

And, Speaking of Consciousness..

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By J.Hamilton

I had been listening to [Dr. David R. Hawkins, MD, PhD](#) in some of the [archival Internet digital recordings](#) and it is interesting to put our collective conscious evolution into some sort of perspective. Humanity has been rapidly moving toward becoming a conscious species – much more rapidly than maybe we have noticed. There seems to be no doubt about it. And, while we have wars and famine and genocide and poverty, we also have huge successes as the true and silent leadership portion of the species quietly and steadily unfolds its progress.



If we were to look at our recent successes as a species, our near beginning point might be when the [Magna Charta](#) was penned in 1215AD, or when humanity began to flower during the Italian Renaissance which carried us to the Industrial Revolution and the Declaration of Independence, which eventually bopped us into the Nuclear and Space Age (which rapidly came and went) and most recently delivered us to the Information Age and Age of Technology. And, while the invention of the wheel might have taken several centuries to come into common usage, we are now doubling our learning curve and information gathering capacity in as little as 18 months with a capacity to share this information practically instantly. Humanity's evolution is moving very rapidly these days and we can readily assume that it will continue to escalate!

My point and Dr. David Hawkins point? Humanity is very rapidly rushing toward conscious awareness and all of the huge benefits this entails. Do you realize the scale of expansion that humanity has experienced in the past 50 years? (Have you driven a 1960's vintage automobile lately?) According to Dr. Hawkins, it was in 1987 (around the time of the [Harmonic Convergence](#) – a full 20 years ago!) that humanity (as a whole) suddenly achieved a measure of over 200 on Dr. Hawkins' [Map of Consciousness scale](#). 207 to be exact; representing the true emergence of humanity's movement beyond reactionary thinking and into more useful modes of expressing itself. In 1987, humanity began what will come to be seen as an even more exponentially rapid rise toward a new consciousness, awareness, prosperity and capacity for problem solving.

It is a very interesting time we are living in. Our evolution is moving so fast we don't even realize how far we have come in just our own lifetime. Slowly and more rapidly, fear and doubt, once the primary catalyst for our choices and decision making is being replaced by **courage** and the higher octaves of consciousness including neutrality, acceptance, reason, joy, and unconditional love. It is in this new unbridled capacity for choice initially powered by **courage** that humanity is rapidly redefining its capacity to evolve.



Are there issues? Sure there are issues! Are there problems? Sure, there are problems! Are there insurmountable problems? You mean more insurmountable than huge lizards plucking early hominids from their homes (caves) and eating them as snacks on the run? Being a bit facetious, humans have always had problems and it is out of their problems that they grew and became more. This principal is called "out of contrast comes clarity" and has been the foundation that pushed our growth to new levels.

Will humans become more? Sure they will. Will humans solve their problems, even the insurmountable problems? Sure they will. The question becomes, as we become more conscious and more self-aware, will we learn how to address our problems more efficiently and more effectively? The old way was to fight what was wrong and resist what we didn't want and it *seemingly* worked just fine. But is that the way it really works? Is that the best way? Maybe it was **solutions** born out of the contrast of problems that actually drove our species to better success. Maybe this is how we get where we are going. Maybe **solutions** paved the way!

The question then becomes where do solutions come from and how to we, as an up-and-coming intentional species learn to access them? After all, solutions don't seem to grow on trees or get discovered on dusty shelves or found in old books. ([Newsletters](#) maybe! :) As we become more conscious; as we become more aware of how the world works, including the realization that what we focus on expands and that pushing against (reactionary posturing) is also focus, don't we begin to wonder if we are taking best advantage of our god-given equipment?

And, speaking of god-given equipment, what is our god-given equipment? Besides the ability to know the difference between right and wrong as a gut feeling, or the ability to accept insight as intuition or creativity, or the ability to be the recipient of a **solution**? Ever notice how a **solution** is not a direct (linear) extension of studying a problem? That very oftentimes **solutions** come from an entirely different perspective than the problem itself? And that maybe the study of a problem only causes one to focus more on the problem? Don't **solutions** show up when we relax or wake up the next morning or put our minds on something different? What if we knew the end result of any problem was the **solution**, and instead of attuning to the problem, we learned to attune to the **solution**? Duh? What if we left the problem out of the equation and simply became **solution** oriented? What if the old way, the slow way of doing things catalyzed by fear and doubt, became obsolete as we moved to a **solution** orientation?

What if all we had to do was to have the **courage** to look at things differently and use our god-given equipment more effectively? What if it turns out the Universe is actually driven by **solutions** and it is just a matter of aligning with the octave that the Universe expands from and learn how to tap **solutions** directly and intentionally. In other words, setting our sights a little bit differently? What if how we set our sights is a product of attuning our nervous system and mustering a bit of **courage** to do things differently?



Ever play with a [Ouija Board](#), or use a pendulum ([radiesthesia](#)) or become proficient with [kinesiology](#)? Do you know that Dr. David Hawkins mapped the hierarchy of consciousness over a 20-year period of study with the use of kinesiology? Did you know that your nervous system interfacing with the Cosmos causes the pendulum to move or is the source of the response with kinesiology? Did you know that everything known or ever to be known is "out there" in nonlinear Universal Mind? Do you know that after 33+ years of meditation, I describe meditation as learning how to listen with your nervous system, or that your nervous system, as an antenna, can "catch" anything you want or need to know assuming you are a match for the answer? Do you know that your nervous system is the mechanism that you most capably need to refine? Your nervous system is how you talk to God and the Universe.

Our capacity to evolve requires that we go beyond pushing against, i.e., the dense reactionary thinking that shuts us down to what our nervous system is capable of delivering. Once we move past reactionary and retaliatory patterns of thinking and learn to become quiet and discern, we discover the Universe has an endless dialogue of **solutions** available to us. After all, how do you think the Universe unfolds? By stopping and studying problems it encounters, or simply continuing to expand powered by intention and a **solution** orientation. How do you get from one side of the city to the other in your automobile? Do you stop and solve all of the problems that might get in your way, or do you hold a vision/intention of where you want to go and simply get there?

Me? I am scanning the heavens and my earthly surroundings (with my nervous system, similar to a sieve catching minnows) looking for simple **solutions** for such things as clean air and fuel efficiency. I know it is there. Probably just a matter of changing one atom of one something-or-other, or reversing the spin of an electron on another something-or-other is all that it is going to take..

Our nervous system is our connection with Source and by definition Source is where we find our **solutions**. If you want to work on a real problem, consider working on cleaning up your nervous system and your access to Innate Intelligence. It might be the last problem you ever work on...

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About the author. J.Hamilton has been meditating for 36+ years and teaching personal empowerment for 18+ years. His book, **Visionaries Thrive In All Times: Blueprint for Reality Creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.

He is completing a new book titled **52 Weeks of Visionary Focus**, excerpts of which are available each month in the [Vision Newsletter](#). His discoveries around nonresistance and witnessing life "smile by smile by smile" have become woven into these passages.

He has also recently completed (Jan 09) an eBook titled **Coherence Resonance Training** for the purpose of identifying access to nonresistance and the resultant Innate Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)

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