

Evolution and Love



by Raphael De Mohan

It feels natural to state that love is always here, in me, in everybody and in all.

This statement may mean that love cannot be created or build up in us and by us, it isn't created through actions, attitudes and ideals.

It is just there always and permeates everything. How can it be that we don't always experience it then? Maybe because we filter it away? Our filters are a vital part of our defense-system and this limits our inner experience of a full life. And when we limit our capacity to experience the full inner life, a filter is created that also takes away the experiences of love. So to get love more into our experiences we have to work on our filters - this is an act of love in itself.

It gives meaning to say that love is in everything and everywhere, because many philosophers and psychologists state that humans have some fundamental emotions. Mostly they talk about 4 or 5 basic emotions and these are a part of our human nature. And therefore we don't create them ourselves. One of the basic emotions all agree on is love. And when this emotion or condition is in our nature, it is not something we can create, but rather we have to give in to it, because it is already there.

So love is everywhere, and love flows through us all the time, and no matter how efficient our filters are, the flow cannot be stopped. But our filters can color this energy-flow of love, and sometimes love comes through filters and is expressed as envy, frustration, low self-esteem, grandiosity, criticism, etc.

And maybe love is a natural part of our life energy – this is an energy we do not have the control over, it just is there all the time and is flowing through us and sustains us in everything. This life energy manifests somewhat differently from person to person, maybe because we have different shades of filters, all depending on our karma and level of development. But this life-energy keeps us alive on all levels including the physical.

And if this life energy keeps us alive, isn't it of a loving nature? Indeed it is energy of love, but it is also of an impersonal nature. It forms itself willingly and is conditioned by the different shapes of our filters and the energy stops when our life ceases to exist.

We cannot see the whole picture, so we fill in the blind spots ourselves

Our filters shape and color this love-energy so that we experience love through our filters, we see ourselves and the world around us through these filters. We don't see the world as it is, we see the part of us that is represented by our filters. Mostly we think that our experiences are a true version of the real world, we really believe that and maybe we recognize that what we see and experience doesn't live up to our concept of love. In that way our concept of love is in itself a filter, we have so many expectations and ideals.

The evolutionary power of life

The life-energy and love-energy keeps us alive, so it is deeply connected with an Intelligence that has developed all the living organisms and constantly supports their processes of life. And this Intelligence must therefore be connected to us and to the soul. The consciousness of human beings is maybe standing between these two fundamental energies, the energies of love and life and the Intelligence behind it, and maybe humans, in a small way, can be a connecting link between them through our experiences and our consciousness.

This Intelligence and energy of love constantly bombard us with phenomenon's that simply are impossible for us to understand, but we can certainly experience them. For example if we finally express anger in a constructive way, then this emotional energy changes into another emotion as relief or joy. How can that happen? We don't know much about that kind of process, we just know that it can happen. Processes deal with transforming something into something else, just like compressed plants turn into coal. And coal deep down in earth under pressure during billions of year's turns into diamonds.

When we follow the processes and allow them to happen the changes can also happen, the transformation can happen and our filters becomes a little more transparent. But it can also go the opposite direction if we resist the processes, resist to follow them, then the change will come anyway but towards more massive filters and their frequencies becomes heavier until their level of frequency resonates with the level of the physical frequencies, then it will manifest in the physical as what we consider as physical symptoms. All of this happens because the Intelligences and the energy of love works on an impersonal level, but of course we experience it as deeply personal and maybe even think and feel that it's unjust. But the energies of life and love are impersonal by nature and we seem to fight and struggle against something that we don't understand, how big and vast this aspect of life is.

I'm tempted to call this Intelligence and Energy the *Universal Nature of Love*. We look into space and know that stars are being born and they die, others are consumed by bigger stars, etc. In the jungles we know that animals kill and eat other animals. Theoretically we know that this is the law of nature, and yet most of us believe that we should be the exception, and that we should be outside that law, and when it happens we might call it bad karma or unfair or incidental, etc. From the perspective of this impersonal Universal Energy of Love there isn't something called bad karma or unjust and so on, there is only evolution and everything that happens is in the service of this evolution – it is Love.

And so it is with the life-energy that sustains the individual human being, it is absolutely impersonal. Cancer doesn't consider if its host is a good person or that it is unfair for that person, or that it eventually will take this individuals life away.

Basically we stand powerless confronted with these existential conditions that are given us by this Intelligence and Energy of Love. We can only choose to follow. And if we do, it will show us the way, but maybe not the way we thought or desired, but it will certainly be the way that is necessary to follow. If it is hard or not is due to our filters; which is the way we perceive, feel and understand.

We cannot avoid perceiving, feeling and trying to understand, these are given conditions, the only thing we can do is to work with the way we perceive, feel and understand, because the way we do all this reflects the qualities of our filters and these relate to our karma. The way in which we do this work reflects our level of consciousness.

You could say the character of our filters attracts experience that matches them, but maybe it's more correct to say that our filters only allow certain things to come through that fits the filter. Our filters are selective. If our filter is hate, we cannot see love - is the filter grief, we cannot see joy - is the filter anger, we cannot see forgiveness. Our filters make us one-eyed; they limit our vision on all levels. Maybe that's why Hinduism talks about The Veils of Maya, which means that the world is illusory.

Evolution and Love

There is a philosophical as well as practical problem about the concept of the Energy of Love, because in a way everything that happens can be seen as an expression of love, even the most horrible actions, and thereby evil becomes good. Then there is the danger of overlooking evil. Wars are one of those areas, and are we then to regard war as an expression of love? This is both a philosophical and practical challenge. And there is a big difference between philosophy and the practical physical reality. In the land of philosophy we can play and everything is allowed, it is a playground where physical reality doesn't have to play an important part.

But in a concrete and practical situation this philosophical playground is exchanged with real physical consequences of our actions. With deeply traumatized children that are acting extreme, who are controlled by their feelings of frustration and anger without a sense of the surroundings, we hold the child and let it express his/hers emotions and aggressions, and as adults we set boundaries and contain the child's reactions, and we don't do it as a result of our panic, anger, critique or disappointment, but from a loving motive, so that the child doesn't hurt itself or others. Otherwise holding doesn't work, and holding just becomes another rejection of the child's needs.

Now this is love in action, love transferred in our actions to contain a situation. So to go with the Energy of Love doesn't mean we shall take everything, and not take a stand and don't act. It only means that our motive should be love.

Now this will naturally bring confrontations and conflicts with a reacting, out of control child, but it goes for adults too, even criminals and so on. It goes in conflicts in societies, between different groups of peoples and countries, and when conflicts turn into wars.

Through the consequences of our actions we will learn the depth and truths about our own motives and our consciousness, we learn through our mistakes.

So this Energy of Love has nothing to do with being 'right' or doing the ideally right thing, there is no such thing. So this path is full of mistakes, and those are meant for us to become wiser and learn from. The Energy of Love doesn't give a patent on the ideally right solutions for all problems, but it is for sure a path that will expose our own inner demons and shadows, and they need all the love we can give in order to transform them.

In the history of the world there has been committed so many horrible things in the name of love, as well as in marriages and in the individual inner world there has been torture, abuse, hunger, epidemics, seductions, mass murders and terrible wars, etc.

The Energy of Love will take us to these inner dark corners and shadows; it will attract our hate and bring it out in the light, into our consciousness in order for it all to be transformed. This is the only Energy that can do such work in evolution. So to repress our shadows may give us a short period of peace, but after a while they will blow up in our face again, stronger and stronger they become until we recognize them. Sometimes we act like a junky with abstinence in a constant hunt after the drug that can calm the shadows. Maybe we attend one workshop after the other, seek one teacher after another, etc. and yet the fire is not put out.

We have to recognize that our worst enemy lives inside ourselves, but in fact it is not our enemy, it is actually more our guide towards greater wholeness. It is an absolutely necessary part in developing our consciousness, whether we talk about psychological or spiritual health and growth. Actually, they are the same because spiritual development without a psychological development would be out of balance.

In a spiritual context we talk about the human beings as a whole, so if we only focus on a few subjects we lose the wholeness. If we only focus on angels and other entities and pray to them for this or that, we lose the wholeness. And we make ourselves part of a sometimes very subtle game of being a victim, where angels and other figures are there for our salvation. We can then easily become a martyr and de-power ourselves; we stand powerless in front of our inner conflicts. The role of the victim always has a true companion in blame, whether we are conscious of it or not. In this way history repeats itself.

When we look at the concept of karma, this is indeed patterns that repeat themselves over and over again. And it will be repeated for as many lifetimes it takes, until the day we finally have had enough and begin to look inwards. And this point marks a turn in the development of our consciousness, beginning with the insights of our patterns, and insights based on self-experiences, what I call self-experience knowledge. In ancient Greece these words were written over the entrance of Plato's school: "Know Thyself".

Now when we start to look inwards and begin to see what's there in our shadow, starting to confront and work on our insights, this work becomes the expansion of our consciousness, and this becomes the work of transformation and integration. Our dark sides become transformed into expansion of our consciousness. This will eventually become the Higher Consciousness. Higher Consciousness is something we have to create ourselves, it doesn't come automatically.

This is why Elias has said about the Gold Ray in the 12 Ray system he made: "I stand in Light revealed as I am a Sun of the Creator".

"I stand in Light" is a metaphor for our consciousness, light is our consciousness. So I stand in the light of my consciousness, meaning that I see what is going on in me, I see the patterns, conflicts, polarities, I know etc. "Revealed as I am a Sun"; my inner Sun that comes from the Creator, The Sun shines its light, and when I look into myself and my shadows I will be Enlightened, and this is what it means to be Enlightened. The Sun in our solar system is giving us life, it creates life on earth, it is the greatest thing to be able to do, and we can create and that is why we can be a Sun of the Creator. There is a center in us that is capable of creating life and growth, and it is our ultimate center of growth, whether we know it or not. But we can learn to co-operate with this center, this inner Sun of the Creator. This also means that we can participate in the Creators creation. We become active cells in the Universal Evolution and co-creators. Now this is Higher Consciousness.

Living on the edge

Living life on the edge, as it has turned out the last 8 years, has given me a drive and an almost fearlessness, courage to move ahead no matter what, and this has driven me out in many different situations. Life on the edge is full of uncontrollable situations that constantly seem to repeat themselves, such as my economy, many times not knowing when the money for rent is coming in, with consequences of standing without a roof over my head or the lack of participants to a planned workshop, etc. And this is part of my life, the life on the edge; it seems that I have to go there time after time, and not only in the economic area. And another side of me wishes for finally to be successful and live happily ever after. So these are my expectations and anticipations, and they are also guided by and identified with the result-oriented mind, this kind of success can be measured and is concrete. And therefore, I at times forget that this life on the edge is my process in a nutshell. It is like swimming in a deep and vast ocean keeping my head above the water, and I can see the shore ahead and swim in that direction, I want to reach the shore, reach the goal and safety, having solid ground under my feet again. But the more I swim the farther away the shore seems to be. So I have yet not realized that my life isn't about reaching the shore and walking on the solid ground – it's about learning to swim! It's like I think that I'm a land animal, but the evolutionary power that goes so strongly through me, tells me that my nature is more like a fish, but a fish that thinks he's a land animal – so I deny to be in my right element, and the element of water is very dangerous and threatens to take my life. So many times we wish to be in another element, or a different situation and the like, and therefore we don't see the evolutionary flow that works through us has brought us into this situation with a purpose.

This evolutionary energy drive seems to manifest constantly as a life on the edge, and for sure makes life very intense with all the emotions flushing through my body. In that way it is to feel and experience life as deeply as possible. How can we in advance know where the evolutionary development goes? And how can we predict and prepare ourselves then? The only ultimate thing we can do is to surrender. And if we seek safety instead we are on illusory ground, but it can be pleasant to feel in control and have a momentary kind of peace, where life doesn't feel as intense, but then we also cut away some very essential qualities.

The higher aspects of the Red Ray qualities are to experience. Not experiencing something especially, not success or love or anything else in particular, just to experience what is. Experiences bring awareness and knowledge to us and in that way the higher aspect of the Red Ray is impersonal, because it represents the higher aspect or dimension. Therefore we are driven out in all kinds of situations where we can experience life in the fullest possible way, and of course this is coordinated with our karma. And there we experience our karmic themes that need to be resolved and worked with, and Elias De Mohan has named these unresolved karmic themes as our 'resistances'. It becomes resistance when we take it personally, this impersonal higher evolutionary energy, why, because we fear to be out of control. So our resistance can take many forms, like denials, frustrations, fear. And if we go on like this the energy of our resistance will not cease to exist, just because we denied it, this energy will find another way to confront us, and in most cases it will be projected onto other persons and situations, and if we keep denying, we will blame others or the situation as the cause of our misery. This is simply the law of energy that says that energy cannot disappear or vanish, but it can change form.

But through our Orange Ray qualities we can begin to confront our problems and frustration in our lives and begin to take back the energies that have been projected. When we begin to take back these energies we actually vitalize ourselves, we wake up and feel more alive. And we can work directly with our resistances in our self, instead of the projected form. And we can begin to get an idea of how our ego works, which is paramount in developing higher consciousness. The journey of going home has then started.

The Now

Elias often said this: "If we don't resolve our past in the present, our past will be our future".

Nobody can avoid being in the now, there isn't anything but the now. But there is a difference between 'being in the now' and 'being present in the now'.

Everything happens in the now, that is a basic condition of life. But it happens all the time that in the now we repeat our past through our habits, patterns and conditioned actions, emotions and thoughts. So to be present in the now we have to be free of the patterns of our past. It can be a momentary experience in deep meditation, but to make it a more permanent condition we need to resolve our patterns so we become less controlled by them and release the energy to be invested in being present in the now. This means to become more conscious aware of what is going on inside us, to become more

conscious aware of our patterns of reaction and our patterns of relating. When these are recognized and expressed, without our interpretations and not in the service of a reaction, but open for reflections on what they are, then we automatically becomes present in the now.

This gives us a chance to break with our past and our patterns and gives us the choice of doing something different. This will move the momentum of energy from our patterns gradually to a new and different way of relating to ourselves, others and the world.

This is also training in the concept of 'detached involvement'. Being present in the now means that we begin to relate to our patterns of reactions, we start taking responsibility for our patterns.

To relate to the way we experience, think and feel, being present in the now is the entrance to higher spiritual conditions and to the other dimensions.

Where do our perceptions, feelings and thoughts come from?

In a social conversation a lady stated that she suffered when there was a full moon, and she went on to explain that humans mostly consist of water and that the moon is attracting water as in the tides, etc. And then I asked her the question, that if the moon attracts all water, also in humans, why did she suffer when not all humans suffer. She couldn't of course give an answer.

The moon is connected to water on earth and symbolically connected to emotions and the subconscious, and of course I couldn't give an answer either, but it made me wonder; what are feelings and emotions and where do they come from? I could for that matter add; what are thoughts and where do thoughts come from?

Now, when we lose someone, we all feel the same type of feelings and we place the cause of this feeling to what we lost. But maybe it is more precise to say that we feel the way we feel because we have the potential to feel this kind of feeling. That makes these feelings part of a structure that already is present in humans and therefore we are not the creators of these feelings. Now how we react to these feeling is our creation.

It means that our feelings/emotions are out of our control because they belong to human nature. But isn't that the same with our thoughts? We cannot stop thinking and we have automatic patterns of thinking and they seem to come and go as they please.

So we inhabit this human vehicle whose nature we can't control. In fact maybe both emotions and thoughts have a core that's impersonal.

I do see that both emotions and thoughts have an impersonal essence and the more I ponder over it, the more I see them as being a small part of the evolutionary energy that flows in everything. This Intelligence that's behind this evolutionary flow is like magic, completely out of reach for our understanding.

It's like the question: Who is making our dreams - who are the dream makers? It is certainly not our conscious self. Who can take etheric, astral and mental matter, weave those colors and figures and the plot of a dream together? This is pure magic. And that is how I see the evolutionary power that flows in everything and the Intelligence that operates behind it. It is pure magic. And this enormous evolutionary power and Intelligence is also residing and active in humans, isn't that a wonder. It can make you totally blissful to the point where you get crazy, so you have to bang your head against the wall not to get totally blown away. The deepest mysteries of this endless cosmic Universe are reflected in our inner human world.

The Ego is an ancient form of consciousness

When you come out of a condition or state of consciousness you can begin to understand what it was about and start formulating its psychology; its nature, functioning and processes.

We have to experience something before we can understand what the experiences were about.

This ancient form of consciousness, the ego consciousness, has its roots in Lemuria and Atlantis and is based on the lower aspects of duality. We are in a period of transitioning into the Age of Aquarius and are leaving this ancient form of consciousness, as it has served its purpose and cannot help us expand to the degree that this transition requires of humanity. In this sense humanity as a whole is more or less confronted with the opportunity to expand, this doesn't mean that we generally are ready for that transition, when are we really ready? But when this period of transition emerged it also became possible to begin to understand this ancient form of ego consciousness. In fact one major way of departing from this ancient form or transiting to another form of consciousness, which has not been formulated yet nor does it appear clear or apparent and tangible, is actually to begin to understand this ancient form and really begin to explore and understand where we came from. We have to formulate our roots in the present, so that our roots and our past does not become our future. We do not want to repeat the past patterns and the same mistakes anymore.

The new form of consciousness that this period of transition is all about has yet not emerged so we do not really grasp and understand what we are facing, and that is but natural. We are in that sense confronting or facing something unknown.

It is true that a lower level of consciousness cannot grasp or understand a higher level of consciousness. But the higher levels of consciousness have the means to understand and grasp the lower levels.

So how can these transitions happen when we assume that we come from a lower level that cannot understand the higher ones? This is about starting to explore and understand where we came from, and this is an expansion of our consciousness, because when you are in the beginning and middle of a condition (state of consciousness) you do not know what this state is about because it has not fully emerged or manifested. When it is almost fully emerged and manifested, the end is coming up on the horizon. We can then see and have an idea of the distance we have travelled. And then it is possible to

relate to that level of consciousness. When we start to relate to it, it is the same as beginning to separate ourselves from that level. And when we start separating from it, it means that another aspect or point in our consciousness is emerging, a point or center that is different. Separation means also differentiating and discriminating.

So the beginning and the middle of a certain state is characterized by being one, oneness, with that state. But the oneness is based on not knowing, it's unconscious, or non-discriminatory and non-differentiated. This state could also be termed as confluent or symbiotic. There is no consciousness of what kind of a state we are in. The oneness is identification with this state, identification means that we think this is the reality and we cannot even for a second think that there is something more or higher.

The higher form of oneness is union, but this is based on experienced knowledge. True union comes around when we know the differences; the opposites and dualities, and are able to resolve the conflicts between opposites - when the lion resides beside the sheep. Or to quote a West African saying about the times of slavery (the white wrote the history of the slaves): "Until the lion has his own historian – the hunter will always be the hero". In other words our history (personal as well as collective) is written by the ego, and is our hero, but we are in need of a new history written by our subdued higher self.

The lower level wants to solve these oppositions and dualities by favouring one above the other, to eradicate or dissolve or deny one of the opposites, but that is the lower levels way of dealing with opposites, which is not in harmony with the higher laws of consciousness. But it is the laws of evolution of consciousness that says 'expansion comes out of friction and conflict', there cannot be expansion and growth without friction. And so it is not possible to be in perfect harmony with the universal evolution of consciousness, because it never stops, it is endless like the Universe.

Therefore it is pertinent to know the psychology of the ancient ego consciousness, but it is only possible to understand and formulate when we are at the point of transitioning to this new level of consciousness. The outcome is separation, discrimination and differentiation, which also trains and enhances our sensitivity and awareness, and it brings about a feeling of being more fully alive, since the lows and the highs of our emotional life are not cut off anymore. When we stop denying, a whole new area of life becomes available and this will vitalize us, like we have found the lost paradise. But vitalization includes both the highs and the lows; vitalization does not discriminate between those categories. Vitalization and energy that comes from the ancient form of ego consciousness favours certain areas and wants to neglect others, this is deeply personal. The laws of evolution of consciousness are not personal at all. And this constitutes one of the mayor resistances for the ancient ego consciousness, it simply cannot understand and grasp the impersonal aspect of evolution, because it is not designed and structured to do so, its job is of another nature, namely to form a center of personal self-centered consciousness, or ego consciousness, and without this center we cannot reach the next step on the ladder of evolution.

Because the ego consciousness operates on the terms of duality it will deny and suppress certain polarities and the consequences are that our highs and lows are reduced. So it can never attain wholeness because certain aspects of our personality will also be denied and suppressed.

But when we start the processes of separating ourselves from the state of ego consciousness and our identification with it, it will be possible to retrieve the areas that were denied and suppressed, and this will lead to the creation of greater feelings of wholeness. So the center of consciousness can now contain a lot more of our personality and integrate those fragments. If the ego can be termed as the small self, then the new level of consciousness could be termed as consciousness of the Self, or the Higher Self.

OM TA MA RA OM