

Evolve Please!

How Upgrading Your Consciousness
Will Transform the Planet



Jim Malloy

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"Transformation of society can only happen
with transformation of the individual."

~ Sri Sri Ravi Shankar

"Working for peace and unity in this world
is the first and foremost duty of all human beings.
To fulfill this duty, we must grow spiritually."

~ Mata Amritanandamayi Devi

"It is our purpose and destiny
to bring a new dimension into this world
by living in conscious oneness with the totality.
The world will be transformed if enough humans live in that place."

~ Eckhart Tolle

"How wonderful it is, that nobody need wait a single moment
before starting to improve the world."

~ Anne Frank

Contents

1. How Upgrading Your Consciousness Will Transform the Planet
2. What Exactly is Consciousness Evolution
3. Why We are Being Pushed to Accelerate Our Evolution at this Time
4. 17 Practices to Accelerate Your Evolution
5. Vision of an Ideal World
6. Make a Commitment, Please!

1. How Upgrading Your Consciousness Will Transform the Planet

Sometimes I look at the world and see the exquisite beauty and wonder. And sometimes I look at the world and see the suffering, the conflicts, and the growing list of other problems on our planet, and I think, "C'mon people - evolve, please!" Why? Because I know in the depths of my being that evolving beyond our current state of consciousness is the only thing that will truly and permanently resolve our problems and put an end to the suffering on our planet.

Our problems cannot be solved through politics, social activism or humanitarian efforts. Although these avenues are absolutely necessary, and can indeed make a difference, they will never be enough. That's because the real root of our problems is our current state of evolution. These problems are, in essence, a reflection of our collective consciousness, so until our consciousness changes, they will remain stubbornly in place.

Albert Einstein said, "We cannot solve our problems with the same level of thinking that created them."

Hence, to solve the world's problems, it will be necessary to elevate our level of thinking, and to do that, we will have to upgrade our consciousness - evolve to a higher state - as our level of thinking is largely a reflection of our level of consciousness.

At a higher state of consciousness, not only will we have attained a level of thinking necessary to solve our current problems, but we will also have attained the maturity and emotional intelligence to transcend the behavior that is creating these problems. We will have collectively outgrown our tendency toward violence, cruelty, intolerance, greed, etc.

At our core, we are all connected. So in keeping with the principle, "a rising tide lifts all boats," if enough of us evolve to a higher level of consciousness, everyone will be lifted to a higher level.

We *are* evolving, but too slowly to get out in front of our growing problems. So how can you accelerate your evolution? This book will cover 17 practices for doing this, giving you a variety of options. If you choose just one of these to work with, you will be making a significant difference. Of course you can choose more if you wish. Before we get to our list of evolution-accelerators, let's take a brief look at the various aspects of consciousness evolution.

2. What Exactly is Consciousness Evolution?

Consciousness evolution (or spiritual evolution) has four main aspects:

- 1) Expanding (or raising) your consciousness
- 2) Raising your vibration
- 3) Expanding your capacity to love
- 4) Learning

1) Expanding your consciousness

What is it that your consciousness is expanding beyond? Beyond its normal focus - your body, mind, emotions, day-to-day experiences, life story, people in your life, etc. When you expand your consciousness beyond its normal focus, what is it expanding to encompass?

- **Your Spiritual Self:** Known as "Atman" or the "Self" in Hindu teachings, the "True Self" or "Buddha Nature" in Buddhism, and the "Soul" or "Spirit" in western spiritual teachings, your Spiritual Self is the silent, boundless, unchanging essence of your being.
- **Your unconscious (or subconscious) mind:** The sum total of all that has been relegated to a deep, unperceived portion of your mind - veiled memories, unresolved trauma, unacknowledged facets of your personality, etc.
- **The subtle energies within and around you:** The Life Force (aka Chi or Prana) flowing through you, your chakras (spiritual energy centers), your non-physical energy bodies, and other people's energy fields (aka auras).
- **Universal Consciousness:** The infinite, conscious ocean of existence - "all that is."

2) Raising your vibration

It is now widely accepted in the world of physics that the essential substance of everything in the Universe is energy vibrating at different frequencies. Dense matter is essentially the lowest vibrational frequency, while the light of Universal Consciousness is the highest. The process of spiritual evolution involves raising your vibrational frequency from the lowest to the highest - matter to light.

The alchemists of the Middle Ages used the terminology of turning lead to gold as a metaphor for this process. The higher you raise your vibration, thus attuning it to the light of Universal Consciousness, the more you will experience and express its brilliance in your life.

3) Expanding your capacity to love

Opening your heart to experience your connection with all beings - people, animals, plants, etc. - is an essential facet of your spiritual evolution. In Buddhist terminology, this is referred to as cultivating compassion. The more we open to love, the less prone we will be toward violence, cruelty, or any other behavior that can cause harm.

The more we evolve, the more this awareness of our unity with all beings will become the norm rather than the exception. Here's what Einstein has to say about the importance of this:

"A human being is a part of the whole, called by us, 'Universe' - a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison, by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

4) Learning

Rather than simply gathering a lot of information, learning, as it relates to spiritual evolution, involves gaining self knowledge and a deeper understanding of the nature of reality, and actualizing more of your untapped potential. This includes your mental potential, creative potential, intuitive abilities, etc.

These are the four main facets of consciousness evolution. Does your evolutionary journey have an ultimate goal? And if so, what is it?

The goal of your evolutionary journey

Accelerating your evolution will not only help transform the planet, but will also bring about greater peace in your personal life. Your evolutionary journey does have a goal. Different spiritual traditions have given this state of consciousness various names: spiritual awakening, enlightenment, self realization, cosmic consciousness, ascension, nirvana, etc.

It's a level of consciousness in which your everyday reality is a state of unwavering peace, happiness, and unconditional love. To awaken spiritually is to remember and know - not just intellectually, but experientially - that you are a spiritual being, an inseparable part of the one Universal Consciousness.

Spiritual awakening does not occur overnight. But by adopting one or more of the practices covered in this book, you will be significantly expediting your progress toward that goal, and experiencing greater degrees of peace along the way.

So our maxim here is, "Do it for the planet - do it for yourself."

3. Why We are Being Pushed to Accelerate Our Evolution at this Time

It's go time!

We've been meandering down the stream of evolution for ages, but now we're hitting the rapids. Why is this happening now? Although it may appear to be just me that's pushing you to accelerate your evolution, it's actually the powerful evolutionary forces of the Universe that are doing most of the pushing.

Virtually everything in the Universe evolves, growing toward greater states of fulfillment. This includes planets, and Planet Earth is indeed evolving. Many, including myself, believe that Planet Earth is a conscious, living organism. The original researchers of this principle were chemist James Lovelock and microbiologist Lynn Margulis, who, at the suggestion of novelist William Golding, named our planet "Gaia," after the Greek Earth Goddess.

"Gaia," is currently going through a quantum leap in her evolution - upgrading to the next level of consciousness. Powerful cosmic energies are catalyzing this process, causing not only our planet to evolve more rapidly, but impelling all who live within her energy field to evolve along with her. We are all being pushed to accelerate our evolution together - to collectively upgrade our consciousness to the next level.

Eckhart Tolle refers to the next level of our evolution as "The New Earth." We humans tend to resist major change. But in order to complete this transition, it will be necessary for as many of us as possible to go with it rather than resist it. "Going with it" means aligning yourself with the forces of evolution that are already in play. In other words, you don't have to do all the work yourself. By adopting one or more of the practices covered in this book, you will be collaborating with the powerful evolutionary forces of the Universe.

Astronomy, physics, and the big cosmic picture

As we previously discussed, the essential substance of everything in the Universe is energy vibrating at different frequencies. Within our galaxy, different sectors of space have different frequency levels, so as our solar system travels through the galaxy, the frequency levels vary.

Over the last five decades, we have been moving into a neighborhood of our galaxy in which space is pervaded by energy of a higher vibration than that which we have been living in. Dr. Alexey Dmitriev, professor of physics at Moscow State University, refers to this intensified energy as "a highly charged material and energetic non-uniformity." Not the sexiest of terms, but I suppose it's accurate within the world of physics.

This higher vibrational energy field was originally discovered about 200 years ago by Sir Edmund Halley - long before we were in close proximity. Then in the early 20th century, Friedrich Wilhelm Bessel confirmed Halley's findings. And in 1961, Paul Otto Hesse determined the parameters of this field of high frequency energy, which he found was on the verge of intersecting with the orbit of Planet Earth.

What is the primary effect of living within this field of higher frequency energy? If you said, "accelerating our evolution" you're correct. And if adaptation is one of the main driving forces of evolution, then we're being forced - or at least firmly nudged - to adapt to this higher vibration by raising *our* vibration to a comparable level. Doing so is becoming increasingly necessary for us to live comfortably on our planet. Living at a lower vibration than one's environment results in considerable discomfort. Think: running 100 watts of electricity through a 50 watt light bulb.

Vibration level and consciousness level are interdependent. So as our vibration rises, our consciousness is raised along with it. Not surprisingly, at the time our planet and this energy field were beginning to intersect - the 60s - the pace of our evolution was beginning to shift into a higher gear.

Ages before the above-mentioned scientists discovered this phenomenon, the Mayans were measuring these vast cycles in which Planet Earth journeyed through our galaxy. The Mayans understood the correlation between these cycles, higher frequency energy fields, and consciousness evolution.

[How you can accelerate your evolution](#)

I've compiled a list of 17 practices, each capable accelerating your evolution. Most of them have been used since ancient times, but a few are more contemporary. Some are linked to specific spiritual traditions. However, practicing them does not require you to align yourself with any particular tradition. They are simply vehicles to accelerate your evolution.

Some of them require setting aside a little time to practice, while others can be integrated into the flow of your daily activity. Some of these practices are more powerful accelerators than others, but over the course of my journey, I've worked with all of them at one time or another, and have found them all to be effective.

4. 17 Practices to Accelerate Your Evolution

Here are 17 practices to accelerate your evolution. If you are not currently doing something to quicken your evolution, it is my hope that you will choose one or more of these to work with. At the end of the book, you will find various resources for gaining a more in-depth understanding of each of these practices.

1. Meditation

Deep prayer can also be included in this category. If you choose to begin a meditation practice, just 20 minutes a day is sufficient. How does meditation accelerate your evolution?

- Meditation expands your consciousness.
- By saturating yourself regularly with the spiritual light tapped in meditation, your vibration is gradually raised to the level of Universal Spirit.
- By continually opening your awareness to the Universal Consciousness within you, your identity gradually shifts from your outer self to that boundless Consciousness.
- By tapping your inner wellspring of pure energy regularly, your body, emotions, and energy system are gradually detoxified - cleansed of the toxins that obstruct your capacity to experience higher states of consciousness.
- By repeatedly experiencing the peace and love of your Inner Self, you become more and more established in that peaceful, loving awareness.

2. Hatha Yoga and other physical/energy body exercises

Examples of other such exercises include: Tai Chi, Chi Gung, and Tibetan Lu Jong

- These exercises were designed to prepare your physical body and energy bodies to accommodate a greater flow of Chi which increases as you evolve.

This occurs mainly through strengthening and toning your nervous system and energy system, which is comprised of your chakras and nadis (aka meridians), the channels through which Chi flows. When these systems are strong and well toned, they are able to conduct larger amounts of Chi.

- These exercises also help you become accustomed to staying centered in your calm, inner awareness as you move through your daily activities.

Hatha Yoga and meditation are two of the "eight limbs" that comprise Patanjali's ancient "Ashtanga Yoga," or "Eight-fold path." They were designed to complement one another as essential aspects of the path of spiritual awakening. While Hatha Yoga prepares your body to support higher consciousness and conduct higher spiritual energies, meditation elevates your consciousness to a higher state, and your vibration to a higher frequency.

3. Sound

There are a variety of ways in which the use of sound can accelerate your evolution. These include:

- **Mantras**

Although we tend to associate mantras with Hindu or Buddhist spiritual practices, mantras are not limited to these traditions. Spiritual traditions from most of the world's cultures make use of mantras in some way.

The power of mantras is based on their energy vibration. Even when mantras are repeated silently in meditation, they are still producing a vibration, albeit a very subtle one. Each mantra has a unique vibration that is an expression of a specific Universal quality, such as peace, wisdom, love, etc. When repeated, silently or aloud, the mantra attunes you to that quality. For example, "shanti," the Sanskrit word for peace, has the vibration of peace. Hence, when you repeat it, it attunes you to peace. In many cases, the names of the God(s) or Goddess(es) related to one's tradition are used as mantras.

Chanting - Chanting mantras is one way to tune in to their power. Chanting not only attunes you to the specific vibration of a mantra, but generally has an uplifting effect on your state of mind.

Mantra japa - Japa literally means "muttering" or "whispering," and this is how Mantra Japa is generally practiced, although repeating mantras silently can still be considered Japa. You can practice Mantra Japa while seated, or while in the midst of your daily activities. Japa attunes you to the vibration of a mantra, which can produce a specific, desired effect in your life. It can also have a profoundly transformative effect on your overall vibration and consciousness.

- **Drumming**

Drumming can attune you to primal or cosmic rhythms, and lift your consciousness to higher states. It has been used for this in rituals and ceremonies since ancient times by cultures all over the world. These effects can catalyze some degree of permanent transformation, thereby furthering your evolution.

4. Bhakti Yoga - The path of devotion

This practice is for those who naturally feel a sense of love for, and devotion to, the Universal Spirit, i.e. God. Although Bhakti Yoga is the Indian name for the path of devotion, some form of devotion plays a part in most of the world's religions, so this avenue for accelerating evolution is not limited to Indian spirituality.

To those on the path of devotion, a personal relationship with the Divine is central, although the object of their devotion is not limited to any particular form of God or Goddess. This love for the Divine essentially opens one's heart, and helps one dissolve their small ego-self in the infinite ocean of Spirit. Quite often, chanting mantras or singing hymns plays a large part in devotional practices.

5. Karma Yoga - The path of service

Karma Yoga can be utilized by anyone to accelerate their evolution, since helping others is something we all can do if we choose. However, it's not just the service, but the spirit with which you approach it that furthers your evolution. Like Bhakti Yoga, Karma Yoga also opens the heart, but it occurs primarily as a result of the empathy and compassion you cultivate through serving others.

The path of service can also help you transcend your limitations, by stretching beyond the parameters of your comfort zone, and extending yourself to fill the needs of others.

6. Jnana Yoga - The path of knowledge

Jnana - pronounced "nyana" - is the Sanskrit term for knowledge or wisdom. The path of knowledge involves some degree of study, but more importantly, it involves attaining knowledge through directly experiencing the nature of reality.

Jnana Yoga generally leads one beyond a personal deity, discovering the ultimate reality to be an infinite ocean of pure, silent awareness, and coming to know oneself as an integral part of that boundless awareness. The Jnani also discovers through direct perception, that the whole of creation is, in reality, "maya" - a dream occurring within the Universal Mind.

7. Loving-kindness

Practicing loving-kindness involves keeping your heart open to others, and accepting them just as they are. It is treating everyone - including yourself - with as much kindness as you possibly can. Loving-kindness is a moment-to-moment choice, and can be practiced anytime, anywhere. It's simple, but not always easy.

Practicing loving-kindness accelerates your evolution by opening your heart to compassion, and elevating your consciousness to a level that's more aligned with the unconditionally loving nature of Universal Consciousness.

In "The Lazy Man's Guide to Enlightenment," Thaddeus Golas, suggests that we "Give full, permissive, loving attention to absolutely anything that we see in our minds, in our bodies, in our environment, and in other people."

8. Tantra and sacred sexuality

Tantra is actually a very broad path, sacred sex being just one facet of it. Traditional Tantric practice involves utilizing every experience in one's life as a catalyst for spiritual awakening, including the sexual experience.

An integral aspect of Tantra is the interplay of cosmic polarities: Masculine-Feminine; Yin-Yang; God-Goddess; Sun-Moon; Heaven-Earth; etc. Tantric practitioners align with the dance of these polarities, ultimately experiencing the merging of the two in ecstatic spiritual union.

The alchemists called this union of polarities the "Mystical Marriage." This union can be experienced within oneself or with a partner. This is where sacred sex comes in - making use of physical means to attain spiritual union.

Experiencing pleasure and sharing love are an important part of sacred sex. But rather than reaching a physical orgasm, its primary aim is to elevate the participants to a higher state of awareness, culminating in a "spiritual" orgasm - the ecstasy of two souls uniting at the deepest level of their being.

Here are the primary ways which Tantra and sacred sexual practices can accelerate your evolution:

- They expand and deepen your capacity to love through the profound experience of union with another.
- They elevate your consciousness to a higher state, and some degree of this remains after the intensity of the experience wanes.
- They increase your capacity to conduct significantly greater amounts of Chi - often referred to as "Shakti" in Tantric teachings.

9. Spiritual transmission - Receiving spiritual energy from an awakened individual

In Hinduism this is called "darshan." In Sufism it's called "baraka." Other spiritual traditions have their own names for it, but essentially, it's being in the presence of a spiritually awakened individual, and absorbing the uplifting spiritual energy that he or she naturally transmits.

That energy has the effect of elevating your vibration and your consciousness. This can be experienced in a variety of ways, such as feeling varying degrees of inner peace, joy, love, or bliss. While in the uplifting presence of an awakened individual, there is often a feeling that everything is okay, but when you leave their presence, you normally "come back down to Earth."

However, something at a deep level of your being will have been transformed. Your vibration and your consciousness will have remained a little bit higher than they were before the experience. It's also fairly typical for the heart chakra to remain more open after having been around an awakened individual.

10. Power spots

There are numerous locations on our planet that emanate a special kind of energy. This energy is more powerful, and generally more transformative, than that which is found in other areas. Ages ago, individuals who were highly attuned to spiritual energy recognized the power of these locations, and so designated them as "sacred sites" or "power spots."

Power spots can be natural terrain which has not been altered, for example, mountains like Mt. Shasta, rivers like the Ganges, knolls like the Glastonbury Tor, or the energy vortexes of Sedona. Or they may be spots where ancient cultures built structures to focus and enhance the power that was already present. Examples of this include the pyramids of Egypt, the Mayan and Aztec pyramids throughout Latin America, and Stonehenge and other standing stone sites in Britain.

Power spots can produce various types of effects, each site emanating its own unique blend of energies. The energies experienced at power spots can accelerate your evolution by:

- Elevating and expanding your consciousness
- Raising your vibration
- Increasing the flow of Chi throughout your body
- Activating and clearing your chakras
- Modifying your spiritual energy channels to conduct an increased flow of Chi

11. Purification practices

The term "purification" here, has nothing to do with moral purity. It is simply about removing toxic energies from your body-mind. In the course of a lifetime, we all accumulate these toxins. All stressful or traumatic experiences that have not been resolved are stored in our body-mind as physical-emotional toxins.

Over time, the build-up of these toxins begins to weigh us down, block the flow of Chi through our bodies, and diminish our well-being. If we do nothing to remove them, these toxins make us vulnerable to various types of illness.

Purification - or detoxification - practices are specifically designed to cleanse our systems of these harmful toxins. Some are performed as rituals or ceremonies, while others are done unceremoniously, simply as regimens. Here are some of the most commonly used purification practices:

• Sweat lodges

Traditionally performed by Native Americans in North America, a sweat lodge ceremony is done in a small enclosed structure, usually round or dome shaped, and usually made of wood or canvas. Hot rocks are brought in from a fire outside the structure and placed in the center. Water and cleansing herbs are poured over the rocks at various intervals to produce steam. Customarily, singing or chanting is done to facilitate the cleansing process and to take one's mind off the intense heat.

• Temazcals

Temazcals are the Mesoamerican version of sweat lodges, the main difference being that the structure is generally made of clay. Originally, temazcals and sweat lodges were used only by the indigenous people of the Americas, but now they're accessible to anyone who is sincerely interested in participating in one of these ceremonies.

• Saunas

Although originally from Scandinavia (sauna is a Finnish term), some form of sauna can now be found nearly anywhere the world. Saunas are similar to sweat lodges and temazcals, in that you sit in an extremely hot room, and (in wet saunas) pour water and herbs or oils onto the heating element to induce the cleansing of toxins. But unlike sweat lodges and temazcals, most saunas nowadays are done without any ceremony or awareness of a spiritual purpose.

Originally, however, the participants recognized the sauna's connection to spiritual purification. The Finnish word, "löyly," literally means "spirit," although it is now used simply to refer to the cloud of heat and steam that envelops you in the sauna.

- **Fasting**

Refraining from eating food for one or more days, while increasing your liquid intake, also has a purifying effect on your body-mind. At times, fasting can also free your awareness to expand beyond its normal body-based parameters.

Please note: Sweats, fasting, or any practice done to rapidly detoxify your system, should always be approached with a good deal of caution and common sense.

12. High vibrational diet

We've established that raising your vibration is a major aspect of spiritual evolution. Therefore, it stands to reason that the vibration of what you put in your body will have an effect on your evolution. Food is a very emotional subject, and I've seen people go to great lengths to avoid giving up their favorite foods - especially their "feel-good" foods.

So to be clear, I am not telling anyone what they should or should not eat. Nor am I judging anyone's level of consciousness based on their diet. I am merely putting forth some general guidelines, regarding the effects of food on one's vibration.

- In general, the more natural the food, the higher its vibration.
- The more processed the food, the lower its vibration.
- The more Prana (or Life Force) the food has maintained, the higher its vibration.
- Vibrational effects can extend beyond the actual *type* of food as well. For example, food prepared with love has a higher vibration than food prepared in a haphazard manner, or worse, prepared by someone who is in a depressed or angry frame of mind.
- It has also been shown through the use of kirlian photography, that food over which someone has said a blessing, has a higher vibration than food which has not been "blessed."

There is currently a growing trend toward vegetarian and vegan diets. In light of our basic guidelines, you might surmise that people are being instinctively drawn to these dietary choices as a means of accelerating their evolution.

13. Dance

Dance has been used since ancient times by nearly all cultures as a way to lift our spirits. Naturally, there are forms of dance that are more conducive to accelerating spiritual evolution than others. These include:

Classical Indian dance; Dances of Universal Peace (aka Sufi Dancing); certain forms of Oriental or Middle Eastern dance; the ecstatic whirling of the Mevlevi Dervishes; and sacred ceremonial dances of various cultures.

How can dance accelerate your evolution?

- Dance can elevate you to higher states of consciousness.
- Moving to the rhythms you hear and feel can help you attune to the primordial rhythms of the cosmos.
- Dance strengthens your body, stretches your body beyond its limits, increases its flexibility, and improves your posture, all of which allows for a greater flow of Chi.
- Dance can help you acclimate to the experience of letting go of mental control and moving spontaneously with life's flow.
- Dance can enhance your connection to both Heaven and Earth.
- Dance can help you attain greater mastery of your body and mind.
- Dancing in a group promotes a deeper connection with others. It can help transcend language barriers, allowing people from all over the world to connect with one another on a more spiritual level.

14. Therapy

There are many types of therapy, and not all types will necessarily accelerate your evolution. But if the following factors are present, the therapy is more likely to do so.

- If the therapy helps you bring to light and transmute your "shadow" - the darker, unresolved contents of your unconscious mind.
- If the therapy is able to help you arrive at a state of self forgiveness, self love, and forgiveness of others.

Here are several types of therapy that can be effective vehicles for accelerating your evolution. No doubt, there are many more that I've not included.

- Transpersonal Psychology
- Gestalt Therapy
- Psychosynthesis
- Jungian Psychotherapy
- Various 12-step programs

One of the most pivotal factors determining whether therapy - regardless of the type - can accelerate your evolution, is the therapist's state of consciousness. If the therapist is at a relatively high level of consciousness, he or she is more likely to transmit the quality of energy and have the depth of understanding needed to facilitate an upgrade of your consciousness.

Here's what Carl Jung says about the relationship between therapist and client: "The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed."

Therapy can also be done on your own, without the aid of a therapist. Self therapy can be an effective vehicle for accelerating evolution, providing a way to process and resolve limiting issues. I've found journaling to be one of the most valuable tools for self therapy, helping to bring hidden issues to the light of awareness.

15. The path of surrender

This practice involves surrendering to the flow of life, which can be very freeing as well as transformative. Surrendering to the flow requires letting go of the need to control your life circumstances, and trusting that the Universe can and will orchestrate them more effectively than you. How can this path accelerate your evolution?

- Letting go of the mind's persistent need to be in control allows you to remain in a more peaceful, expanded state of awareness.
- Being in the world with an attitude of surrender helps you remain receptive to the valuable growth opportunities inherent in each circumstance. Hence, you are able to utilize whatever the Universe presents you with as an evolutionary stepping stone.
- The path of surrender helps you cultivate a state of equanimity and non-attachment.
- By surrendering, you free yourself from rigid, limiting mind-sets, thus becoming more open and flexible - flowing with the life's tides rather than struggling against them.

16. Mindfulness

Although it's generally developed through meditation, mindfulness doesn't necessarily require a meditation practice. Mindfulness in action is the practice of being fully present in each moment, and maintaining a state of calm, non-judging awareness while going about your daily activity. How can mindfulness accelerate your evolution?

- With continued practice, you begin to discover that the calm, non-judging awareness with which you are viewing the world, is in fact, your Spiritual Self. As your Spiritual Self emerges, you begin to identify more with this calm inner awareness and less with your body and mind.

17. Energy work

In energy work the practitioner becomes a conduit through which high vibrational energy can flow, catalyzing multi-level healing and transformation. The most widely known form of this is Reiki, but there are various other forms of energy work that make use of the same principle and the same energy.

Energy work can accelerate your evolution if the practitioner is a very clear channel. The clearer the practitioner, the more spiritual energy he or she is capable of conducting. While receiving this energy, there is a temporary elevation in your vibration, but even after you've "come down," some degree of that higher vibration is maintained. The process of energy work also tends to accelerate the evolution of the practitioner.

5. Vision of an Ideal World

If every person reading this book were to describe their vision of an ideal world, chances are, many of the same attributes would show up in everyone's vision. The details would probably differ somewhat, but the broad strokes would quite likely include many of the same elements:

- World peace
- Global love and compassion
- Equal rights and opportunity for all
- Food and comfortable housing for all
- Quality education for everyone
- No crime
- No greed
- Trustworthy leaders
- Government working for the interests of the people
- Freedom to develop and express one's highest potential
- Respect and caring for the planet and all creatures
- Worldwide realization of the unity of all life

This vision of an ideal world is deeply rooted in our collective consciousness. Why hasn't it become a reality? Because we, as a race, have not yet evolved to a high enough level to create it. But that's changing now, and you can be an important part of that change.

6. Make a Commitment, Please!

If you make a commitment to accelerating your evolution, that ideal can become a reality. Not overnight, but much sooner than if you do nothing. Everyone's effort counts. Every bit adds to the whole.

You can and you will make a difference if you take action. If you are not currently doing something to accelerate your evolution, please make one or more of these practices a part of your life. None of them require a lot of time, and they can easily be woven into your daily routine.

If you are already working with one or more of them, know that you are making a valuable contribution to our collective evolution.

By playing your part in this collaboration, you can help transform the planet, and you will be increasing your own peace and happiness in the process. I'm asking you - each of you - evolve please!

Resources

Here are some resources to help you gain a more complete picture of the 17 practices we've covered. These resources are not an endorsement of any person, book, website, organization, etc.

1. Meditation

The World Wide Online Meditation Center - This is my site, so I admit I'm a bit biased. But it does deliver what it promises: "Free, easy, straightforward meditation instruction."

<http://www.meditationcenter.com>

2. Hatha Yoga and other physical/energy body exercises

"Yoga For Complete Beginners - 20 Minute Home Yoga Workout!" - a video by Adriene Mishler

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

3. Sound

"Intro to Chanting, Mantra, and Japa" - an article by Richard Rosen

<http://www.yogajournal.com/article/teach/what-is-mantra>

"Kirtan 101: Can You Say 'Om Namah Shivaya'?" - an article by Phil Catalfo

<http://www.yogajournal.com/article/lifestyle/can-you-say-om-namah-shivaya>

"Mantra" - an article in the New World Encyclopedia

<http://www.newworldencyclopedia.org/entry/Mantra>

4. Bhakti Yoga

"The Path of Devotion: Bhakti Yoga" - an article by Nora Isaacs

<http://www.yogajournal.com/article/practice-section/bhakti-yoga-love-devotion-relationship>

5. Karma Yoga

"Karma Yoga: Do Yoga, Do Good" - an article by Alan Reder

<http://www.yogajournal.com/article/philosophy/do-yoga-do-good>

6. Jnana Yoga

"Self-Enquiry" - an article by The Lazy Yogi (Self-enquiry, originally taught by Ramana Maharishi, is a practice that gets to the heart of Jnana Yoga.)

<http://thelazyyogi.com/post/45158183173/self-enquiry>

"Be As You Are: The Teachings of Sri Ramana Maharshi" - A PDF book, edited by David Godman

<http://selfdefinition.org/ramana/Ramana%20Maharshi%20-%20Be%20As%20You%20Are--The%20Teachings%20of%20Sri%20Ramana%20Maharshi--Godman.pdf>

7. Loving-kindness

Most of the references I found for this are on the meditation practice known as "Loving-Kindness Meditation." This is a wonderful meditation - it feels good, and really does help one cultivate a spirit of kindness and compassion. However, as a practice, loving-kindness is more than just a meditation - it is a way of being in the world.

"What metta is" - an article by Bodhipaksa ("Metta" is the Pali term for loving-kindness.)

<http://www.wildmind.org/metta/introduction/what-is-metta>

8. Tantra and sacred sexuality

"The Art of Sexual Ecstasy: The Path of Sacred Sexuality for Western Lovers" - a book by Margot

Anand http://www.goodreads.com/book/show/835151.The_Art_of_Sexual_Ecstasy

9. Spiritual Transmission

"Amma's Darshan: An Experience of a Lifetime" - an article by Daya, describing her experience of receiving spiritual transmission from Amma (the hugging saint)

<http://amritayoga.com/ammass-darshan-an-experience-of-a-lifetime>

"Psychophysiology of Spiritual Transmission" - an article by Cassandra Vieten and Dean Radin

<http://www.noetic.org/research/project/psychophysiology-of-spiritual-transmission>

10. Power spots

"Places of Peace and Power" - a website with listings and descriptions of virtually all the major power spots on the planet, plus in-depth info about "sacred and magical places" by Martin Gray

<https://sacredsites.com/>

https://sacredsites.com/sacred_places/sacred_and_magical_places.html

11. Purification practices

"The Sacred Native American Sweat Lodge Ceremony" - an article on sweat lodges from Shinzen.org

http://www.shinzen.org/Articles/Sweat_Lodge_Orientation.pdf

"My first temazcal" - a description of a person's temazcal experience by Luca

<http://www.spiritualityrm.com/#!My-first-temazcal/c19b/C61C6C31-0EF5-4EA1-AEED-5E1D421D218B>

"What is löyly?" - an article about the spiritual element of ancient saunas

<http://www.tylolife.co.uk/sauna-bathing/the-history-of-sauna-and-steam/what-is-loyly>

12. High vibrational diet

"How Food Can Help Raise Your Vibration" - an article by Sara Best

<http://vividlife.me/ultimate/51314/how-food-can-help-raise-your-vibration>

13. Dance

"About the Dances of Universal Peace" - website for the Dances of Universal Peace, aka Sufi Dances

<http://www.dancesofuniversalpeace.org/about.shtm>

"Dancing, Self and Consciousness" - an article by Cassandra Smith

<http://cassandralanesmith.com/essays/dancing-self-and-consciousness>

14. Therapy

"Mapping the Territory in Search of Common Ground" - an article on psychotherapy and spirituality by Frances Vaughan

<http://www.buddhanet.net/psyspir2.htm>

"Psychosynthesis: An overview of its influences and development" - an article by Cian Kerrisk

<http://www.synthesistherapy.com/psychosynthesis-article.php>

15. The path of surrender

"The Surrender Experiment: My Journey into Life's Perfection" - a book by Michael A. Singer

http://www.goodreads.com/book/show/23164946-the-surrender-experiment?from_search=true&search_version=service

16. Mindfulness

"13 Things Mindful People Do Differently Every Day" - an article by Carolyn Gregoire

http://www.huffingtonpost.com/2014/04/30/habits-mindful-people_n_5186510.html

17. Energy work

"Energy Work: Healing for Body, Mind and Spirit" - an article by Alexandra Windsong

<http://www.thehealingway.com/articles/energywork.html>

18. Evolve Please website - quotes

<http://www.evolveplease.com/potent-quotes.html>

About the Author



Jim Malloy has spent his life helping people to further their spiritual evolution. To do this, he uses various means, including meditation instruction, writing, music, and astrology.

He was trained as a meditation teacher in 1973 by Maharishi Mahesh Yogi and the International Meditation Society, and has been teaching meditation for 43 years.

He has taught classes throughout the U.S. and in the U.K., and now teaches locally, on Mexico's Yucatan Peninsula, and globally, via his website, The World Wide Online Meditation Center.

To deepen his practice and further his teaching skills, he has studied with and received initiation from various awakened teachers, including Swami Muktananda, Zen Master Shunryu Suzuki, Mata Amritanandamayi Devi (Amma), Kalu Rinpoche, and the 16th Karmapa of the Tibetan Karma Kagyu lineage.

He was trained as an astrologer in 1968 at Berkeley Free University in Berkeley, CA. He has been doing astrological consultations for the past 48 years, and has taught astrology at all levels.

He is the author of "The Shift Goes On" -- and the creator of the DailyOM course, "Meditation for Spiritual Awakening" -- the Udemy course, "How to Meditate with Surprising Ease" -- Pure Light Audio Meditations -- and the Online Meditation Center's Q & A blog.

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