



Evolution to Resolution

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Introduction

Indeed, it is sad that as a humanity, we have not evolved 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 upon this planet.

Ethology is the scientific study of animal behavior under natural conditions, and views it as evolutionary. It has its scientific roots in the work of Charles Darwin (1809-1882) to have a better understanding of man. In 1970, the first human-like 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. From comparing these studies, it became widely believed that as humans, we are still evolving, but not at the pace that was expected.

Darwin believed that humanity would evolve through compassion. Other great scholars believe evolution would come about through consciousness.

Today, it seems quite obvious that we need more of both.

Compassion is connected to our hearts and consciousness is connected to our minds. When both are powerfully in alignment, our bodies follow in a healthier way.

Free will choice has created quite a dilemma for evolution. The more choices we have, the more confused we get. The more confused we get, the more anxious we become. The more anxious we become, the more frenetic we feel. The more frenetic we feel, the more illnesses we develop.

The time has come for us to get off this wheel of misfortune, fix our engines, and drive ourselves to an evolution of peace and prosperity. Do not think for a moment that this is not possible; for it is our fate that was predestined.

Exercise 1

Compassion

Compassion – sympathetic concern for the suffering or misfortunes of others.

Having compassion is something that is deeply embedded in all of us. However, the more hurt, disappointment and despair we experience, the less compassionate we become. We turn off our heart button and activate our head button. However, we can never solve a problem using only our heads.

Compassion is the emotion that keeps everything alive, as it is aligned with love. And when we feel this love, we are motivated to relieve another of their suffering. We follow the Golden Rule to treat another the way we would want to be treated. We suspend judgment so that we can appreciate another's perspective or situation, even though it is different from our own.

Compassion has the power to transform our lives, and transmute the lives of others. In doing so, we transfigure the world, and we evolve as a healthier collective mass.

Instructions

1. Study the IF's and make a list of where you have fallen short and need to rise.
2. Then make a plan of action for your own evolution through this exercise.

Through transforming these If's can we evolve

If we could be more inspired – there would be less poverty.

If we could be more loving – there would be less hate.

If we could be more inclusive – there would be less isolation.

If we could more sharing – there would be less imbalance.

If we could be more understanding – there would be less fighting.

If we could be more willing – there would be less misery.

If we could be more kind – there would be less fear.

If we could be more respectful – there would be less humiliation.

If we could be more caring – there would be less loneliness.

If we could be more believing – there would be less hopelessness.

If we could be more compassionate – there would be less hatred.

If we could be more honest – there would be less betrayal.

If we could be more creative – there would be less depression.

If we could be more sincere – there would be less mistrust.

If we could be more committed – there would be less confusion.

If we could be more direct – there would be less time wasted.

If we could be more disciplines – there would be less mistakes.

If we could be more conscious – there would be less injury.

1. Make a list of where you have fallen short and need to rise.

2. Using the IF's, make a plan of action for your own evolution.

Exercise 2

Consciousness

Consciousness – the state of being aware and awake of one's surroundings.

Consciousness cannot be learned; it can only be developed, as it is something we already possess. It understands not only that we exist, but why we exist. Truth is the doorway to consciousness. If something or someone is not in truth, the end result will always be less than one hoped for. To see the change we wish for, especially today, we need to be extremely aware of what is truth and what is not. We can never make a wise decision in falsehood, and something or someone will always become disconnected and disrupted. In order to evolve in a cleaner and clearer way, we need to realize that truth is the real cure for all humanity's ills. No problem can be solved from the consciousness that started it. Only the truth of it can bring healing and safety, therefore it is quite clear that evolution depends on it.

Instructions

1. Study the NO's and make a list of where you have fallen short and need to rise.
2. Then make a plan of action for your own evolution through this exercise.

Through transforming these No's can we evolve

No deception

No manipulation

No denial

No turning a blind eye

No missing a beat

No attachments

No emotional drama

No lack of discipline

No endless confusion

No lack of detail

No pretending

No scatteredness

No white lies

No exaggeration

No skipping a step

No needless busyness

No pretense

1. Make a list of where you have fallen short and need to rise.

2. Using the NO's, make a plan of action for your own evolution.

Exercise 3

Mindfulness

Mindfulness is the acute blending of compassion and consciousness.

There has been growing evidence that our minds go way beyond our brain. We see things in our mind's eye, and as this develops, we even begin to hear an outer or inner voice. Through this voice, we develop a sense of knowing. And this knowing provides us the intelligence, protection, wisdom and even the ability to understand the unseen cosmic order and universal knowledge. Then these attributes connect and filter through our consciousness and compassion. When we learn to activate this mindfulness, we become the alchemists that infuse it into humanity and the world at large.

Instructions

1. Study mindfulness and make a list of where you have fallen short and need to rise.
2. Then make a plan of action for your own evolution through this exercise.

Mindfulness Statements

Be mindful of lower thought forms and elements

Be mindful of clearing away confusion

Be mindful of protecting principles

Be mindful of committing to integrity

Be mindful of ego attachments

Be mindful of respectful language

Be mindful of things unseen

Be mindful of coincidences

Be mindful of the timing of things

Be mindful of injustices

Be mindful of negative thought forms

Be mindful of any resentment or jealousy

Be mindful of solutions to problems

Be mindful of the unspoken

Be mindful of energies and their source

Be mindful of intentions

Be mindful of what is meaningful

Be mindful of keeping a sense of humor

1. Make a list of where you have fallen short and need to rise.

2. Using the mindfulness statements, make a plan of action for your own evolution.

Exercise 4

Resolution

Resolution - The act of solving a problem or finding a way to improve a situation.

If we all pay attention to what is needed for evolution, there is no doubt that it will lead to resolution. It will create a peaceful and silent revolution, whereby we know we are doing our best to make this world a safer and more loving place to live in. We are all leaders of our own lives, even though at times, it does not feel like it. Nothing can rob us of our authenticity and purpose. We may get derailed or defeated, but these should only make us stronger and wiser. Below are some tips to assure our quest to evolve into a better life for ourselves and a kinder world for us to dwell in.

Instructions

1. Study revolution and make a list of where you have fallen short and need to rise.
2. Then make a plan of action for your own evolution through this exercise.

Tips for Resolution

- Be happy with plan B
- Override pessimism quickly
- Quickly adjust to life's changes
- Be determined, no matter what others think
- Accept defeats with greater ease
- Keep a certainty when something is right
- Realize that challenges can be the first step to the next step
- Squash negative thought forms
- Give without thought of return
- Do not care about being popular
- Stay away from narcissism and selfishness
- Question everything
- Wholeheartedly be devoted to truth
- Lead and educate by example
- Listen in order to learn
- Be of service to those less fortunate
- Only speak of another's problem if seeking a solution
- Be unyielding when integrity is challenged
- Meet a challenge with the force it deserves
- End relationships in understanding, not judgment
- Sustain consciousness when taking action
- Notice other's character defects without diminishing their divinity
- Know that love is not a word – it is an action

1. Make a list of where you have fallen short and need to rise.

2. Using the resolution tips, make a plan of action for your own evolution.

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?

The 100th Monkey

There is a true and awe inspiring story of the 100th monkey. In 1952, it was documented by researchers that when 100 monkeys on Koshima, a Japanese island started doing something they had never done before, by washing their sweet potatoes, automatically, monkeys from another island, many miles away, started washing their sweet potatoes as well. Also, it was stated that the first monkey to wash the sweet potato was a young 18 month old monkey.

It is such a mystery because these monkeys, who were physically separated and had no apparent means of communicating with each other, somehow passed a new method of eating to the other group of monkeys that were not remotely near them.

This phenomenon proves that a new behavior or idea can spread rapidly, by unexplained means, once 100 members of one group exhibit a new behavior or acknowledge a new idea. Through this, an awareness can actually have the ability to reach critical mass.

There is another relevance to this story, in that each one of us can become the first of the hundred monkeys.