What is the Way of Conscious Spiritual Evolution?

So what do we mean by the **Way of Conscious Evolution?** This is very important, because many assume that any kind of self-help or spiritual development (perusing spiritual and pseudospiritual literature, admiring spiritual and pseudospiritual idols, taking psychoenergetic training courses, practicing yoga, special meditations, health improvement practices, attending church and following praying rituals, visiting holy places, etc.) equals following the Way of Conscious Evolution. This assumption is false. These activities do nothing but create an illusion of achievement that eclipses the glimmer of Truth in people’s consciousness. It is a mere appearance of spiritual work that turns out to be an escape from the thing that matters most.

***And the thing that matters most is following the Way of Conscious Evolution, the Way of knowing Truth, the Way of knowing God.***

To flesh out the notion of **the Way of Conscious Evolution,** we will define its **seven essential characteristics.** If any one of them is omitted or distorted, then whatever is proclaimed or preached as “the Way of Conscious Evolution” in fact has absolutely nothing to do with it. Lowering the bar in any way defeats the purpose. No compromise is acceptable.

**Point one.** Following the Way of Conscious Evolution is *the seeker’s individual creative work based on their awareness of the mechanism of Evolution, of its driving forces and basic laws, of man’s place in the evolutionary process – his special role as a transitional species from the mental man to the supramental man.*

**Point two.** Following the Way of Conscious Evolution is *deliberately submitting one’s whole life (inward and outward) to knowing the Truth, eventually coming to live by the Teaching of Jesus Christ in its original purity, unspoiled by any interference of the vital followers and mental interpreters of His Way.*

**Point three.** Following the Way of Conscious Evolution is *necessarily opening the descending Evolutionary Energy (the Divine Power, or the Holy Spirit) which does all the necessary work for the evolutionary transformation of the seeker’s consciousness without any interference of individual will (own or external).*

**Point four.** Following the Way of Conscious Evolution is *obtaining the descending Evolutionary Energy (the Divine Power, the Holy Spirit) through the practice of “downward meditation” or/and sincere heartfelt prayer, followed by total humility and complete surrender to the Divine.*

**Point five.** Following the Way of Conscious Evolution is *not cultivating an “ego” of any kind (mental, vital or spiritual), it is not mastering one’s will, it is not developing psychological or religious behaviour patterns, but consistent diminution of the “ego”, liberation from all patterns and, finally, total surrender to the Divine Will.*

**Point six.** Following the Way of Conscious Evolution is *necessarily going through the psychophysically significant stages of the evolutionary transformation of the consciousness, including the spiritual birth (attainment of psychological immortality), when the seeker discovers his/her Divine nature, finds the Teacher within and attains God’s Kingdom on earth.*

**Point seven.** Following the Way of Conscious Evolution is *having a vibrational double formed inside of our transforming body, a double that can pass to the subtle plane of consciousness without losing individuality after the soul parts with the physical body, which means attaining the Life Eternal proclaimed by Jesus Christ.*

Should any of the so-called teachers or their disciples or followers offer you a “teaching” that omits any of the points above, to be exercised through your own effort using special methods and practices – naturally under their supervision – it is another trap set up by the master of lies. You must be very alert when it comes to what matters most – true spiritual work.

Having studied all the information on spiritual development available to date, we came to the conclusion that everything worth attention and of practical value has already been brought to us by the Great Teachers of humankind: Jesus Christ, Zoroaster, Sri Krishna, Lao-tzu, and our contemporaries Sri Aurobindo, Jiddu Krishnamurti, the Mother (Mirra Alfassa) and Satprem. The Way of Conscious Evolution we suggest is a full-scale creative synthesis of their priceless spiritual experience. The living examples of our readers and listeners who are sincerely following the Way of Conscious Evolution and have been born in Spirit, as well as the results of our own evolutionary work, testify to the fact that the Way is true.

A thorough analysis of the available information led us to identify and formulate **the psychophysically significant stages of the Way of Conscious Evolution.**

**First stage – Choosing the Way**

*The seeker finds it impossible to live with the current state of consciousness. They feel that their own existence, as well as the existence of humankind, is imperfect, if not absurd.*

*An imperative urge to get rid of Ignorance and set out towards Truth. Unwavering confidence that Truth can be known.*

*The seeker chooses the Way of Conscious Evolution.*

**Second stage – Awakening of consciousness**

*The seeker immediately begins practical work on the Way of Conscious Evolution using a suitable discipline:*

— *The Integral Way of Conscious Evolution;*

— *Active Meditation as per Jiddu Krishnamurti;*

— *The* *Way of Prayer and Total Devotion to God.*

*The seeker establishes contact with the descending Evolutionary Energy; the inner energies are awakened.*

**Third stage – Emergence into Nirvana**

*The individual consciousness of the seeker emerges into the Universal Consciousness through:*

— *Descent of the Evolutionary (Divine) Energy (Power) through the energy centre above the top of the head into the lower centres of the subtle body; and*

— *Ascent of the Kundalini Energy from the bottom energy centre and its emergence through the energy centre above the top of the head.*

*The individual consciousness is decentralized and expanded. The seeker arrives at a new mode of existence.*

**Fourth stage – Contact with the Divine**

*The seeker establishes stable contact with the descending Evolutionary (Divine) Energy (Power) using active downward meditation and/or through prayer, devotion and complete surrender to the Higher Power.*

*An inner Witness (Observer) is established. The seeker gradually attains mental and vital silence.*

*The Evolutionary Energy does its work through the ascent and descent of consciousness.*

*The energy centres (chakras) are completely harmonised.*

*The individual consciousness is growing and expanding.*

**Fifth stage – Spiritual Birth**

*The psychic being is unveiled and an inner Teacher is found. The ego undergoes initial disintegration.*

*One discovers the feeling of Divine Love, knows the unity of Creation, the infinity of existence and own immortality.*

*All psychological fears disappear, including the fear of death.*

**Sixth stage – Divine Wisdom**

*The seeker arrives at spontaneous meditation and absolute calm (mental, vital and partially physical silence), which leads to complete dissolution of mental, vital and psychic ego.*

*The individual consciousness is globalized, and the Supramental Power begins working in the physical (cellular) consciousness.*

**Seventh stage – Attaining Immortality**

*The descending Evolutionary Energy works in the body, and the physical (cellular) consciousness is gradually transformed.*

*All Kundalini channels and microchannels are completely opened and the physical body becomes energy-transparent.*

*A new (supramental) subtle body is formed.*

**Emergence of the New Species**

*The physical body of the human and the solid-matter plane of consciousness of the whole planet undergo radical transformation.*

*The New Species (the supramental man) is manifested on Earth.*

It is no use indicating the duration of each stage of the Way of Conscious Spiritual Evolution, as it depends on many factors, such as: readiness of the seeker’s consciousness for evolutionary transformation, their aspiration towards Truth and confidence in success, individual psychological traits, past and present karmic bonds, practical ways and methods they have chosen to move forward, the degree of their everyday watchfulness on every stage of the Way, etc.

Moreover, practice shows that drawing a clear line between stages is not always possible as they may unfold simultaneously. However, a stage can only be realized in full when all the previous stages are completed.

We have also described the **mechanism of evolutionary transformation**. Here are the most important points of evolutionary dynamics as seen in the consciousness and body of a person following the Way of Conscious Evolution.

**FIRST POINT.** Establishing initial contact with the descending Evolutionary Energy (Divine Power).

**SECOND POINT.** Establishing working contact with the descending Evolutionary Energy (Divine Power) and opening of the main energy centres*.*

**THIRD POINT.** Awakening of the Kundalini energy in the lowermost energy centre*.*

**FOURTH POINT.** Rising of the Kundalini energy and emergence of the individual consciousness into the Universal Consciousness.

**FIFTH POINT.** Birth of the psychic being (Divine soul) and establishing stable contact with the Divine Power*.*

**SIXTH POINT.** Opening of the main lateral Kundalini channels*.*

**SEVENTH POINT.** Complete opening of all Kundalini channels and microchannels*.*

**EIGTH POINT.** Formation of the immortal (vibrational) subtle body*.*

**NINTH POINT.** Attaining total energy transparency and true Immortality*.*

Thus, the Way of Conscious Evolution is an extraordinary synthesis of genuine human science and true religion that gives humankind a way to Immortality.

So what does it mean to acquire the Eternal Life proclaimed to humanity by Jesus Christ? Today it is clear, and not only clear, but practically achievable. Attaining Eternal Life is forming a new subtle vibrational structure within our mortal physical body that fully preserves the individuality of consciousness and maintains it after the psychic being (soul) parts with the body at the time of death. In other words, the death of our body does not entail extinction of our self or oblivion of the past, but brings a painless transition of the soul, wrapped in new clothing, to a different plane of existence without any loss of individuality.

You may recall that Jesus told his disciples about the upcoming Doomsday when all the living and the dead will be judged by God the Father upon their merit: some will step into Eternal Life, fiery hell awaits the others. But is everyone going to be present on that day? Jesus gives a clearly negative answer. Here is what he said: *“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.”*

So who will be exempt from the Last Judgement and where will they be? It will be those who have been born on Earth in a physical body, followed the Way of Conscious Evolution (the Commandments of Jesus), had a spiritual birth (attained the Kingdom of God) and formed a new vibrational body within the cocoon of the physical body, attaining Eternal Life. Their individual evolutional cycle on the physical plane of consciousness of Earth is complete. After leaving the physical body their true self, centred in the psychic being (the soul) and wrapped in new material clothing, passes to the subtle range of consciousness, its individuality intact, to the place Christians call Heaven, and abides there constantly, without incarnating on Earth again.

Therefore, the thing to do for all those sincerely aspiring towards Truth is to choose the Way of Conscious Spiritual Evolution, open to the descending Evolutionary Energy (the Divine Power) and allow it to work in our body and consciousness freely. It is all we have to do to attain true Immortality.

**Eternity awaits!**

*Alexander Kluev*