



Evolving Into Enlightenment

Fansipan Mountain, Vietnam

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Introduction

It is a known fact that as a humanity and critical mass, we have not evolved and become enlightened the way it was planned and/or predicted. More than that, we have gone backwards and are destroying ourselves, our world and everything that dwells on this planet. However, we all have the ability to evolve and become enlightened. It is not up to chance; it is definitely our choice.

Ethology is the scientific study of animal behavior in their natural habitat, and viewing it as evolutionarily. It has its scientific roots in the work of Charles Darwin, (1809-1882) to have a better understanding of the evolution of man.

In 1970, the first human-like being footprints were found in East Africa and they were 3.5 million years old. The first skull of a human being was found in Eastern Ethiopia, and it was 160,000 years old.

Interestingly enough, Darwin believed that humanity could only evolve through the feeling of compassion. He was correct, because if we all source our compassion, we source our empathy, and when we source these two emotions, we do not war, fight, control or destruct. Violence, greed and corruption would all literally be eliminated.

We are presently living in what is called a “tomb world”, which is a world that cuts us off from joy and enlightenment. It is perpetuated by desire and attachment, which then leads to betrayal, injustices, scarcity, poverty, war and violence.

So many people feel helpless to change these events and facts, when in truth, each and every one of us has the power to be the difference that makes the difference. Instead of focusing on what we cannot control, we must focus on what we can control. We need to make every minute of every day an event and an opening for love, compassion, caring, trust and peace. In doing so, we evolve into enlightenment. In the larger scope of things, our individual lives create a time of hope and salvation.

Exercise 1

Simple Steps

Whenever we study ourselves or a problem, we are tuning into a process that connects our individual life to a universal fate.

Life is really very simple, certainly not as complicated as humanity makes it. The following exemplary qualities are the stepping stones to manifesting our enlightenment and helping the world become a more evolved place to dwell in.

Read the steps, then mark down yes or no. If yes, how do you exemplify it? If no, how will you develop it?

I have a sincere heart.

Y___N___

I give selflessly and willingly.

Y___N___

I revere morality and truth.

Y___N___

I maintain patience and perseverance.

Y___N___

I eliminate illusions.

Y___N___

I work to overcome personal character defects.

Y___N___

I develop skillful means to avoid chaos.

Y___N___

I cultivate resolutions to problems.

Y___N___

I gather knowledge to become wiser.

Y___N___

Exercise 2

Knowing

It is time for us to become protectors of our own life, destiny, fate and future. To do so, we must develop an elevated state of consciousness that satisfies our enormous thirst for meaning. We are all responsible for what happens in our future, no matter what transpired in our past.

Read the knowings, then mark down yes or no. If yes, how do you exemplify it? If no, how will you develop it?

Knowing that all will be well if we infuse the simple into the complex. Y___N___

Knowing that having to be right always leaves us wrong. Y___N___

Knowing that low self-esteem is the annihilator of our potential. Y___N___

Knowing that denying our power is denying our destiny. Y___N___

Knowing that the less we help – the more helpless we feel. Y___N___

Knowing that the world needs to equalize in order to stabilize. Y___N___

Knowing that fear can be a motivation for a better outcome. Y___N___

Knowing that the noblest inspirations are futile without taking action. Y___N___

Knowing that we must temper our temper. Y___N___

Knowing that believing something or someone without knowledge of such is not wise. Y___N___

Knowing that we must deactivate our ego. Y___N___

Knowing that Plan B is as important as Plan A...and maybe even Plan C. Y___N___

Exercise 3

Enlightenment

Enlightenment is a quiet inner standard of emotions and a silent outer standard of mindfulness. We begin to view everything with reverence and responsibility. Problems become a vehicle for opportunities and challenges and are met with the might that they came at us with. Our thoughts become ascended and our actions follow suit.

The following transmutations are the result of enlightenment. Mark the ones that you need to work on and how you will accomplish it.

____ We no longer quickly react – we quietly respond.

____ We no longer fear needlessly – we fear wisely and for good reason.

____ We no longer are impulsive – we become contemplative or meditative.

____ We no longer try to control others – we only work to control ourselves.

____ We no longer are attached – we are inspired and accepting.

____ We no longer feel isolated – we feel connected, even to a bigger picture.

____ We no longer feel helpless – we feel involved and empowered.

____ We no longer feel anxiety ridden – we feel centered and questioning.

____ We no longer feel negative – we feel optimistic, yet realistic.

Exercise 4

Denial

There is a sacred menu for emotional and spiritual intelligence. It is name it – claim it – tame it – aim it. Though this may sound cute, in fact, it is an incredible force that can change the world. Denial is the seed that grows and swells into the most horrific swamp land.

We become what we deny. As a result, madness reigns, first in the microcosm (our personal life), and then in the macrocosm (the collective world). Truth is the almighty power against all that is evil and wrong. We must face the truth in order to fix the problem.

The ugliest truth is far more enlightened than the most beautiful lie. When we face and own the truth, we are infusing ourselves with an empowerment that has no boundaries. Most relationship break down because we did not want to see the red flags, we did not want to face the truth of what was transpiring.

Attachment and ego are the root causes of denial. Our ego wants to believe it is in control of things, so it is not interested in looking at and studying what it cannot control. Attachment functions the same way. We want what we want when we want it. As a result, we never stop or hesitate to study and investigate what is not possible or not workable.

When we become enlightened, we interact with no hidden agenda. We make decisions based on what is real, not an illusion. We love people based on honesty and vulnerability, not on the superficial and material aspects.

To evolve and become enlightened, we must be ready to be, look, search and live the truth. Otherwise our true, magnificent nature will dissolve and become darkened.

Study the sentences and answer them truthfully.

Does your ego run your life?

Where and how does your ego rear its head the most?

Are you attached to the material in any way?

Are you attached to a person?

Are you comfortable with how you look, if not why?

Are you or have you been in denial over a relationship?

Are you or have you been in denial over your finances?

What hurts you the most and what can you do about it?

Do you believe you can become enlightened?

Exercise 5

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

Gratitude and forgiveness are two very important keys to enlightenment. We cannot evolve without them. When we focus on the glass half empty instead of half full, we disempower ourselves. We think of the void, rather than the victory.

Forgiveness is crucial. When we do not forgive, we carry resentment and anger. We empower the dark part of our life and this is an imprisonment in itself. Forgiveness is the doorway to freedom. It is a statement of “I came, I saw, I learned, therefore I conquered.”

We must develop the means to solidify an energy of goodness and graciousness. When we do so, we feel cherished, blessed, defended and loved. We do not need another person in order to love ourselves. Truthfully, it is the opposite, others love us the WAY we love ourselves.

The mundane is extremely harsh in this world. The only saving grace is that we all have the ability to rise above it and embrace the limitlessness and divinity of the Universe we are part of.

We came to this world alone, and alone we will leave it. Therefore, the most enlightened thing we can do is leave with our spirit intact, our heart content, and our soul healthy. No person or material thing can do this for us. We are each the beauty we yearn for....we just have to believe it!