

*Lead us from darkness to light, from the unreal to the real, from death to immortality.*

—An ancient prayer

This prayer, said to be the oldest prayer known to humankind, finds special resonance with all who awaken spiritually. Seekers find themselves in need of guidance on the path from the unreal to the real. What awaits them is a journey through stages of consciousness leading from the transient reality of the limited mortal self to the eternal reality of the Self that knows it is part of the One Life. ... With awakening comes the unalterable awareness of being *part* of all that is, an atom in the ebb and flow of a divinely ordered universe. ...

The human mind is like a radio dial that can tune in to different stations. Wherever we direct our thoughts, energy follows in the form of words and actions. When the soul awakens, we consciously turn the metaphorical dial to stations of a higher frequency. ... This widening search for truth reflects the fact that the human soul is awakening. ... This awakening represents a ripening of the seed of divine mind implanted in early humankind. It is the fruit of countless cycles of incarnation extending over the course of millions of years. During that time, the incarnating “unit of consciousness” has been virtually fused with the outer persona, directing its attention to the life in the material world. Now, as we approach the latter stages of the path of human evolution, countless individual souls are registering the existence of higher dimensions of life. ...

Life on Earth is evolving in accordance with ... the consciousness of the One Life. Moreover, the human soul has the potential to apprehend the next evolutionary goal in the divine Plan and to cooperate in its attainment. As we progress from self-consciousness toward its higher octave, Self-consciousness, we gain the ability to discern the outlines of divine intent. ... Beyond simply perceiving this purpose, humanity has a unique role to play in its fulfillment, a role that reflects our place in the scheme of planetary life. ... Our ultimate purpose is to infuse the physical world of form with Spirit, by embodying spiritual awareness. When the soul awakens and we begin to live as souls, aware of our inherent relationship to all lives, we will create a collective bridge in consciousness between higher and lower kingdoms—a process that will be increasingly stimulated as our planet moves into the radiator orb of the constellation of Aquarius. ... In the course of our long journey of unfoldment, covering many millions of years, we have been cycling into incarnation in the goal of evolving consciousness. At certain points along this evolutionary trajectory, the expansion of consciousness has been accelerated by the planetary Logos—the intelligent, animating force of our world. ...

There exists a vast spectrum of consciousness or sentiency—*responsiveness* to vibrations—within the Life of our planet. At one end of the spectrum lies embryonic awareness; at the other lies the pure light of the Mind of God. The human kingdom stands somewhere in the middle. ... Most human beings, according to the wisdom teachings, are still in the process of developing the mind—learning how to think. The more mentally advanced among us are self-aware, thinking, and autonomous personalities. ... In the coming stage of evolution, the true Self will emerge into the foreground of consciousness. The awareness of the soul, which recognizes its spiritual unity with all souls, will replace the consciousness of the separative persona, identified with the world of outer appearances. ... The momentousness of the soul’s awakening, in the scheme of human evolution, can be glimpsed through the measurement of time. While it took three million years for the human brain to fully register the subtler forces of the mind, it has taken eighteen million years for the human mind to *begin* to register the soul. During most of that great expanse of time, the lower aspect of mind has been perfecting itself as an instrument of physical perception.

The development of the higher, or abstract mind—necessary for the soul’s direct perceptions of spiritual reality—is a far more recent phenomena. ... The higher or abstract dimension of mind begins to develop as subtle realms become important to the individual. It confers the ability to engage in pure thought about subjects ranging from mathematics to archetypes. With the capacity to register the ideas by means of intuition, it allows us to apprehend a realm of existence that [exceeds] physical reality. The higher mind also enables us to recognize the consciousness existing *within* particular forms ... This aspect of mind is what searches for the inner *meaning* of events and circumstances, looking for their hidden causes and significance. Seeing wholes rather than parts, it perceived the subtle connections between the elements that may appear, outwardly, to be

separate. ... The soul, able to “see” in two directions, is the mediator between the two aspects of mind. ... By means of the higher mind, the soul finds its way from the not-self to the true Self; from the illusion of separation to the reality of the One Life. ... (1)

References:

1) Nancy Seifer and Martin Vieweg, *When the Soul Awakens: The Path to Spiritual Evolution and a New World Era*, 2009