

HUMAN EVOLUTION IS IN YOUR HANDS NOW

The Essential Instability of Being Human & Crisis as an Opportunity for Change—including the covid-19 pandemic

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We will never stop changing and evolving. All our crises are, for us, human beings, the most adaptable creature on Earth, primarily various stimuli for change. Our only chance of staying human is by keep developing our humanity. To be human means to keep developing. Any fixed state of being becomes stagnation, resulting in degradation, degeneration, regression, sickness and inhumanity. The only stability for us is evolution, the only constant element in our lives is the change itself. The healthy human soul is the evolving human soul. The only healthy drinking water is the moving, flowing water. Here we are in the midst of the global covid-19 crisis which effects in a similar way every person, every village, every city and every country, at the same time, with no difference between rich and poor, educated or not, technologically advanced societies or the most under-developing ones.

Profound changes are taking place underneath our noses on which researches, books, movies, government policies and international treaties will be created for decades and centuries, but right now we have little perspective of it. The great plague is again amongst us and there is no hiding from it. We will survive it as we have survived the Black Plague, the 30 Years War, the French Revolution, the Slave Trade, the first and the second World Wars, the Cold War, the Class Wars, the creation of Communism and its self-destruction, and our endless armed conflicts – but not without changing continuously. We, as humanity, have been through catastrophes that would have destroyed and have destroyed—any other species of animals, and here we are still are from the north pole to the south pole including all weathers in between, in much bigger numbers than before: 7.9 billion and growing about 100,00 per every single day. We will overcome this crisis also, I believe, but not without changing, and the most important changes these days are the personal changes resulting from individual choices. That means our spirit determines our bodies, not the other way round.

Our genetic structure does not lead the change in our ways of living, rather the other way round: our changed ways of living cause our genetic changes. Our basic genetic structure has not changed much over the past 37,000 years since the last of the Neanderthals died out, being replaces by us, homo sapience. But as only 2% of the human genome codes for proteins is involved in gene regulation and most of the rest of the human genome has no known function—there is plenty of scope of future genetic change in the human genome that will follow future changes in our lifestyle, as explained by

the new (1990s) science of 'Epigenetics'¹, defined as: "stably heritable phenotype² resulting from changes in a chromosome without alterations in the DNA sequence".

What is *really* driving and determining our ever-changing life styles, cultures, technology, civilization and human relationships? The answer to this question remains beyond the reach of the molecular level of research, because it is not to be found there. The major 'agent provocateur' of human change is the intrinsic human spirit striving for evolution towards the higher dimension of potential humanity, mostly semi-consciously, but progressively, for the leading portion of humanity, these changes are conscious.

Here is a short list of global cultural changes that are already being acknowledged world-wide while the pandemic is still on-going and spreading:

- The realisation that humanity is one tribe, one community, one family;
- the realisation that we all have only one home: Planet Earth;
- the realisation that 'everyone's business—is everyone's business'³ and that we are fundamentally mutually responsible for each other.
- **Fundamental universal change in relationship to work:** from 'we live in order to work' to 'we work in order to live'. Work itself is being re-evaluated in relationship to the value of human life as a whole. As a result, there is a mass resignation and non-return to old jobs. It starts to be called 'the great resignation'. A headline in the Washington Post asks on the 10th of January 2022: Why has manufacturing seen the biggest spike in workers quitting? The same applies to the whole global economy. As about 80% suffer from chronic stress in the workplace globally (83% in USA, 86% in China), it is no wonder that we have a pandemic (stress-hormones adrenaline and cortisol suppress the immunity). No wonder that one survey found that one in four workers plan to quit their job after the pandemic in the US.
- Work from home—suddenly home becomes everything.
- Drastic changes in human relationship in the family: we have to learn how to live with each other as we spend so much more time doing it.
- Drastic changes in the way we spend our free time: so many conventional social habits are not available—we have to live more with ourselves.

¹ "Epigenetics is the study of how your behaviours and environment can cause changes that affect the way your genes work...Non-coding RNA may also recruit proteins to modify histones to turn genes 'on' or 'off'. Centre for Disease Control & Prevention. <https://www.cdc.gov/genomics/disease/epigenetics.htm>

² phenotype is the set of observable characteristics or traits of an organism. The term covers the organism's morphology or physical form and structure, its developmental processes, its biochemical and physiological properties, its behaviour, and the products of behaviour.

³ Yehuda Tagar in various Vitalita articles on Methodical Empathy.

- Changes to the human immune system: new challenges—new solutions: the Omicron variant of the virus is much more infectious than the Delta variant, but much less deadly.

These are just some aspects, already observable, resulting from the present crisis. Apart from the last one, changes in our immune system result from individuals dealing in new ways with new situations, making inner and outer changes, creating a conscious evolution of consciousness.

What are the personal, social, conscious, life style changes that you choose to make of this crisis?

Evolution now is in your hands.

We humans are a restless species. Dogs, cats, horses, cows and birds—they can rest. We humans find it hard to rest. There is always, always, no matter how hard we work for the whole day—something left undone yet. This will never be finished; I will never be finished. I am a process in progress or in deterioration. I am never the same from one moment to the other. Only sleep can save me temporarily from this endless race against time, from opening to closing my eyes. Because I am going to die. All this is going to be over soon, sooner or later, and is always becoming later and later, never earlier. I am a clock ticking without a stop, marking how far I am from the last breath. So breathlessly, I am in a race against time to complete...to complete what? Before it is too late.

We are the unfinished product of creation. The trees are perfect, the rocks, the hills, the animals one by one are works of perfection. Not us. We are the endlessly ongoing process. To be human means to be always on the way to be human. There is in me deep in the original factory setup the restless knowing that there is always potentially more of me than I managed to manifest so far, and alongside it there is me who is less than the real me, the one who can drag me down to my less than me state of being, of which I am ashamed: to be less than me.

We are always between the aspiration to be more than me and the disappointment that I am not. Like an acrobat on a rope crossing the distance of my life with a shaky balance between these two extremes with the constant danger of falling. Only moving can keep me balanced on that rope. Only moving forward on my way of becoming more than me and away from the opposite: the avoidance, the forgetfulness, the laziness, being distracted, being lost, succumbing to becoming less human.

Being human means to change. At any point in time, each one of us can say to oneself: above me is my higher human potential; below me is my lower self; in-between I am moving and changing. The only choice is: moving up or down.

Evolution is happening without stopping and human individual choices are moving it. This evolution takes place mostly semi-consciously, but progressively, for a growing portion of humanity, these changes are becoming conscious.

Psychophonetics is one of the integrative, holistic methods of evolving consciously by engaging the higher and the deeper dimensions of human intelligence in transforming life's challenges into opportunities for personal evolution. There are many others, and what is common to all of them is this: humanity is you and me, and evolution is what you and I are doing consciously today, with our very short lives.

Blessings on your creative dealing with the crisis in your own way, for all of us. Blessings on your new 2022.

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