A Worldwide Shift in Human Consciousness Is Happening and most People Are not Noticing

By bestfolkmedicine · 27/10/2018 · 2 min read

The shift in human consciousness is happening now and it is a part of the evolution of global human consciousness, i.e. the consciousness of all human beings that live on planet Earth. Being mindful about our thoughts enables us to shape our reality in various ways. This is a sign of the power of our consciousness in the creation of the evolution of the consciousness of humanity.

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The Importance of Our Thoughts

According to Buddha, everything we are is a consequence of the thought-forms that we have created and projected. We have a capacity to prolong our personal and transpersonal evolution and eventually transform into enlightened and self-realized beings.

Every manifestation of the Infinite Sea goes through its own evolution. When it comes to our consciousness, this is also the case. This can be proven if we make a comparison between the human beings from 10,000 years ago to the human beings that we are today. These changes were enabled through satisfaction of basic physiological and psychological needs.

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What about Higher State of Consciousness?

With oneness and interconnectedness as the core, higher states of consciousness are more and more experienced by people and with more depth than ever; we can therefore progress in the consciousness shift that will result in a global shift in human consciousness.

How Is This Achieved?

Happiness, compassion, and empathy are strengthened in a variety of ways, either through meditation or deep connections with other people. Namely, a heart-centered life is pivotal for the shift in consciousness. This way of life considers everything to be One and that we are all connected. This makes the interconnectedness among humans greater and greater.

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Incoherence vs. Coherence

When we feel stressed, anxious, or afraid, there is a production of chaotic signals in the heart that reach the brain and cause stressful responses. This triggers an imbalance between the heart and brain and we are unable to see or find a solution to personal and global problems.

On the other hand, coherence, or a feeling of hope, compassion, and care is known to send harmonious feelings to the brain and replace separation and solitude with connectedness and the brain becomes synchronized with the heart. One can see solutions to problems easier and from a global point of view, this coherence will pave the way for new solutions to serious problems that our world is currently facing.

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A Life of Compassion, Love, and Empathy

When you live a life that projects positive emotions, including love, empathy, and compassion, you will not just help yourself and bring more balance in your life, but you will also help humanity as a whole to improve its global consciousness. We should never forget that we are all in this together and everything we do affects others. Working towards a brighter future is your choice and it will definitely contribute to a flourishing humanity.

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