both things. He lives in the world, in whatever country, but belongs to neither one nor the other. He does not prepare armed collective revolutions. He realises the revolution in himself, which is more valiant and much less comfortable. The only direct revolution. It is a revolution of each moment, in his house, in the street, in his work, on the deathbed itself, if lamentably he has not started before. He does not ask for examples or advice. Neither does he give them. He does not seek joy, he lives it without hoping for it. He does not seek serenity, he lives it without hoping for it. He does not seek emotional thrills. He encounters the marvel of life at each moment in each place. His temple is inside his skin and inside his temple is that which not even he himself can express, no matter how much he forces himself without measure.

He is a great politician. He builds, without intending it, the new humanity, human unity. He makes politics with each friendly gesture, with each affectionate smile, with each profound look. With each word, with each action, at each instant, in every place. He does not share any type of discrimination amongst human beings. He does not desire security, he knows that in seeking it, he will lose that which he possesses at this very moment, without wanting it. He takes himself away from the noise. He knows that it destroys him, even “materially” (organically). He knows his

psychobiological rhythm. He respects it, preventing with tranquillity that it be altered. He knows that agitated or bland conversations can alter it, mass television, or the commercial propaganda of radio, competition, acquisitiveness, accumulation, analysis, or interpretation and condemnation (or lack of acceptance). He accepts himself as he is. He does not desire to change because he knows that being alive and awake, he will be different at each instant.

He knows his physical necessities. He does not “consume” continually. It is enough for him to satisfy himself naturally, calmly and joyfully. He simply protects his life. He unconditionally protects his life. He could have a husband (or wife). He might not have one. In either case he is free and accepts the freedom of the other.

He does not have rights or duties. His action arises spontaneously from total acceptance, that is to say, from love. His relationships are stable because they are healthy. They are relationships of love, of total and non-deliberate acceptance.

He cannot think that relationships of love have an end (now that he knows love), nor that there exist relationships that persist solely because of duties and rights. He never hopes that another will leap first. He leaps himself without desiring to be the first to leap. He does not interrupt his awakening even when he sleeps. The new human being is alone and he knows it. Alone in the multitude, alone in life as in death. But he knows also that his destiny is the destiny of all. And that the destiny of all is his own destiny. For that reason, he realises that with his own real freedom, and his own regeneration, the entire humanity has begun to regenerate itself anew.

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