

#9 Evolving the Spirit

Researchers have measured and recorded increases in human brain size over the past. More difficult is the measurement of growth in our individual and collective spirit. The human spirit is expanding in every direction. Our current position is not the highest possible stage of evolution for humans ... we've got a ways to go yet. Even as breakthroughs in science astound us, we have created problems and conflicts that will require the best of us working together to remedy.

Our whole species is moving forward, despite what the evening news may tell you. The essential question is: How do we create the optimum environment for consciousness and spirit to continue blossoming? A powerful force is created when individuals take personal responsibility for their own conscious evolution.

In the past, monks reprinted words of wisdom by hand. Later, the printing press speeded up the process. Today, one person's moment of self-reflection and awakening can instantly be spread around the world via the Internet. And what of tomorrow? The enhancement of human consciousness, once the private reserve of sages and saints, is now accessible to any human beings who choose it. As kindred spirits, we must develop reverence for all life. Our mission is to evolve the human spirit.

Our quest is the evolution of the human spirit.

To evolve is to do that which has never been done before. Body, mind and spirit can be discussed separately but they are not separate. The evolution of consciousness and that of spirit are the same. As the spirit evolves, the body follows. We are powered by our spirit. It seeks to grow, expand and to fill the universe. Our destiny is linked to the evolution of spirit.

There are millions of individuals working to change their inner and outer worlds. Today there are vast resources available to help us grow. Ancient texts provide time-tested principles, and modern writings abound from which to learn. A life-long quest provides many opportunities to explore a combination of methods and to find out what works best for each of us.

Sanctification, at one point on the path, may involve being more understanding and less rigid. Living life to the fullest, as a spiritual practice, may be used as a form of purification. Positive or negative interactions with everyone we encounter are opportunities to grow. Even the most ordinary of experiences has potential to expand the spirit. Refinement is asking, "What will I do today, to contribute my part?" Time spent fostering inner peace always advances the cause. Humanity has the power to transform from within.

Love evolves the spirit.

Just as Charles Darwin put forth his theory of evolution, a new theory is that humans evolve as the spirit evolves, in a symbiotic relationship. We humans have the uncanny capacity to consciously evolve our spirit, and one of the primary ways we do that is by loving with intention. As energy and spirit evolve, our own capacity for enlightenment is enhanced.

Observe for yourself the evolution of your own spirit.