



# CONSCIOUS EVOLUTION

By Stephen Lewis

**INTERESTING** Topic. I would have no cause-to-pause if the topic was "the evolution of consciousness", so I'm going to make it that anyway. Here are my reasons.

Firstly, the meaning of "evolution" itself is in question. If you believe it is implicit in our evolution that we benefit as a species, then many of the monumental technological advances of the past century must be excluded from contributing to human evolution. But then, perhaps, that was not their intended purpose.

Think about it: at this time, our species is more threatened than ever before. Furthermore, that threat has been extended to our planet itself. My point is this. There must be a distinction between evolutionary and technological process. Moreover, that distinction is defined by the inclusion or exclusion of spirituality.

Consider biological warfare, nuclear weapons, etc... Technological advances, obviously. Evolution of our species, I think not. This is because technology must serve spirituality if it is to help us

evolve. Technology devoid of spirituality is very simply a cannibal, without even the built-in particular ethic controls or morality of a fundamental cannibal. If you live with a cannibal aren't you concerned about just what will be his next meal? If you don't believe what I'm writing, pick up a newspaper, turn the news on your television it is a self-evident truth. Do you think it looks very evolved out there? Again, I think not.

That is because the only relevant evolution in human consciousness is measured by the degree to which one perceives his interaction, his connection, and his inclusion with everyone and everything in the universe. The quest is the fabled "oneness" and the only limitations are self-imposed boundaries. These boundaries are imposed individually and collectively... in that order.

In quantum mechanics "chaos theory" tells us there is no chaos. All is in order... even if you can't perceive it. In other words, if your perception is inclusive enough, if your hologram is large enough, there is a master plan even in the apparent madness (chaos) we

currently see "out there" (it's all good). In other words, with holograms, technique won't help us. Size is everything.

Allow me to step aside for a moment and redefine the "evolution of consciousness". It seems to me that there are three distinct categories. One: that evolution which occurs gradually, but inexorably, until it becomes obvious to most people within that society that changes have indeed occurred. These changes, for most of us, result in an increase in consciousness that is both effortless and painless. We come to believe that particular consciousness has always existed. It is societal. We are appalled when that societal consciousness is ignored or violated, to the extent that we may impose drastic penalties upon the violators, such as jail.

The obvious indications of this are the current laws against child labor, bear-baiting, dog-fighting. A clear example of this is the case of the football player, Michael Vick, who is currently in a federal penitentiary as a consequence of his actions.

Number two: the second type of evolution of consciousness is neither painless nor effortless, it is the process of overcoming the personal separation each of us creates between himself and the rest of the universe. That separation exists as insulation, a buffer between us and whatever it is we fear most. Indeed, it is not sufficient to simply hide that fear, guilt, and shame from others. We do not feel secure until we have managed to hide that vulnerability from ourselves. That process of avoidance is often a full-time job, and the degree to which we succeed is an accurate measure of our unconsciousness, just as it is a measure of our separation from our creator. It is precisely why each leap of higher consciousness is an act of personal courage. We stand naked revealing and confronting whatever it is we have spent, God knows how many life times, avoiding.

The rewards for that courage are monumental. We are freeing ourselves from a bondage that has created everything in our lives we perceive as negative. It is freedom from disease and depression, just as it is freedom from the isolation that exists between us and life... between us and God.

That is the apparent contradiction. The degree to which we allow ourselves to become vulnerable is the degree to which we become invulnerable. It is the degree to which we no longer require the hideous manifestations of our separation, such as disease and despair. Those manifestations are merely armor, they exist only to protect us from the fears we have so determinedly created.

When we reach the point in the evolution of our personal consciousness that we are able to allow the entire universe to flow through us, there is no longer a need for protection. Instead, we are finally free to choose to be protected by all of life. The courage to be vulnerable makes us invulnerable. We have become healed, not just in our bodies but in our souls.

For most of us that process of unlocking our own chains requires the help of others. Ultimately it requires the help of all of life. Fortunately help is available everywhere. Each and every bit of love and compassion we allow in our life weakens our chains... and their manifestations. An obvious example is those with a terminal disease who improve dramatically after being given a puppy or a kitten. Now, most of us don't believe dogs and cats can cure cancer just as many of us do believe that love can heal anything. Love is the most healing of all phenomena, and has none

of the limitations inherent in the science of treatment and cure. Healing is of the spirit which also is infinite. We may refer to things as miraculous but we must remember the words of St. Augustine, "Miracles occur, not in opposition to nature but in opposition to what we know of nature".

Here's the third and last thought. In the course of my energetic evaluations, I have noticed that as one begins to transition, but is still struggling to survive, his consciousness decreases, perhaps because his illness becomes all of life. That is why I wrote in the opening lines of Sanctuary: The Path to Consciousness, "By June of 1996 the size of Jane's universe was precisely

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defined. It was exactly 4.5 centimeters and located in her uterus."

When one does transition, although the life force measurement becomes zero, the consciousness level increases dramatically. Physically, each of us has a given span but consciously, we are eternal. When one does transition, his life-force is zero, as in none. On the other hand, I am able to measure the level of consciousness (using the scale of Dr. David Hawkins) in any photo, no matter how long the person has been deceased.

Is this increase in consciousness at transition caused by the fact that there is finally nothing left to hide?

Perhaps there never was.



Stephen Lewis is a world leader in the field of quantum mechanics and Energetic Balancing. He co-wrote the book **Sanctuary: The Path**

**to Consciousness** and is featured in the just published book **Peak Vitality**. Stephen developed the AIM Program of Energetic Balancing and his work has been endorsed by Dr. Wayne Dyer, featured in the best selling book **Natural Cures**, and been written about in **Science of Mind Magazine**. You may contact Stephen Lewis by visiting his website [www.energeticmatrix.com](http://www.energeticmatrix.com) phone 877-500-3622

