

Evolutionary Growth in Consciousness

by LYNN SPARROW CHRISTY

“For the purpose is that each soul should be
a co-creator with God.”

(Edgar Cayce Reading 4047-2)

THERE ARE TWO FRAMING STORIES about the meaning of our existence. One is the story of something gone terribly wrong at the dawn of time. In this story, all of our existence is about fixing that mistake, about returning to how things were before we messed them up. The other framing story begins with the Big Bang. It focuses on the evolution of the entire cosmos and our role in that unfolding story. It looks at the mind-bogglingly vast cosmos and sees it continuing to expand, with new stars being born and their systems

maturing even as old ones are dying. It looks at the Earth and notes that life continues to evolve toward ever-greater diversity and complexity. It probes the reaches of human consciousness and does not see a separate evolutionary story, but rather an interlocking pattern of development that makes us not only part of a single humanity, but part of what evolutionary thinker Julian Huxley called a “single process of self-transformation.” It involves a cosmos. It involves all life within that cosmos. It involves our individual development, and it involves civilization as a whole.

That is the key concept behind one of today's fastest-growing spiritual movements – something that is called “evolutionary spirituality.” It is also a concept that has been hiding in plain sight within the Cayce readings.* Evolutionary spirituality sees evolution of consciousness in a much broader context than we typically consider when simply doing “soul growth.” The evolutionary approach reminds us that all of our work in soul growth has deep meaning even beyond the personal level: we are here to carry forward the evolution of consciousness within matter. It is the reason we meditate, try to treat others well, and do our part to bring spiritual awareness into daily life. From the evolutionary perspective, all of our human struggles to grow, develop, and overcome personal obstacles are part of a single process taking place simultaneously in the cosmos, the biological world, and in the human psyche.

This can make a big difference when we feel as if we are growing at a “three steps forward, two steps back” pace. It can remind us, when we fail to live our ideals as fully as we set out to do, that evolution is a slow, iterative process. It can empower us with stronger motivation when we need that extra little push to maintain spiritual disciplines. And perhaps most important of all, when we feel discouraged about conditions on the world stage, it can remind us that time is long and the human race is still a confused adolescent.

Just as we can see evidence of our kinship with all biological life in the way the stages of fetal development recapitulate the evolutionary story of biological life from a single-celled organism to a fully formed human being, the linkage between our personal and collective evolution becomes apparent when we view history through the lens of the same developmental themes that characterize our childhood development from infancy to toddlerhood to early and middle childhood and on to adolescence and adulthood.

For much of human history, we didn't know that our biological world and the physical cosmos were evolving, let

alone that consciousness and therefore civilization could evolve. Much the way childhood development tends to lead children the world over through the same sequence of developmental stages, we have been collectively carried along on the currents of the evolutionary trajectory through distinct stages from our most primitive, prehistoric arrival as a species all the way up to the modern age. Only in recent centuries has it become apparent that all of this development has been an evolutionary process – and that evolution, by its very nature, is never “done.” With that realization has come a new appreciation for ongoing development during the adult portion of our lives.

Adult development was not always high on the agenda for human beings. With the exception of a few sages and seers, people did not understand that there were developmental levels beyond basic adult competency or that there was room for ongoing development here on earth. Religions taught how to appease gods, and people tried to be good or believe the right things in order to go to heaven when they died. But growth in consciousness – especially in staged levels that take us beyond where we landed with the attainment of rationality in our teens or early adulthood – was not on the radar screen until relatively recently, when modern psychology from theorists such as Abraham Maslow pointed the way toward increasingly higher levels of function and well-being.

With the addition of the evolutionary perspective, we can see that as life forms become more complex, they have the capacity for more expansive levels of consciousness as well. This makes the human potential for greater development in consciousness a frontier of sorts. The point is more than philosophical or theoretical. Einstein's oft-quoted maxim that “we cannot solve our problems with the same level of thinking that created them” applies as we look around the modern world, with its geopolitical, ecological, social, and medical crises. If our world's problems cannot be solved at our current level of consciousness, then the growth of our



* Lynn will further explore the linkage between the Cayce readings and the evolutionary view at the Canadian Fellowship Conference May 11-13, 2018.

consciousness – as individuals and as a human race – is of paramount importance.

The modern rational mind is perched on top of eons of evolution in consciousness that has brought about the self-reflective capacities of the human being. This is an enormous evolutionary milestone, for now we can not only think, but we can think about thinking and ponder our own inner world of intention, desire, and reasoning. In that way, we are collectively at a stage analogous to that of the young adult who has naturally grown into the capacity for rational thought. But now the automatic growth of childhood is over; whether that young adult continues growing in the capacity for complexity, expansiveness, and various other

higher-level functions is now a matter of choice. For those alive to the possibilities, new levels of growth beckon as the call to continued evolution, both within ourselves and in what we bring to humanity's collective evolution.

My book *Beyond Soul Growth: Awakening to the Call of Cosmic Evolution* (A.R.E. Press, November 2013) explores these ideas and more. It offers specific exercises for turning evolution in consciousness from theory to practice, and I am excited to be able to share many of these with you during next May's Canadian Fellowship Conference in Picton, Ontario, where I will be giving a workshop on "Co-Creating with Spirit to Change the World." 🍁



LYNN SPARROW CHRISTY's experience as a growth mentor includes work with thousands of clients over the past 25 years as a hypnotherapist/life-coach/spiritual mentor and more than 40 years' work as a presenter of the Cayce material. She is the author of numerous articles and several books. Lynn will be the keynote speaker at ECC's Canadian Fellowship Conference at Isaiah Tubbs Resort & Conference Centre in Picton, Ontario, May 11-13, 2018 (see p. 19 for details).

Visit Lynn's website at www.accessyourpotential.net



TherapeuticTouch
Network of Ontario

THERAPEUTIC TOUCH®

...an easily learned research based method of energy healing for helping self and others.

To locate a qualified instructor in your area, contact:

The Therapeutic Touch Network of Ontario

www.therapeutictouchontario.org

"...all healing of every nation is the changing of the vibrations from within..." 1967-1