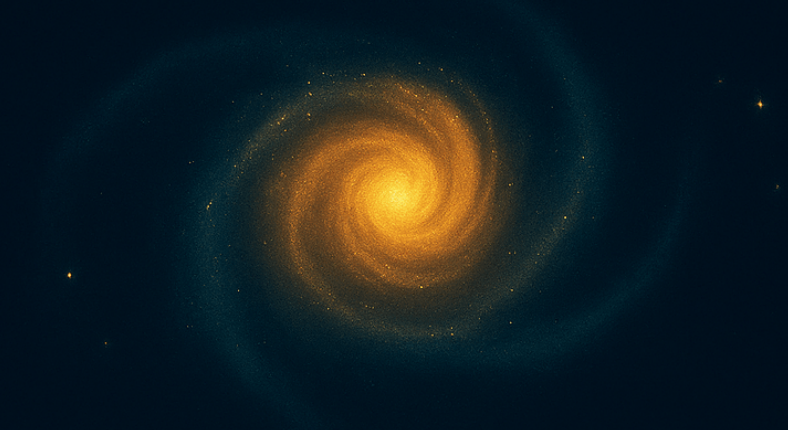


THE SIMPLIFIED PRACTICAL SPIRITUALITY



ACCELERATE EVOLUTION OF
CONSCIOUSNESS
REDUCE UNNECESSARY SUFFERING
ACHIEVE LASTING
LIFE HAPPINESS

KAMIL JAN

FROM THE CREATOR OF *MySpiritWay*

Simplified Practical Spirituality

The Complete Guidebook

KAMIL JAN

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Short version: <https://kamiljan.com/books/Simplified-Practical-Spirituality-Short.pdf>

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You Will Find Here:

Core Spiritual Wisdom Written In Straightforward Language

Simple Steps You Can Take in Daily Life

Tested Tools for Real Change

12 Years of Research Condensed in One Easy to Follow Guide

[First Time Here? Read Short Version](#)

[The Simplified Practical Spirituality²](#)

Dear Seeker of the Truth,

I have dedicated my life to the spiritual search, driven by a deep curiosity for exploration, experimentation, and reflection. While many find deep wisdom in a single tradition or teacher, my own path has been one of broad exploration—seeking the source from which many teachings arise and converge.

I am thrilled to share that I have finally synthesized the core principles of spirituality.

My journey through various spiritual, religious, and philosophical traditions has led me to uncover universal insights and practical wisdom that consistently emerge across these diverse systems, highlighting their profound importance.

This collection is meticulously crafted to provide you with everything you need to know about practical spirituality and the evolution of consciousness. It is designed to save you years of exploration (it took me 12 years), allowing you to focus on the effective methods that directly enhance your quality of life and reduce suffering.

Through this guidebook, you will become more spiritually conscious.

It's much like putting on a new pair of glasses—suddenly, the image of life becomes clearer. You may not always be able to describe exactly what you're seeing or explain it intellectually, but the feeling of recognition is unmistakable.

What I've created here isn't meant to be the final word or the whole truth. It's the tip of the iceberg—just enough to help you feel the shape of something vast and essential beneath the surface. From there, you can deepen your own search, discover your own answers, and participate consciously in your own evolution.

As someone who embraces a modern lifestyle, I've made sure these insights can be seamlessly woven into everyday life.

This approach is inclusive and accessible—no matter your background, beliefs, or starting point, the principles shared here can meet you where you are.

No more secrets, no more mysteries. It's time to reveal what truly works and to distinguish real, transformative practices from empty promises.

The fact is, you are already on the path. All you need to do is to recognise it, take responsibility for your own evolution and actively accelerate it.

With all my love, Kamil Jan

Teacher of Practical Spirituality, and the author



*Toronto 2023, "Symbolic Peace" sculpture by Mathew Rosenblatt and Liquid PXL.
Toronto Distillery District.*

7 WAYS OF THE PRACTICAL SPIRITUALITY

So you can Level UP your life.

Develop Conscious

Healthy Lifestyle

Embrace core practical ways to experience the following positive changes in your life:

Accelerate the Evolution of Consciousness

Become the best version of yourself.

Gain deeper understanding of yourself and the world.

Expand your perception and awareness.

Reduce Unnecessary Suffering

Deeply understand the essence of suffering and ways to reduce it.

Make meaningful choices that may lead to more positive outcomes.

Recognize and break free from negative cycles and patterns.

Achieve Complete Lasting Life Happiness

Feel fulfilled and content in all aspects of life.

Live a more meaningful and purposeful existence.

Share that happiness with the world.

We are going to explore those topics deeper in the first part of the book and afterward you will be offered practical ways how to get there.

"THE SIMPLIFIED PRACTICAL SPIRITUALITY"

last edit. July 2025 Kamil Jan

How to Navigate

The Table of Contents has clickable anchors, allowing you to jump directly to any part of the book for easier navigation.

Each chapter title starts with a concise definition or summary to help you quickly grasp the topic. It will be marked with sign of for video content and

for written content.

When you see , it suggests a moment to write something in your notebook, whether it's a thought, a reflection, or a personal insight.

When you see, pause reading for moment and think deeply, open up for answers that may arise.

Some sections include links to external sources, chosen to support your individual research.

You'll find reflections, meditations, visualizations, or exercises to help you think more deeply and absorb content.

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PART 1

Develop Deeper Understanding

Preface

I understand that the multitude of insights presented here may feel overwhelming in a single reading session. The information has been carefully selected to be as concise, practical, and impactful as possible. Therefore, this material is not intended for a quick and easy read. It is designed to introduce practices and insights that are truly worth incorporating into daily life. Focused, deep attention and a reflective mood is necessary to benefit fully from it.

It's recommend first bookmarking this website or adding it to your shortcuts or desktop for easy access. The entire content here is roughly 80-90 A4 pages, and you are welcome to print and use it in any way that will be helpful. When sharing or using this content in any format, please give credit to the author and this website.

I will do my best to keep the web address unchanged, but if it does change, I will notify you via email. You can leave your email address [here](#).

Start by slowly engaging with all the content, including the reflections, meditations, and visualizations, making notes as you go. You might want to use a physical notebook or a digital alternative for your notes. Then, return to this website regularly to begin taking consistent, actionable steps.

If you find that you're not ready to engage in the practical part right away, I encourage you to at least read through it and reflect deeply. The universal insights shared here have the potential to awaken something deeper within you.

To truly benefit from this material, it's important to approach it with both an open mind and an open heart. Clinging too tightly to our existing beliefs can unintentionally hinder growth.

What you'll find here is one lens — a perspective, a way of expressing timeless insights that appear across many spiritual and philosophical traditions. Though the language and form may differ, these teachings often point toward the same essential truths.

This open approach can help uncover the shared wisdom that connects traditions which may seem separate on the surface.

Before we delve further, I want to express my deepest gratitude to the originators of these insights, honouring the entire lineage of teachers, guides, and wisdom-keepers who have contributed to this profound body of understanding. I am equally grateful to all the individuals I've met along my journey — each unique connection has offered its own lesson, reflection, or spark of insight. Whether through words, presence, or even silence, every person has, in their own way, been a teacher to me.

I also extend heartfelt thanks to those I have yet to meet, knowing that future encounters will continue to shape and expand this path. And above all, I offer my deepest gratitude to the higher power, the source, the divine — whatever name we give it — for continuously guiding, inspiring, and supporting this unfolding journey.

It is a true honour to explore and share this universal wisdom with you, dear seeker of the truth.



"Sorrowing Old Man (At Eternity's Gate)" by Vincent van Gogh

What is the Essence of Suffering?

Spiritual traditions suggest that suffering, at its core, is deeply tied to how we understand ourselves and the world. In spiritual language, this lack of true understanding is often termed ignorance—particularly concerning the nature of the self, impermanence, and interconnection. Suffering is more pronounced at lower levels of consciousness where ignorance obscures the recognition of truth, and it diminishes as one moves towards higher consciousness.

Let's begin our exploration of a universally relatable, though often uncomfortable, topic: the essence of suffering. Extensive observation suggests that many individuals operate without fully recognizing the fundamental causes of their distress. This lack of awareness can unfortunately lead to amplified suffering that might otherwise be significantly reduced or even prevented by addressing its roots early on.

There is no coincidence in the importance of this consideration as the question of why humans experience suffering has resonated across millennia, prompting inquiries from philosophers, psychologists, and spiritual thinkers alike. This enduring concern speaks to the fundamental nature of the human condition, where pain, distress, and dissatisfaction appear to be inescapable aspects of life. Various schools of thought have attempted to unravel the complexities of suffering, offering diverse perspectives rooted in their respective frameworks. While different traditions offer unique perspectives on its causes and remedies, certain fundamental insights recur across many wisdom systems. This convergence suggests that these understandings reflect universal aspects or shared experience of human kind. Therefore, recognizing and understanding the essence of suffering becomes a vital first step toward its alleviation.

Part of this understanding involves recognizing the diverse forms in which suffering manifests: from the physical dimension (pain, illness, aging, hunger, thirst, fatigue, injury, death) - psychological dimension (fear, anxiety, depression, sadness, grief, anger, resentment, guilt, shame, loneliness, isolation, overthinking, rumination, despair, hopelessness) - existential dimension (meaninglessness, the burden of freedom and responsibility, isolation, death, identity crisis, absurdity, alienation from the infinite) and into the deepest layers of the spiritual dimension.

Within the content of this guidebook, we will place the greatest emphasis on developing an understanding from the spiritual dimension, as it can be recognized as the innermost core from which the other dimensions unfold.

Spiritual Dimension

Spiritual teachings often point to a fundamental link between suffering and our perception of reality—especially how we see ourselves and our relationship to the world. What many traditions refer to as "ignorance" reflects a lack of clarity about essential truths: the nature of the self, the impermanence of all things, and the profound interconnection of life. When our consciousness is clouded by this misunderstanding, suffering tends to intensify. But as awareness expands and deepens, that suffering naturally begins to diminish.

Mistaking Who We Really Are

Many traditions say suffering starts when we cling to a false "ego"—the idea that we're separate, independent beings, defined by thoughts like "I'm just this body" or "I'm just this mind." This core misunderstanding is described in various ways: Buddhism calls it the illusion of a permanent self (Anatta), teaching that no fixed "me" exists apart from the constantly changing conditions of life—such as thoughts, emotions, relationships, and the environment. Hinduism's Advaita Vedanta says we mistake the limited ego for the boundless Self (Atman), our true, unchanging essence. In Sufism, the nafs (the ego or lower self) covers up our true, divine complete nature. Christian mysticism often links suffering to the fall from grace—a perceived split from our inherent unity with the Divine. Even modern psychology, like Carl Jung's work, warns that identifying solely with our outer "persona" (the mask we wear in daily life) instead of acknowledging the deeper, whole self leads to inner conflict and neurosis. This fundamental misidentification is seen as a primary source of suffering across dimensions.

Impact on the Physical Dimension:

This mistaken identity profoundly impacts our relationship with our physical form. We might become overly identified with our body, leading to significant distress concerning its inevitable aging, illness, and eventual death. This suffering arises as a direct consequence of the ego's resistance to the impermanent nature of the physical body and its desire for permanence.

Impact on the Psychological Dimension:

Psychologically, this false ego fuels a constant need for validation and protection. This manifests as fear, anxiety, comparison, envy, and defensiveness whenever our constructed identity feels threatened or inadequate. The relentless effort required to maintain this inherently unstable, fabricated sense of self creates ongoing inner conflict and suffering, especially as reality inevitably challenges the ego's narratives and demands.

Impact on the Socio-Relational Dimension:

Identifying with a separate ego deeply shapes—and often distorts—our relationships. Viewing ourselves as fundamentally distinct entities fosters competition, and judgment towards others. The ego's drive for validation can lead to seeking approval, fearing rejection, and engaging in relationships transactionally (based on what we can get) rather than authentically. This perceived separation makes deep empathy challenging and fuels misunderstandings, defensiveness, and conflict. On a larger scale, this identification easily extends to collective identities—creating an 'us vs. them' dynamic that fuels prejudice, tribalism, and societal divisions, all of which generate immense relational suffering.

Impact on the Existential Dimension:

Believing ourselves to be fundamentally separate, can lead to an existential crisis and pervasive feelings of loneliness. Failing to recognize our inherent interconnectedness with all of life makes the vastness of the universe feel potentially overwhelming or meaningless. This perceived separation can result in a deep sense of being adrift, disconnected, and lacking inherent purpose.

Impact on the Philosophical Dimension:

Philosophically, the belief in a separate, isolated self raises profound questions about the nature of reality and our place within it.

REFLECTION

If we see ourselves as fundamentally separate units, how do we make sense of the deep interconnectedness we observe in nature, in ecosystems, and in authentic human relationships? This tension can lead to fragmented or conflicting worldviews, challenging us to explore whether true understanding lies in separation or in unity.

Practical ways addressing this root of misunderstanding involves practices designed to cultivate awareness and shift identification away from the limited ego towards a broader, more authentic sense of self:

Cultivating Self-Inquiry:

Engage in deep reflection, persistently asking "Who am I?" beyond roles, labels, thoughts, and sensations. This practice aims to dismantle the illusion of a fixed, separate self by investigating the nature of awareness itself. [Learn more here](#)

Mindful Awareness of the Body:

Embrace observing physical sensations without judgment or excessive identification. This fosters a more detached, accepting relationship with the body, recognizing it as a temporary vehicle rather than the entirety of one's being.

Conscious Nourishment:

Choose to nourish the body with wholesome foods and engage in practices that promote vitality. Frame these actions not as desperate attempts to preserve a fleeting state for the ego, but as acts of care and respect for the physical form while it lasts.

Observing the Content of the Mind:

Develop the capacity to observe thoughts, emotions, and mental narratives as they arise and pass, without automatically believing them or getting carried away. This creates space between the ego's constant commentary and the witnessing awareness, weakening identification with thoughts.

Practice "Seeing the Good" in Others:

Consciously look for the positive qualities and inherent worth in everyone you encounter, even those you find challenging. This shifts your focus away from the ego's tendency to judge and categorize, fostering a more inclusive and understanding perspective.

Radical Self-Acceptance:

Practice embracing all aspects of oneself, including perceived imperfections and vulnerabilities, without harsh judgment. This erodes the ego's need for constant defence and posturing, fostering inner peace.

Fostering Oneness:

Engage in practices that cultivate a direct experience of interconnect-
edness, such as contemplative prayer, heart-centred meditation, spending mindful time in nature, or engaging in acts of selfless service.

Exploring Non-Dual Perspectives:

Study philosophical or spiritual traditions that emphasize non-duality (the inherent oneness of reality). Engaging with these frameworks can provide intellectual support for understanding and integrating experiences of unity that challenge the ego's assumption of separateness.

Reflection

Think about other practical ways that can help to address this particular root of misunderstanding.

Desire and Craving

Nearly every wisdom tradition points to desire and craving—intense wants rooted in ignorance—as a major cause of suffering. Buddhism calls it *tanha* (desire/craving), the root of *dukkha* (suffering), driven by not seeing reality clearly (*Avidya*). It manifests as craving for pleasant experiences to continue or return (the wanting to re-experience pleasurable moments) and aversion towards unpleasant ones (*Dvesha*), alongside deeper cravings for existence or non-existence. Hinduism's *Bhagavad Gita* warns that uncontrolled desire (*Kama*) ties us to things that fade, trapping us in attachment (*Rāga*) and its counterpart, aversion (*Dvesha*). A central theme across these teachings is our tendency to attach ourselves to things that are temporary believing they will bring lasting fulfilment only to suffer when they inevitably change or fade. Stoicism says longing for what's beyond our control like wealth, fame, or others' approval—sets us up for pain. Modern psychology sees this in addiction, where craving (for drugs, food, or approval) keeps us dissatisfied and distressed.

Impact on the Physical Dimension:

In the physical dimension, desire manifests as overindulgence in sensory pleasures, leading to physical discomfort, illness, and ultimately, a cycle of craving and dissatisfaction. Ignoring our body's true needs in pursuit of fleeting pleasures leads to physical suffering.

Impact on the Psychological Dimension:

Psychologically, desire fuels constant striving and comparison, leading to feelings of inadequacy, envy, and dissatisfaction – a direct result of the ego's insatiable need for more. The inability to attain desired outcomes or the fear of losing what we crave generates significant psychological suffering.

Impact on the Socio-Relational Dimension:

Desire strongly influences how we relate to others. When we approach relationships from a place of craving—seeking validation, admiration, or emotional fulfilment—we risk turning others into objects of our desire rather than meeting them as they are. This can create possessiveness, jealousy, or dependency, and lead to superficial or transactional connections. On a broader scale, collective cravings such as for status, wealth, or dominance can fuel competition, inequality, and social fragmentation.

Impact on the Existential Dimension:

Existentially, the relentless pursuit of desires can distract us from deeper questions of meaning and purpose, leading to a sense of emptiness even amidst material success.

Impact on the Philosophical Dimension:

Philosophically, the problem of desire raises questions about free will and determinism. Are we truly free if we are constantly driven by our cravings? It also raises ethical concerns, as unchecked desire often leads to harm both to ourselves and to others challenging us to consider what it means to live a conscious, responsible life.

Practical ways addressing this root misunderstanding involve practices designed to cultivate awareness and shift our relationship with craving:

Gratitude and Contentment:

Develop a practice of recognizing what is already good and sufficient in your life. Consciously appreciating the present moment weakens the restless urge for constant acquisition or stimulation, and nurtures a grounded sense of peace.

Practicing Moderation:

Engage in balanced habits with food, rest, and sensory pleasures. This helps regulate the body's responses and breaks the cycle of overindulgence and dissatisfaction. By learning to recognize sufficiency, we create space for clarity, vitality, and a more sustainable sense of well-being.

Creating Inner Stillness:

Practice silent meditation, mindful breathing, or simply spending quiet time in nature to calm the restless mind and reconnect with deeper values beyond fleeting desires.

Pausing Before Reacting:

Notice when a desire arises and allow a moment of stillness before acting on it. This builds the ability to respond rather than react impulsively.

Clarifying Values:

Reflect on your core values and align choices with what truly matters, rather than temporary cravings or societal pressures.

Meeting Desire with Awareness:

When a desire arises, pause and observe it without judgment. Allowing a moment of stillness creates space between impulse and action, weakening its grip and strengthening your ability to respond with clarity.

Reflection

Think about other practical that can help to address this particular root of misunderstanding.

Separation from the Divine

Many traditions see suffering as the pain of being distanced from the Divine—the ultimate source of unity. Christianity calls it the fall from grace, a disconnection from God's presence and purpose that leaves us lost. In Sufism, the soul longs to reunite with God, but the ego (nafs) gets in the way, turning that longing into inner suffering. The Bhakti tradition in Hinduism sees devotion to God as a way to reconnect and reduce the pain of feeling separated from the Divine. Advaita Vedanta sees the self as mistakenly identified as separate from ultimate reality. Indigenous traditions link suffering to a disconnection

from the sacredness of nature and community—both seen as expressions of the Divine—which leads to a sense of disorientation or loss.

Impact on the Physical Dimension:

In the physical dimension, this sense of separation can manifest as a feeling of alienation from our own bodies and the natural world, leading to a disregard for our physical well-being and the environment that sustains us.

Impact on the Psychological Dimension:

Psychologically, this disconnection can lead to profound psychological suffering in the form of loneliness, isolation, and a lack of inner peace, amplifying the ego's feeling of being a separate entity. The feeling of being separate from a larger whole can create a deep sense of unease and anxiety.

Impact on the Socio-Relational Dimension:

A perceived disconnection from the Divine often reflects in how we relate to others. It can result in a sense of separateness or superiority, reducing empathy and openness. When we forget our shared sacred origin, relationships can become judgmental, or lacking in depth, love and compassion.

Impact on the Existential Dimension:

Existentially, the sense of separation can contribute to a deep questioning of meaning and purpose. For many, disconnection from something greater—whether it's the Divine, the cosmos, nature, or a shared human story can lead to feelings of arbitrariness or inner emptiness.

Impact on the Philosophical Dimension:

Philosophically, this concept raises questions about the nature of reality and our place within it. Is there a divine source, and if so, what is our relationship to it? This exploration delves into metaphysics and the search for ultimate truth and meaning.

Practical ways addressing this root misunderstanding involve practices that nurture connection and restore a sense of sacred unity:

Cultivating Reverence:

Practice recognizing the sacred in everyday life—nature, people, and simple moments. This helps shift perception from separateness to sacred interconnectedness. Even washing dishes or hearing a bird's song can become a moment of quiet holiness when approached with reverence.

Engaging in Devotion:

Use prayer, chanting, or heartfelt rituals to reconnect with the Divine. Devotional practices help dissolve egoic barriers and open the heart. Through sincerity, these acts become vessels for love, surrender, and union.

Practicing Compassion:

Offer kindness to self and others, especially in moments of struggle. This reinforces the reality of our shared human experience. Compassion softens the edges of the self and reminds us that pain and healing are part of a larger, collective story.

Spending Time in Nature:

Reconnect with the natural world through mindful walks or silence outdoors. Nature often serves as a doorway to Divine presence and wholeness. The wind, the trees, and the sky offer a wordless kind of connection that gently dissolves inner noise.

Creating Sacred Space:

Designate a space in your home or daily routine for connection—through candlelight, journaling, or meditation. This builds a felt sense of presence. A physical reminder of stillness can anchor your intention and invite a deeper quality of awareness.

Serving Selflessly:

Engage in acts of service without seeking recognition. Helping others from the heart opens us to unity beyond egoic identity. True service dissolves the illusion of "me" and "you," revealing the quiet joy of shared being.

Contemplating Mystery:

Reflect on the vastness of the cosmos and the mystery of existence. Allowing yourself to feel awe can dissolve the illusion of separateness. In wonder, the mind loosens its grip, and the heart opens to what cannot be named.

Deep Listening in Relationships:

Practice truly listening to others without interruption or internal judgment. This opens space for authentic presence and reminds us of our shared sacred humanity. In deep listening, we meet not just the words—but the soul behind them.

Reflection

Think about other practical approaches that can help to address this particular root of misunderstanding.

Fighting The Constant Change

Reality is always shifting—nothing stays the same. Buddhism calls this impermanence (anicca), one of the three marks of existence. Taoism teaches that resisting this natural flow like a river bending around rocks creates suffering. This resistance touches upon a crucial distinction emphasized in different ways by traditions like Zen and Stoicism: the inevitable pain of change and loss is part of being human, but suffering often arises from our reaction to that pain. Stoicism particularly notes that suffering comes not from events themselves but from our judgment about them; it's our view that change is 'bad' or should be resisted, making it pointless to cling to what's transient, like possessions, because they'll eventually fade away. Hindu traditions describe this ever-changing world as maya—an illusion that appears solid and permanent, but in reality it isn't. We suffer when we become attached to it, mistaking the temporary for the eternal.

Impact on the Physical Dimension:

Resisting change manifests as a struggle against aging, illness, and the natural decline of the body, leading to frustration and suffering – often fuelled by the ego's desire for permanence.

Impact on the Psychological Dimension:

Clinging to past experiences or resisting future uncertainties generates anxiety, regret, and disappointment. The inability to accept the

impermanent nature of life leads to significant psychological suffering.

Impact on the Socio–Relational Dimension:

Resistance to change in relationships can result in conflict, power struggles, or emotional distance. When we cling to fixed roles, expectations, or how things "used to be," it limits authentic relating and hinders our connections with others.

Impact on the Existential Dimension:

The awareness of impermanence, particularly the inevitability of death, can trigger anxiety and a search for lasting meaning in a world of constant flux. Resisting this fundamental truth can lead to profound existential angst.

Impact on the Philosophical Dimension:

The concept of impermanence challenges our notions of identity and reality. If everything is constantly changing, what is truly real and what defines our enduring self? This delves into the philosophical exploration of time, identity, and the nature of existence. As many traditions suggest that clinging to a fixed self is the root of suffering, and that wisdom lies in embracing the fluid, ever-unfolding nature of being.

Practical ways addressing this root misunderstanding involve practices that build inner flexibility and acceptance of change:

Practicing Acceptance:

Regularly acknowledge things as they are, rather than how you wish them to be. This helps reduce internal resistance to what's unfolding. Acceptance doesn't mean passivity—it's the first step toward responding with clarity and wisdom.

Navigating Change:

Embrace life transitions with openness—whether aging, job changes, or shifts in relationships—rather than clinging to the past, and wishing that things can stay as they are forever. By honouring each phase of life, we learn to move with change instead of fearing it.

Grounding in the Present:

Use mindfulness to stay connected to the present moment, the only place where life is actually happening. The more we root ourselves in now, the less we're pulled by regrets of the past or anxieties about the future. The present is where our senses, choices, and experiences truly unfold—it's the only moment we can directly, deeply engage with.

Letting Go of Control:

Practice releasing attachment to fixed outcomes or expectations. This creates space for new possibilities and reduces disappointment. Surrendering control opens the door to flow, trust, and unexpected grace.

Engaging in Gentle Movement:

Participate in physical practices (like yoga asana, tai chi, or conscious walking) that adapt with your body, reinforcing harmony with change. These movements cultivate embodied awareness and remind us that change can feel fluid and nourishing.

Building Cognitive Flexibility:

Challenge rigid thought patterns and allow room for new interpretations or perspectives. Mental adaptability fosters resilience and helps us respond rather than react. By loosening fixed beliefs, we open ourselves to growth, creativity, and more balanced ways of seeing the world.

Exploring the Cyclical Nature of Life:

Reflect on how change is part of all natural rhythms—seasons, tides, breath, life and death. Seeing ourselves as part of these cycles can bring comfort, meaning, and a deeper sense of the true nature of this reality.

Reflection

Think about other practical approaches that can help to address this particular root of misunderstanding.

Not Recognising Interconnectedness

We're not alone. Everything is woven together. Buddhism's principle of dependent origination (pratītyasamutpāda) explains that all things arise from countless causes and conditions. Nothing comes into being on its own. Like a vast web, every experience, thought, or event is shaped by many unseen threads coming together. Indigenous wisdom teaches that we are part of the web of life. We are not separate from nature but deeply embedded within it. Trees, rivers, animals, and humans all belong to one family. Each part has its place, and when one is harmed, the whole is affected. Even the foundations of reality challenge the idea of separateness. Quantum physics reveals this same truth at the smallest scale. Particles remain mysteriously connected across space and time, a phenomenon known as quantum entanglement. Systems theory, used in fields such as ecology and psychology, shows that nothing exists in isolation. Everything is part of a larger whole. A change in one part of a system influences all the others.

Impact on the Physical Dimension:

Ignoring our interconnectedness with the environment can lead to unsustainable practices that ultimately harm both our physical well-being and the ecosystems that sustain life.

Impact on the Psychological Dimension:

The illusion of separation fosters feelings of isolation, competition, and conflict, leading to psychological suffering in the form of loneliness, fear, and anger. Lack of empathy and compassion stems from this failure to recognize our shared connection.

Impact on the Socio–Relational Dimension:

ailing to recognize our shared humanity leads to disconnection, prejudice, and divisiveness. When we forget that we are all deeply interconnected, it becomes harder to cooperate, communicate authentically, or hold space for others' needs and perspectives. Compassion and empathy begin to erode when we see others as "separate" or "other" rather than as fellow travellers in the human experience

Impact on the Existential Dimension:

Failing to recognize our interconnectedness can lead to a diminished sense of purpose and meaning. When we see ourselves as isolated individuals, we lose sight of our role within the larger tapestry of life.

Impact on the Philosophical Dimension:

The concept of interconnectedness challenges individualistic world-views and promotes a more holistic understanding of reality. It raises ethical questions about our responsibilities toward others and the environment. If all beings are interconnected, what does it mean to live ethically? How should we act, knowing that our choices ripple outward and affect the whole?

Practical ways addressing this root misunderstanding involve practices that awaken empathy, compassion and reinforce our connection to all life:

Practicing Empathy:

Intentionally place yourself in others' shoes, listening with openness and curiosity. This builds emotional connection and softens judgment. Empathy dissolves barriers between self and other, reminding us that everyone carries unseen struggles and beautiful dreams.

Living in Harmony with Nature:

Make conscious lifestyle choices that respect natural ecosystems—such as reducing waste, conserving resources, or gardening mindfully. When we care for the Earth, we care for the larger body we are part of.

Engaging in Collective Rituals:

Participate in community gatherings, ceremonies, or shared meditations that honour the web of life and collective experience. These moments foster belonging, connection, and a shared sense of purpose beyond the individual.

Studying Interdependence:

Learn from traditions or sciences (like ecology or systems thinking) that highlight the interrelated nature of existence. Understanding how everything connects deepens our respect for both human and non-human life.

Reflecting on Cause and Effect:

Contemplate how even small actions ripple outward, shaping others' lives and the world at large. This awareness fosters more intentional living and a deeper sense of responsibility for our everyday choices.

Reflection

Think about other practical approaches that can help to address this particular root of misunderstanding.

The Transformative Potential of Suffering

Though our natural response is to push away pain, suffering can serve as a profound catalyst for the evolution of consciousness. It is often in the depths of our pain that we are shaken awake, prompted to examine our lives more deeply and question the very nature of reality. From a spiritual perspective, suffering is not simply a negative force to be avoided, but a doorway to growth, insight, and inner transformation.

Suffering is embedded in the human condition, a truth echoed across world religions, mythologies, and psychological traditions. Rather than something to escape at all costs, it can be embraced as a natural part of life. In doing so, we shift from resistance to engagement discovering meaning, resilience, and deeper purpose in the heart of adversity.

One of suffering's greatest powers lies in its ability to disrupt our unconscious patterns. When life flows smoothly, we often operate on autopilot, attached to identities and beliefs that may be rooted in illusion or ego. Pain interrupts this inertia, compelling us to re-evaluate what truly matters. In this way, suffering becomes a threshold—a moment that invites awakening.

Many spiritual and philosophical traditions suggest that suffering often arises from life's inherent chaos—loss, illness, failure, or change and that our task is not to avoid these disruptions, but to meet them with presence and responsibility. In doing so, we begin to create "inner order" and meaning. Avoidance, on the other hand, often deepens disconnection and prolongs pain.

Like a seed that breaks open under pressure, human consciousness often expands through difficulty. The inner tension we feel between

where we are and where we long to be can motivate deep introspection and authentic growth. Suffering humbles the ego and invites us into a more honest relationship with ourselves and the world.

It also softens the heart. By connecting us to our own vulnerability, suffering deepens empathy and opens us to others' experiences. It breaks down the illusion of separateness, revealing the common threads that unite us all. In this space, compassion arises naturally both for ourselves, and for others.

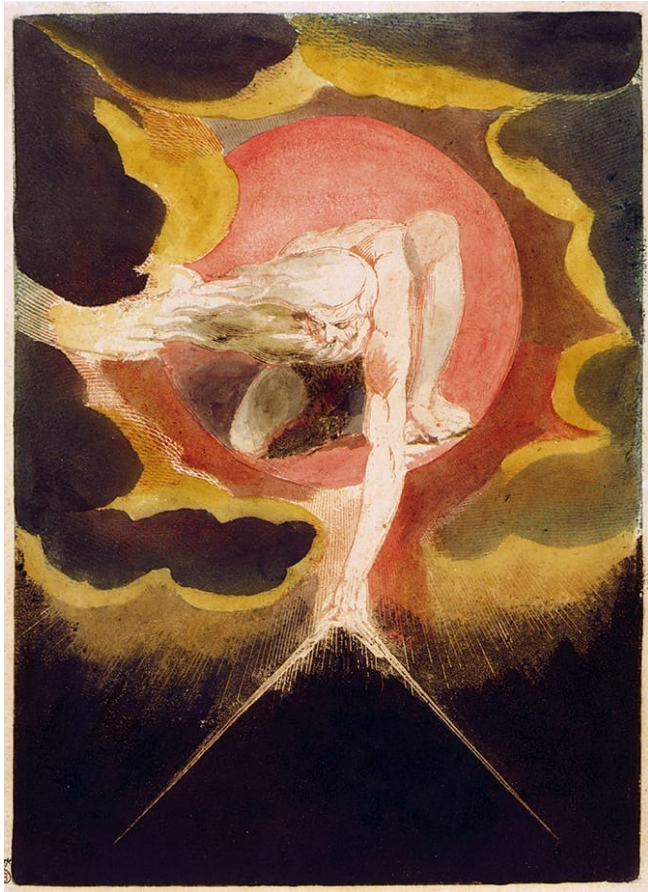
At times, intense suffering can even pierce the veil of ordinary perception. In moments of profound pain, we may encounter unexpected stillness, insight, or a glimpse of something greater. These experiences can awaken us to the sacred dimension of life and reconnect us with meaning far beyond our everyday understanding.

Ultimately, suffering is not something to romanticize—but neither is it something to reject. When met with awareness, it becomes one of life's most powerful teachers. It breaks illusions, deepens compassion, and pushes us beyond who we believed ourselves to be. In this way, suffering doesn't stand in the way of transformation—it becomes the path itself.

Reflection

Reflect on moments of suffering in your life, which can arise in many forms—loss, change, disconnection, or inner conflict. Think about situations where suffering was deeply felt. Were there ways you could have approached those experiences differently to reduce unnecessary pain or resistance? What, if anything, did those moments reveal to you about yourself, others, or the nature of life? How might that suffering have served as a turning point or invitation for transformation?

Understanding the essence of suffering naturally leads us to explore the deeper dimensions of spirituality. It is within this realm that we can find profound perspectives on its origins and the path towards developing understanding that can help us to further transform suffering in our lives and the lives of others.



William Blake,
The Ancient of Days, 1794.

(Digital image courtesy of the William Blake Archive.)

What Is Spirituality?

Spirituality is fundamentally about recognizing and exploring a dimension of existence that transcends ordinary material everyday reality.

After deep research, I discovered that there is no single, universally accepted definition that can fully capture an essence of spirituality. For someone who has never reflected on this concept, we might describe it as the sense that there is "something more" to life and existence than what we perceive through our physical senses or understand through conventional thinking.

Being 'spiritual' feels like having access to a special lens that reveals layers of reality typically hidden from those who have not yet awakened to this possibility. These deeper dimensions often remain concealed—blocked by ignorance (which includes a lack of knowledge or awareness about spiritual dimensions), fear that holds us back from exploring the unknown, conditioning that narrows our perspective, ego (our sense of self that creates a feeling of separation), and apathy (a lack of interest or concern that stops us from seeking deeper understanding).

The Nature of Spiritual Reality

Spirituality can be understood like radio waves—always present but invisible, until received by the right instrument, tuned in just the right way. These deeper layers exist whether we notice them or not, yet once we awaken to our ability to perceive and operate on multiple frequencies, we begin to access layers of experience that were always present, revealing a greater fullness of life.

While spirituality is often perceived as something separate from physical, material reality, it actually doesn't diminish the material world but complements and deepens our understanding of it. When we examine physical reality with sufficient depth and attention, its spiritual dimensions become apparent as the miracle of existence itself becomes visible. The breath we take, the trees moving in the wind all reveal themselves as part of a bigger, more interconnected reality than we previously recognized.

If we take an Indigenous perspective, this will offer us even more understanding, often viewing spirituality not as a separate domain but as life itself—the spiritual interwoven seamlessly into every moment, every interaction, and every element of nature. This worldview sees no separation between the sacred and the ordinary. All of existence is understood as inherently spiritual.

The Call to Spiritual Awakening

Are we all on a spiritual path, even if we don't realize it? In many traditions and perspectives, the answer is yes. The spiritual journey isn't something that starts at a specific moment—it's something we gradually become aware of. It's an ever-present current running through life itself. What shifts over time is our ability to notice it, to tune in, to hear the call.

For some, this call begins as a quiet but persistent urge to explore life's bigger questions. It might take the form of constant curiosity or a meaningful kind of restlessness—an inner sense that something important is missing when we see life only through a material lens. That means focusing only on physical things, like money or objects, while overlooking the potential of the spiritual side. This feeling of something more just beyond reach is what gently moves the seeker forward, even before they can clearly name what they're looking for.

At its heart, spirituality is about the search for meaning. It invites us to reflect on deep and timeless questions:

"Who am I?" "Why am I here?" "What is existence all about?" "What happens when we die?"

Rather than turning away from these questions, spirituality welcomes them. And it recognises that the process of exploring them can be just as meaningful as any answers we may discover along the way.

This awakening to something deeper can happen in many different ways. Sometimes, it arises through encounters with something that resonates deeply—like a piece of music, a film, a work of art, or a passage in a book. In other cases, it might be the presence of another person who quietly sparks something within us, awakening a feeling or insight we didn't know was there.

We can also enter into spiritual awareness through altered states of mind. These states—brought on by psychedelics, intensive meditation, deep focused thinking, breathwork (controlled breathing exercises), or even simple relaxation—can shift our perception and reveal aspects of reality that often go unnoticed in the flow of daily life. They offer brief but powerful glimpses into different ways of seeing, feeling, and understanding the world.

The Inner Journey of Self-Discovery

Once we recognize our innate ability to shift between different 'channels' of perception, we're no longer limited to experiencing the world solely through a physical or material lens. Reality begins to unfold as a rich tapestry of multiple layers—some that are clearly physical and logical, and others that reveal more subtle realms of intuition, interconnectedness, and deeper dimensions of consciousness.

This expanded perception naturally leads us inward. Spirituality, at its core, centres on the methodical exploration of our inner world. It invites us to observe our thoughts, emotions, bodily sensations, speech patterns, and actions with presence, awareness, and compassion. Far from being abstract or removed, this inner journey is deeply practical—it teaches us about the nature of reality in ways just as profound as scientific exploration. Through it, we begin to understand how the inner and outer worlds continuously reflect and influence one another.

As we go deeper, we come to see that rational thinking—though essential—is not the only lens through which truth can be known. Spirituality honours logic, but it also makes space for what lies beyond it. It embraces mystery and paradox, not as flaws in understanding, but as vital dimensions of a more complete and honest picture of existence.

One of the most transformative insights on this journey is the discovery of the "inner observer"—the quiet awareness that witnesses our thoughts and emotions without being caught in them. This shift in perspective allows us to step back from fleeting, surface-level identities and access a deeper sense of self. Some traditions call this consciousness, the witness, true nature, or the true self—a stable and spacious presence beneath the ever-changing flow of experience.

Transformation and Integration

The spiritual journey can be understood as an expanding field of perception—one that gradually brings more of reality into conscious awareness. As this field widens, it reveals patterns, subconscious programming, and limiting beliefs that previously operated outside our recognition. This ongoing unveiling allows us to see both ourselves and the world with increasing clarity.

However, this process of awakening is not always smooth. As awareness deepens, old habits, fears, and doubts often push back. The ego resists change, clinging to familiar roles and identities in an effort to maintain a sense of control. This resistance is often reinforced by cultural conditioning, which has shaped our perceptions and responses since early life. Together, these forces create a kind of inner inertia that can make growth feel unfamiliar, even threatening.

Yet with patience and continued practice, we begin to experience moments of genuine shift. As our perception expands, the illusion of separation starts to dissolve. We begin to experience a quiet knowing that everything is connected, not just in theory, but in how we actually feel and live. This openness creates space for new insight to arise naturally. What was once hidden becomes visible, and understanding begins to flow in, not as something we acquire, but as something we begin to.

These deeper states of spiritual integration often arrive during moments of inner stillness—when the mental noise quiets down and we become fully present. Whether through meditation, silence, or simply a pause in the rush of daily life, we may glimpse a space where perception becomes clear and unfiltered. In these moments, insight often arises effortlessly, and we reconnect with a sense of peace that feels more authentic than the constant thinking we're usually immersed in.

Perhaps one of the most transformative of these insights is the direct experience of the present moment. When we recognize that only the here and now truly exists—that the past and future are largely mental constructs—we shift our relationship with time itself. Worry, regret, and the pressure of constant planning begin to lose their grip. What remains is presence: grounded, spacious, and awake.

Living Spirituality in Daily Life

Spiritual traditions across time have taught that the path of spiritual evolution is closely tied to the intentional cultivation of inner virtues such as kindness, compassion, and love. These qualities and spiritual evolution support one another in a natural and ongoing exchange. As we practice kindness, compassion, love, and other virtues, our spiritual awareness begins to grow. In turn, as our awareness deepens, expressing these qualities becomes more natural—flowing not from obligation, but from a clearer understanding of ourselves and a more heartfelt connection to others.

As this inner shift unfolds, we begin to see our lives with new eyes. Patterns we once followed unconsciously—such as reactive habits, limiting beliefs, or fear-based behaviours become easier to notice. Recognizing these patterns opens the door to change. With this new clarity, we're able to make more conscious choices—ones that move us beyond auto pilot responses and into a more thoughtful, meaningful way of living.

This gradual transformation invites us to bring spirituality into every corner of daily life. Rather than seeing it as something separate from the rest of our experience, spirituality becomes a way of being—present in how we speak, how we listen, how we work, and how we care for ourselves and others. It's not confined to rituals or quiet moments alone, but expressed in our everyday actions and interactions. Instead of dividing the world into spiritual and ordinary, we begin to see the sacred within the ordinary.

As this integration deepens, something profound begins to happen. Living with intention and awareness doesn't just change our own experience, it naturally begins to affect those around us. The way we show up, the values we embody, and the calm or clarity we bring into

situations can inspire and uplift others, often without us even trying. Our growth becomes part of their growth—not through teaching or convincing, but simply through presence and genuine connection.

In this way, spirituality becomes a shared journey. As we continue to grow into more grounded, fulfilled individuals, the impact of our presence ripples outward—touching lives, shifting environments, and quietly contributing to a more conscious and compassionate world.

A Deeper Engagement with Life

Living spiritually brings about a quiet yet powerful transformation—a growing sense of aliveness, presence, and connection that reshapes the way we experience the world. It draws us into life more fully, not by changing our outer circumstances, but by shifting the way we relate to them. Spirituality invites us to slow down, to listen more deeply, and to meet each moment with awareness and intention.

Life continues to offer its full spectrum of experience. Emotions rise and fall, challenges appear, and uncertainty still visits us. Yet something within begins to respond differently. Rather than being swept away by fear or overwhelmed by habitual reactions, we start to move with greater clarity, care, and resilience. We learn to observe our inner world without becoming lost in it. And in that space of awareness, we discover a quiet steadiness that remains with us through both calm and storm.

This way of living reveals a depth of meaning even in moments of discomfort or difficulty. We become more attuned to the subtleties of life—the warmth of a shared glance, the stillness between words, the softness in a breath. Life begins to take on new color and texture, not because it has changed, but because we are more awake to what has always been there.

Spirituality invites us to see the full spectrum of life as sacred. Joy and sorrow, light and shadow, ease and struggle are no longer seen as opposites to be managed or resisted, but as complementary aspects of a greater whole. Each one carries its own kind of teaching, its own invitation to grow.

Meaning reveals itself in the present. We no longer chase it as something far away. Instead, we begin to recognize it in the ordinary rhythms of our day—in small acts of kindness, in the beauty of nature, in silence, in connection. The ordinary becomes extraordinary simply because we are present for it.

To live spiritually is to live with a sense of reverence for life as it is. Each moment becomes an opportunity to show up with presence, to act with integrity, and to stay connected to what matters most. Over time, this way of being transforms how we relate to ourselves, to others, and to the world around us. It grounds us in authenticity, deepens our capacity for compassion, and opens the way to a fuller, more wholehearted life.

Awakening Subtle Abilities

In many traditions, as people progress on the spiritual path, they begin to notice subtle changes in perception—experiences that go beyond what we typically consider "normal," but which feel deeply real and meaningful. These can include things like heightened intuition (a deep inner knowing that doesn't come from reasoning), sensitivity to energy (a felt sense of the atmosphere or energetic presence around people, places, or situations—sometimes referred to as an "energy field"), out-of-body experiences (a sense of awareness existing outside the physical body), precognitive insights (moments where we seem to glimpse future possibilities), and exceptional levels of empathy (feeling the emotions of others as if they were your own).

For someone new to spirituality, these kinds of experiences might seem unusual or even difficult to relate to at first. But many people across different backgrounds describe remarkably similar subtle abilities. They often unfold gradually and naturally over time, and they're more common than we might initially assume.

It's important to understand that these abilities are not signs of being special or chosen. They are often natural by-products of a consciousness that is becoming more open, sensitive, and attuned to the world within and around us.

At the same time, these subtle abilities are not the goal of spiritual practice. They are like side-effects emerging spontaneously as our awareness expands and our inner distractions quiet down. We must not forget the deeper purpose of spiritual path and its practical implications on daily experience. Still, when these subtle shifts do arise, they can offer meaningful glimpses into the deeper nature of reality and remind us that we are more interconnected, more intuitive, and more expansive than we may have previously known.

The Meeting Point of Science and Spirituality

While spirituality and science have historically been viewed as separate or even opposing domains, that divide is beginning to blur. Contemporary scientific discoveries, particularly in areas like quantum physics, consciousness studies, and neuroplasticity, are increasingly echoing insights that mystics and spiritual teachers have described for thousands of years.

For example, quantum physics reveals that reality is far less solid and predictable than it seems, suggesting a universe made not just of matter, but of energy, probability, and deep interconnection. Consciousness studies are beginning to ask whether awareness is simply a

by-product of the brain, or something more fundamental to the fabric of existence. Neuroplasticity shows us that the brain can physically change based on inner experiences like meditation, intention, and focused attention supporting what many spiritual paths have long taught about the power of the mind.

This convergence doesn't mean science is becoming spiritual, or that spirituality is turning into science. Rather, it points toward the possibility of a more holistic understanding of reality—one that values both empirical observation and the depth of direct inner experience. In this view, knowledge isn't limited to what we can measure externally but includes what we can perceive inwardly.

Psychology and Spiritual Growth

Both spirituality and psychology explore the human inner world, but they do so from different perspectives. Psychology investigates thoughts, emotions, and behaviours using scientific methods and therapeutic approaches, with the goal of understanding the mind, relieving psychological distress, and supporting mental well-being. Spirituality, in contrast, often focuses on personal transformation, the search for meaning, and the direct exploration of consciousness and self-awareness. While psychology is grounded in empirical research, spirituality tends to be experiential, drawing on introspection, contemplation, and lived insight. Despite these differing foundations, the two have begun to inform and complement each other in meaningful ways.

In recent years, these two fields have begun to find meaningful points of integration. Spiritual insights such as mindfulness, presence, and the recognition of ego-driven patterns are now widely used in therapeutic settings to help people reduce anxiety, process emotional pain, and cultivate greater self-awareness. At the same time, psychological

understanding can support spiritual growth by offering tools for navigating trauma, building emotional resilience, and fostering a healthy sense of self.

This meeting point expands the potential of both disciplines. It leads to a more holistic understanding of the human experience—one that embraces both healing and awakening, both the mind and the spirit. Together, psychology and spirituality offer a fuller path toward personal growth, inner peace, and a deeper engagement with life.

Collective Evolution and Interconnectedness

Spirituality, at its deepest level, reveals that personal growth is inherently connected to something larger. As we heal, awaken, and grow, we become active participants in a wider field of transformation. Every insight we gain, every moment of presence we embody, and every act of kindness we offer contributes to the well-being of the collective.

Rather than existing in isolation, each of us is part of a vast, living web of connection. Our thoughts, emotions, and actions resonate outward, influencing others in both seen and unseen ways. A single shift in consciousness such as becoming more compassionate, more aware, or more grounded can shape the energy of our relationships, our communities, and even the wider culture.

As we expand in awareness, we begin to naturally care more deeply for others, for nature, and for the systems we are a part of. This sense of connection invites us to act with greater integrity, empathy, and purpose not out of obligation, but from a genuine recognition that our well-being is intertwined with the well-being of all.

Just as a forest thrives through the interdependence of every tree, root, and organism, human evolution unfolds through relationships and shared consciousness. True spiritual maturity includes this un-

derstanding: that each step forward in our personal journey helps move humanity forward as a whole.

As we evolve spiritually, we help create a more beautiful world—one where people live with greater compassion, harmony, and respect for life in all its forms. When we see our lives this way, even small, everyday choices gain meaning. A moment of kindness, a pause for reflection, or a willingness to listen becomes part of a much greater unfolding one that holds the potential for healing, harmony, and collective awakening.

Reflection

Since spirituality is deeply experiential and personal, it's worth taking a moment to reflect: What does spirituality mean to me? If I were to describe it in my own words, how would I define it? What does it truly look like to live a spiritual life—not in theory, but in the way I move through my days? Do I consider myself a spiritual person, and if so, what does that actually mean to me in practice?

As we deepen our exploration of spirituality, we inevitably come face to face with one of its most essential and mysterious foundations: consciousness. Understanding the nature of consciousness is not only central to many spiritual traditions, but also to understanding who and what we truly are.



William Preston (1742–1818) - The Eye Of Providence

What is Consciousness?

Consciousness, in its most fundamental sense, is the state of being aware of oneself, of thoughts and feelings, and of the world around us. It's the deeply personal experience of "being" and "knowing," the lens through which all of life is perceived.

This inner light is the very medium through which perceptions, sensations, and emotions arise. Everything you experience—your memories, desires, fears, and hopes comes into being within this space of awareness. It's not something we switch on and off. It is always present, quietly allowing each moment to unfold. And yet, despite being so central to our existence, consciousness remains one of life's most profound mysteries. We experience it constantly, yet we struggle to explain what it actually is.

In daily life, we move through a world that appears to be made up of distinct objects and separate beings. This sense of separation feels so familiar that we rarely question it. Modern science often supports this view, explaining our experience by seeing consciousness as a by-product of brain activity—an emergent property of neurons firing in intricate patterns. From this perspective, consciousness is something produced by matter, confined to the boundaries of the physical body.

This model has helped us understand many aspects of brain function, yet it also raises questions it can't fully answer. For instance, how do electrical signals and chemical reactions give rise to the vividness of subjective experience—the feeling of being you

?

Even within this scientific framework, certain human experiences suggest something more expansive. Deep meditation, vivid dreams,

creative flow states, or moments of profound insight can loosen the familiar sense of separation. In these moments, the line between observer and observed begins to dissolve. Reality feels less fragmented. The boundary between inner and outer experience fades, and we're left with a sense of wholeness—a felt experience of unity that transcends explanation.

While these moments don't necessarily contradict science, they point to aspects of human experience that current scientific models struggle to explain fully. The tools of science are designed to measure and categorize, yet the essence of these experiences often escapes such definitions. What we're encountering in these moments isn't easily reduced to brain chemistry or external stimuli—it feels participatory, intimate, and fundamentally real. These glimpses invite not the abandonment of science, but a widening of perspective. They suggest that there may be dimensions of consciousness that aren't just products of the brain, but part of a deeper reality that science has yet to fully reach.

These glimpses often come quietly, through presence rather than analysis. And they invite us to consider: Is consciousness really confined to the brain, or is there something more fundamental that connects us to a deeper field of awareness?

Many people describe encountering, beneath the ever-changing stream of thoughts, emotions, and sensations, a kind of stillness—a witnessing presence that observes without interfering. This presence doesn't seek to control or define; it simply notices. It isn't entangled in the stories of the mind, but gently holds them, allowing everything to come and go. Like the sky that holds the weather, this awareness remains open and untouched, no matter what passes through.

Recognizing this quality in ourselves can be truly transformative. It opens the door to a more integrated way of living—one where we're not lost in the noise of thought, but grounded in the space beneath it. Life begins to feel less reactive, more spacious, and, somehow, more intimate.

This invites a radical possibility: that consciousness isn't a fixed entity, but something that unfolds, deepens, and expands. Like a seed containing the blueprint of a towering tree, individual consciousness may hold within it the potential for profound growth. The path of awareness isn't necessarily about becoming someone new—but about rediscovering what has always been here, quietly waiting just beneath the surface.

This insight isn't new. Ancient wisdom traditions across cultures have long pointed toward it. From the non-dual philosophies of India to Indigenous understandings of nature, from mystical Christianity to Sufi poetry—many have suggested that consciousness is not simply a product of biology, but the very ground from which all experience arises.

In this view, the universe is not a collection of separate objects, but an interconnected expression of living awareness. Everything we encounter is not outside of us, but moving within the same field of presence.

At first, we may ask: "Who is the one experiencing all of this?" But as the inquiry deepens, it becomes clear that what we're looking for isn't a separate self behind awareness—it's awareness itself, free from all identification. This isn't about finding someone who is conscious, but recognizing that consciousness doesn't belong to anyone. It simply is. All that is—is consciousness.

And in that realization, something profound becomes visible—not as a belief, but as a direct, undeniable knowing. Not an abstract idea, but a shift in perception. It's something we begin to recognize through attention and openness, as the layers of assumption gently fall away.

At this point, the exploration turns inward. What began as a question about consciousness becomes an intimate encounter with the one experiencing it. The inquiry "Who am I?" arises—not as a problem to be solved, but as a quiet invitation to look more deeply into the nature of what we are.

This process invites a slowing down, a gentle attentiveness. In this stillness, insights have space to emerge. We rest in presence, allowing what is here to reveal itself, free from the need for labels or conclusions.

At first, the answers come quickly: a name, a profession, a personality, a story. These are the surfaces we've learned to point to. But when we take time to examine each one, something deeper starts to reveal itself.

REFLECTION

As these layers are brought into the light of awareness, they begin to soften. We begin to see that what we've called "the self" is more like a collection of impressions, patterns, and conditions. And beneath all of it, something steady begins to emerge.

There's a quiet presence that doesn't need to be named. It doesn't arise as a thought or image, yet it is unmistakably here. It is not defined by any one moment, yet it holds every moment. Like the canvas behind a painting, it remains untouched while containing every stroke.

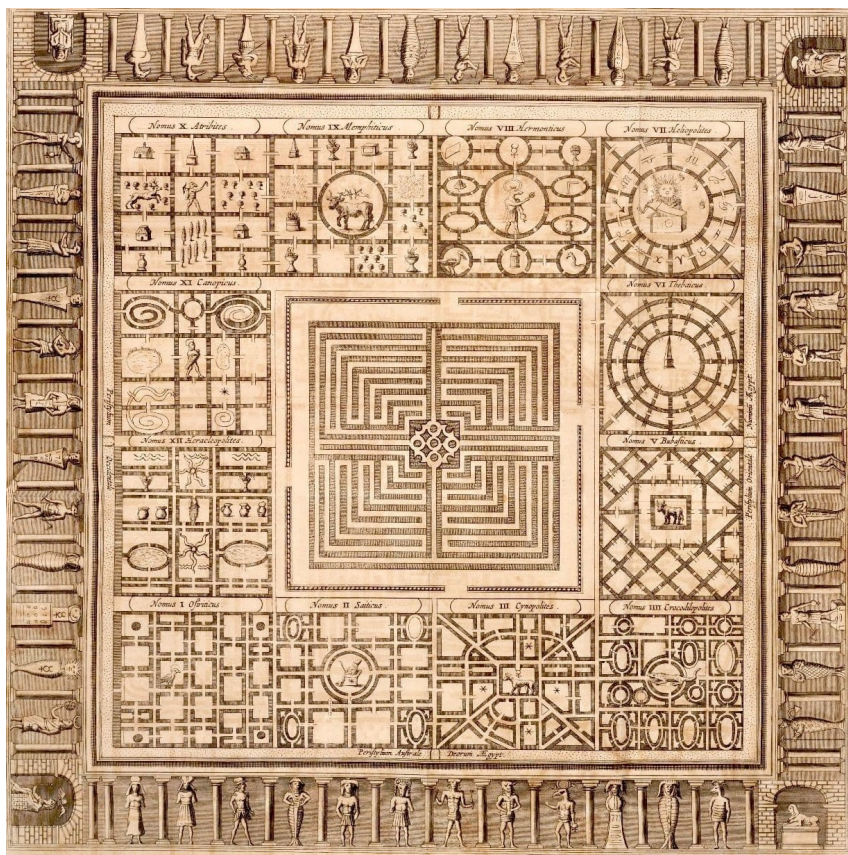
Many traditions have tried to describe this—awareness, presence, the witness, being. But whatever word we use, it isn't a concept. It is something we come to know by direct encounter. Not something to grasp, but something we recognize, like remembering something we always knew.

As this recognition grows more familiar, something begins to shift in the way we relate to life. The tension of holding onto a fixed identity starts to loosen. Emotions still come and go, but they pass through more lightly. We begin to meet ourselves and others with more space, more softness, more clarity.

Over time, the idea of being a separate, solid self begins to dissolve. Identity becomes something fluid, responsive, alive. There's a growing sense of connection—not in theory, but in lived experience. A quiet understanding that what we are is not confined to a single form, but flows through all of life, grounded in something timeless and whole.

This kind of inquiry doesn't lead to a final answer. Instead, it opens a new way of experiencing life—something you feel more than understand. And from this space, a deeper question arises: Can consciousness evolve?

If this truth isn't yet fully felt, it may be because something within us is still in motion—still becoming. Consciousness, after all, is not fixed. It grows, expands, and remembers itself through us. In the next chapter, we'll explore this unfolding journey—one that reaches far beyond the personal, into the very heart of existence itself.



The Great Lost Labyrinth of Egypt.

What is the Evolution of the Consciousness?

Consciousness has the capacity to expand, evolve, encompass, and recognize itself, remaining fluid in nature. At its core, this evolution is driven by an inherent ability for self-awareness and growth. As individual consciousness develops, it moves through various levels of perception and understanding, each revealing a deeper, more refined reality. This journey ultimately leads to a state of greater wholeness, culminating in a profound reconnection with the reality of oneness.

We are living extensions of a cosmic process that has unfolded through billions of years—the echo continuum of evolution itself. Consciousness has been on a journey of continuous expansion and refinement, from the formation of the physical universe and the birth of stars and planets, through the emergence of the basic building blocks of life, to the development of increasingly complex organisms with advanced capabilities for survival, interaction, and even self-awareness.

The universe itself appears to be moving toward greater complexity, organization, and awareness. Within this greater cosmic context must consciousness evolution be understood.

Our individual consciousness possesses a remarkable capacity to expand beyond the confines of our bodies and minds, to include wider spectrums of perception and understanding. Yet within this collective field, each individual consciousness remains uniquely significant.

Across civilizations and throughout history, a universal pattern emerges—consciousness moves from narrower to broader awareness, from separation to connection, from fragmentation toward whole-

ness. This evolution follows a cosmic rhythm of emanation and return, descending from unity into multiplicity before ascending back to the source. The unique essence of who we are follows a similar pattern, descending from higher realms into material existence before beginning its return.

As we evolve, consciousness gradually sheds layers of material entanglement while awakening to its inherent divine nature. Eastern traditions describe this as dissolution of the separate self, Western mysticism as reunion with the divine, and psychological frameworks as integration of the fragmented psyche into wholeness. What makes this journey compelling is the remarkable convergence of experiences reported by contemplatives who reach advanced stages across vastly different cultures. Buddhist enlightenment, Hindu samadhi, Christian mystical union, Jewish *devekut*, and Sufi *fana* all describe strikingly similar experiences: transcendence of separate identity, direct apprehension of fundamental unity, dissolution of ordinary boundaries, profound recognition of sacredness, and access to ineffable knowledge.

This spiritual evolution unfolds not linearly but as a deepening exploration into rarely traversed dimensions of our being. The revelation emerges not as intellectual understanding but as direct experiential knowledge: our essence encompasses the entire cosmos. We gradually recognize the paradoxical truth that separation was always an illusion—we have existed in unity with the divine throughout our journey, like light emanating from and returning to its source.

The evolution of consciousness is intimately tied to realizing our highest human potential. As individuals fully express their abilities, creativity, and authentic selfhood, they actualize their deepest nature and unique gifts rather than merely achieving external success. Evolv-

ing consciousness allows us to express wisdom, compassion, creativity, and love in increasingly refined ways.

Becoming our most authentic selves requires bringing unconscious aspects of the mind into awareness—confronting and integrating repressed memories, instinctual drives, creative potentials, and transpersonal dimensions. Jung described this ultimate goal as realizing the "Self"—the centre of the psyche representing our complete nature, distinct from the ego's limited identity. Connection with the Self fosters inner peace, harmony, and deeper purpose, marking a significant step in transcending ego limitations.

This evolution extends beyond individual development to encompass collective transformation. As more individuals evolve to higher states of consciousness, humanity's collective awareness shifts, enabling reimagined relationships with nature, transformed social systems, and new cultural possibilities. In this vision of world peace, recognizing our deep interconnectivity makes harm to others inconceivable; when we truly understand that every action against another is an action against ourselves, love and unity become the natural ways of being.

The evolution of consciousness represents our most profound journey, measured not in external distance but in the depths of our own being. It offers the possibility of transcending our conditioned existence while simultaneously embracing our humanity more fully. This evolution is about perceiving and participating in the world from an expanded state of awareness, not escaping it.

Through this cosmic dance of differentiation and integration, we come to recognize that we are not separate from the evolutionary process but are its very embodiment—conscious agents through whom the universe awakens to itself. As we evolve, we realize the en-

the cosmos is not external to us but contained within the depths of our own consciousness. As Rumi beautifully expressed: "You are not a drop in the ocean. You are the entire ocean in a drop."

REFLECTION

Visualizing the Cosmic Journey of Consciousness:

Close your eyes and imagine the journey of consciousness as described in the text. Begin with the formation of the universe, the birth of stars, the emergence of life, and the development of complex organisms. See your own existence as part of this grand, unfolding process. Feel appreciation for all the forms, beings, lives, and ancestors who came before you—who lived, so that you could come into the light of existence. Reflect on all the moments in which you've experienced life, leading up to this very moment, right now, as you read this sentence. Take your time. Feel fully into this voyage. How do you feel?

To help us better understand this inner journey, let's explore one way of looking at how consciousness might unfold through different stages of development.



"Jacob's Dream" (William Blake)

What are the Levels/Depth of the Consciousness?

The levels of consciousness are the attempt to organize patterns of the expanding stages of awareness where we perceive and connect with reality, evolving from basic, self-focused survival to a deep, universal unity.

Many systems have tried to map out different levels of consciousness, and it's valuable to explore the common threads they share. It's important to note that these stages are not linear. One key insight is that individuals at higher levels of consciousness can understand and relate to the lower levels—because they've moved through them. However, those at lower levels usually can't fully grasp the perspectives or experiences of the higher stages. This suggests an expanding and integrative nature of evolutionary development.

For simplification, we can talk about 5 different stages:

Stage 0 - The Foundation:

(Most of the Population)

The individual is completely unaware of spiritual reality. Their primary focus is on individual needs and survival. Life is often perceived as an unsupportive and hostile place, where one must fight to get what they want. It is filled with anxiety, numerous struggles, fear, and challenges. The person is obsessively worried about job security and financial stability, concentrating solely on physical existence and bodily needs. This stage is characterized by self-centred thinking and acting with little regard for others. The main concern is, "What do I want?" Individuals feel disconnected from any sense of a benevolent higher power. Life often feels unfulfilling, and people may be destructive to

themselves and nature. This stage aligns with the foundational level of Maslow's Hierarchy of Needs, which includes essentials like food, shelter, and security. This stage is significant because, without these basic needs being met, it can be difficult to create space for higher qualities to emerge. Later in this stage, the individual begins to pay more attention to their emotions and experience them, marking a shift from a purely physical existence to a more dynamic, emotionally driven one.

Lower Levels - The Awakening Begins:

Individuals may experience their first subtle awakening—a curiosity about whether there's more to life, questions about meaning, or a lingering sense of dissatisfaction or lack. This awakening can also emerge through crisis, such as hitting a proverbial "rock bottom," sparking a desire for life improvement.

The individual remains deeply entrenched in the illusion of reality, yet the seed of possibility that life could be better begins to sprout. The need for adventure becomes faintly apparent, though fear, reluctance, and resistance to leaving familiar comforts often lead to refusing the initial "call."

This journey involves facing challenges, enduring setbacks, and gradually deepening self-understanding. The focus may lean more toward personal development than spiritual exploration. Rational thought, analysis, and logic grow sharper, though scepticism toward spiritual teachings persists. Any engagement with such material is often approached through a lens of intellectual scrutiny.

The individual may still seek happiness in overindulgence, emotional dependency, or sensory pleasures. Power struggles, controlling be-

haviours, anger, and resistance to life's natural flow dominate. Reactive patterns prevail, fuelled by a lack of presence and self-awareness.

Gradually, awareness of the body's needs (balance, health) emerges. Unconsciously, they might seek connection to deeper truths through physical exercise or bodily discipline. Strong identification with groups—family, nation, religion, or culture—colours their worldview as "us versus them."

This stage is fragile; many abandon the path here. However, if glimpses of higher consciousness arise—even fleetingly—they can accelerate the process, allowing the individual to embody awakened awareness in daily life.

Middle Levels - The Inner Work:

Individuals begin to open to creativity, embracing authentic and honest self-expression. They might already start observing the content of their mind, slowly separating from it, as initial insights and realizations flow. The individual recognizes that their actions generate corresponding reactions—a foundational understanding rooted in the basics of the law of Karma.

Inner stability grows more apparent, and living in balance becomes increasingly natural. Early experiences of love and glimpses of true happiness emerge. The unconscious mind surfaces, revealing truths about the self, while awareness of mental patterns deepens.

The individual begins confronting their shadow, integrating lost parts of themselves and energies trapped in the past. This process involves facing avoided aspects and exploring inner worlds. The Soul awakens to its true nature, experiencing moments of illumination and clarity.

A gradual sense of connection to something larger yet still perceived as separate begins to form. Commitment to virtuous living grows, though complacency, resistance, and overwhelming distractions from daily life may linger. At this level, the individual starts seeing themselves as part of the broader human family.

For those following an esoteric or occultist path (pursuing hidden knowledge), awareness of energy and energetic bodies may arise. However, regression from this stage remains still possible, as the full truth of reality has not yet crystallized.

Higher Levels - The Realisation:

Individuals begin to realize the illusory nature of reality, understanding that they are not the mind or the body, but something more—an eternal, ever-present essence. False identifications crumble under the light of truth. This dissolution of false beliefs and attachments allows one to perceive the world as it truly is. Natural laws are recognized, and the individual sees the impermanence and ever-shifting nature of existence.

The ability to align with inner guidance develops, and the individual follows it with increasing success. A sense of support from the world arises. Wisdom takes root, and lived experience becomes more integrated. Suffering diminishes as insights permeate daily life, fostering a growing sense of inner completeness. The individual begins to live more intuitively, though still feeling separate from the Divine, yet deeply recognizing its presence and the existence of its aspects.

Here, the fractal nature of reality becomes apparent and the principle of "as above, so below" emerges vividly. Individuals at this stage can hold multiple perspectives simultaneously, integrating them into a cohesive understanding of reality. They perceive prior levels of con-

sciousness with clarity, transcending binary judgments (right vs. wrong, good vs. bad) to see the value in all perspectives. Each level of consciousness is acknowledged as contributing meaningfully to the whole.

This stage is marked by systemic thinking (ability to see big picture), self-awareness, and the ability to harmonize personal needs with those of the collective.

Master Level - Union with All:

State of higher consciousness where unity and oneness with all existence is experienced. The individual experiences both the eternal nothingness and the everythingness—spaces where creation originates and the realisation of the ever changing nature of everything. Internally, the opposing energies of feminine and masculine are harmonized. Psychologically, archetypes from the collective unconscious express themselves in a state of equilibrium, reflecting the integration of the psyche. The person is freed from attachments—to outcomes, people, and objects—embracing circumstances without emotional turbulence. Perception dissolves separation from the World, Universe, God, Divine, or Source; it merges into singularity. Here, a natural drive to uplift others emerges through compassion that transcends personal desire. This is the embodiment of universal love, the apex of evolution, anchored in profound understanding of interconnectedness. Fear of death transforms into serene acceptance, radiating peace beyond duality.

*This simplified model is offered for ease of understanding. However, exploring the original systems in greater depth can provide richer insights. It's fascinating how many traditions—across time and culture—echo similar themes about the evolution of consciousness. Studying them can deepen your understanding and offer new per-

spectives. You're encouraged to explore these systems on your own, and we'll continue touching on them in the weekly newsletter.

List of notable systems which inspired me to create the introduced stages.

Chakra System
Buddhist Stages of Enlightenment
Advaita Vedanta's Stages of Realization
Stages of Sufi Spiritual Development (Sufism)
Taoist Alchemy
Tantric Alchemy, Kabbalistic Tree of Life
Plotinus' Enneads (Neoplatonism)
Mystical Stages of St. Teresa of Avila
Mystery Schools and Alchemical Transformation, Sri Aurobindo's Evolution of Consciousness
Rudolf Steiner's Spiritual Science
G.I. Gurdjieff's Fourth Way
Mysticism and Perennial Philosophy (Aldous Huxley)
Pierre Teilhard de Chardin's Omega Point, Carl Jung's Individuation
Abraham Maslow's Self-Actualization and Transcendent Actualisation
Spiral Dynamics (Clare W. Graves, Don Beck, and Chris Cowan)
Ken Wilber's Integral Theory
David R. Hawkins' Map of Consciousness
The Hero's Journey: Joseph Campbell

Reflection

Read the introduced levels one more time, and try to understand where you find yourself on that journey? Think about how the quality of your life across diverse fields would change if you would operate on higher level in comparison to your current one.

In the next chapter, let's explore peak experiences—intense, often life-changing moments that offer a glimpse into higher states of consciousness and can greatly accelerate the evolutionary journey.

Oversoul – Alex Grey

What are the Peak Experiences?

In the journey of evolving consciousness, certain transformative moments can fundamentally alter our perception of reality. These powerful episodes—known as peak experiences—offer temporary often intense glimpses into the state of higher consciousness.

Through the years, I've realized that, for many, a more intense intervention is often needed to create a noticeable shift in the quality of awareness—an experience that can break through conditioned patterns, awaken deeper truths, and catalyse profound inner change.

First conceptualized by Abraham Maslow, a pioneering humanistic psychologist, peak experiences are profound moments of heightened awareness, connection, and transcendence. During these episodes, individuals report a sense of unity, timelessness, and extraordinary meaning that stands apart from everyday consciousness.

Other terms that can describe this are; Transcendent Experiences, Mystical Experiences, Spiritual Ecstasy, Bliss, Rapture, Epiphanies, Moments of Clarity, Awakening Moment.

Forms of Peak Experiences

They can arise in many ways, each offering a unique glimpse into transcendence. Here are some common forms they may take:

Nature-based experiences:

Feeling deeply connected to nature, like becoming one with a forest or ocean, often sparking a sense of awe. It feels as if the trees breathe with you or the waves whisper ancient secrets, drawing you into the rhythm of the Earth. In that moment, you may sense that the planet itself is alive and aware of you, holding you gently in its presence. Na-

ture no longer feels like something separate but becomes a mirror of your inner world, filled with wisdom and wonder.

Deity experiences:

Sensing a direct connection to a divine presence or higher power, filled with love, warmth, and a sense of guidance. You may feel surrounded by something sacred, as if a gentle force is holding you with care. The usual boundaries between speaking and receiving dissolve, and something within you feels completely seen and understood. It can feel like you have returned home to a presence that has been quietly with you all along.

Formless experiences:

Losing all sense of separation, becoming part of a vast awareness or pure presence. It feels like floating in an endless field of light or space where there is no individual identity, only being itself. Time fades away, and what remains is a deep peace that exists beyond thoughts or emotions. It's a moment when you became part of something timeless and whole.

Integral experiences: Seeing everything in life come together with clarity, where differences no longer feel like conflicts. What once seemed confusing or divided now makes perfect sense, and you feel a deep sense of inner harmony. Pain and joy are no longer opposites, but parts of a larger, meaningful pattern. From this space, a natural compassion arises—for yourself, for others, and for the entire unfolding of life.

Mystical experiences:

Touching a deep kind of inner knowing that does not come from thinking but from direct experience. It feels like something opens inside you, and suddenly you see life with new eyes. The moment is so vivid and true that words cannot fully describe it. In that quiet space, truth is not something you figure out—it becomes something you simply feel, like a soft light shining through everything.

It's also important to recognize that these experiences, while often beautiful and transformative, can also be overwhelming, disorienting, and emotionally intense—especially for someone who is unprepared to integrate such a sudden and profound shift in awareness. The encounter with a deeper reality can feel destabilizing, as it challenges the foundations of one's existing worldview, beliefs, and sense of personal identity. What once felt certain may begin to dissolve, and familiar aspects of life may suddenly seem strange or less meaningful. These experiences often leave a lasting imprint, opening the mind to entirely new dimensions of perception and understanding, but they can also create a sense of confusion or isolation when returning to ordinary states of consciousness. Without proper grounding or support, it may be difficult to articulate what was felt, or to find others who can truly relate. Integration becomes essential—taking time to process, reflect, and allow the insights to unfold gradually in everyday life.

Who Can Experience These States

While peak experiences can occur spontaneously and unexpectedly to anyone, they are more commonly reported by those who are self-realized—individuals who have reached a level of personal growth where they live in alignment with their deeper truth. As noted by thinkers like Abraham Maslow, such experiences often emerge in people who are psychologically integrated, authentic, and open to the mystery of existence.

In the context of this book, we speak especially of, engaging with life as a sacred journey of unfolding awareness. Through inner work, reflection, and a willingness to transcend ego-based patterns, these individuals naturally become more receptive to moments of expanded perception.

As consciousness evolves, the mind becomes increasingly attuned to these subtle but powerful glimpses of higher reality. Even when brief, such experiences can leave a lasting imprint, serving as catalysts for transformation and deeper integration.

Pathways to Peak Experiences

The extensive collection of insights within practical spirituality can create the space for peak experiences to arise. Throughout history, various approaches and practices have been known to support their emergence though it's worth remembering that such moments can't be forced or guaranteed. However, the depth of our engagement, sincerity, and openness in these practices can significantly increase the likelihood and depth of such transformative moments unfolding.

Here is the list:

Deep Meditation and Prayer:

Meditation and prayer, particularly in solitude, are widely recognized for inducing altered states of consciousness and profound spiritual insights, making them direct pathways to peak experiences.

Dynamic Meditation Technique:

This active form of meditation involves deep, rhythmic breathing that can lead to intense emotional release (catharsis, the process of releasing built-up emotions or tension from the body). It's designed to break through psychological barriers and open the space for moments of clarity, stillness, or transcendent awareness. For live sessions

Intentional Use of Psychedelics:

Psychedelics are well-documented for directly inducing altered states and peak experiences, provided they are used responsibly with proper guidance.

Silence, Darkness, and Sensory Deprivation:

By minimizing external stimuli, these practices foster deep introspection and can lead to profound, altered states of awareness, such as those experienced in sensory deprivation tanks or darkness therapy.

Lucid Dreaming and Conscious Sleep Exploration:

Lucid dreaming offers a unique platform for exploring consciousness, often resulting in vivid, transformative experiences within the dream state.

Creative Expression (Art, Music, Writing, Dance):

Engaging deeply in creative acts can lead to flow states—intense, immersive experiences often associated with peak moments of transcendence.

Sound-Based Healing and Music Therapy:

Specific sounds and rhythms can evoke powerful emotional and spiritual responses, directly facilitating altered states and peak experiences.

Spending Time in Nature and Wilderness:

Immersion in nature frequently inspires awe and a sense of connection—common qualities of peak experiences reported across cultures and traditions.

Participating in Rituals and Ceremonies:

These structured practices create sacred space and are intentionally designed to catalyze spiritual and transcendent experiences.

Practicing with Groups and Communities:

The collective energy and shared intention in group practices can amplify the potential for peak experiences, such as moments of collective effervescence.

Pilgrimage to Sacred Places:

The intentional journey to a sacred site, combined with spiritual focus, often leads to profound, transformative moments.

Rites of Purification (Cleansing Rituals):

These rituals prepare the body and mind for spiritual experiences, directly setting the stage for peak moments by fostering a state of receptivity.

Peak Experiences as Reference Points

Peak experiences can act as powerful reference points—what traditions refer to as "seeds of awakening." They are not the destination, but rather meaningful markers that help orient us on the path of consciousness evolution. Rather than being ends in themselves, they serve as guideposts, pointing toward deeper and more lasting transformations of awareness.

With integration and ongoing practice, what begins as isolated peak experiences can gradually develop into more sustained states of higher consciousness that can permeate through walking, dreaming and even deep sleep states.

It's crucial not just to chase repeatedly peak experiences, but to intentionally work toward integrating and unpacking the insights they reveal. Without this step, even the most profound moments can fade into memory without truly impacting how we live. Integration is the process of allowing these glimpses of higher awareness to settle into the fabric of everyday life—transforming how we think, feel, relate, and act.

Every peak experience carries its own unique message or lesson. It might reveal a deeper truth about your purpose, your interconnectedness with others, or a sense of divine presence. But as mentioned these revelations need action to take root.

Here are some supportive ways to integrate a peak experience:

Create physical reminders or rituals:

Anchor the experience in daily life through symbolic objects, meaningful spaces, or small daily rituals that reconnect you to the clarity or emotion you felt during the experience.

Develop a consistent spiritual practice:

This could be meditation, journaling, breathwork, prayer, movement, or simply quiet reflection—something that nurtures the insights gained and keeps the inner connection alive.

Surround yourself with support:

Seek out communities, teachers, or guides who understand this path and can hold space for your process. Sometimes simply being heard by someone who "gets it" is powerful integration in itself.

Avoid "poisoning the soil":

Harmful habits, negative self-talk, toxic relationships, or environments that pull you into old patterns can interfere with integration. Be mindful of what supports your growth—and what drains it.

Nourish the insights:

Just as a seed needs light, water, and time, your experience needs ongoing attention, practice, and reflection to deepen. Keep returning to the heart of what was revealed. Think deeply about the messages that they can reveal about yourself, nature of reality and the world around.

Let it unfold naturally:

Don't force understanding or try to hold onto the "high." Trust that the transformation will continue in the background if you create the right conditions. Let it flow.

With time, patience, and commitment, these experiences can become more accessible and eventually lead to lasting transformation—where moments of awakening ripple out into every area of life.

REFLECTION

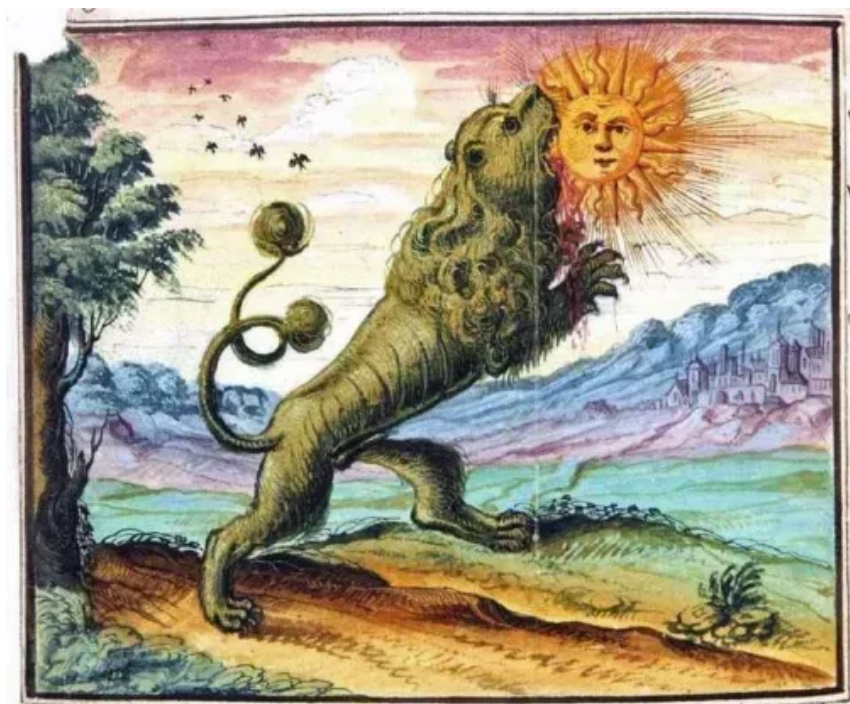
Reflection

Did you experience peak experience in your life? Think back to a time in your life when you experienced an overwhelming sense of joy, connection, understanding, or awe that felt significantly different and

more profound than your ordinary experiences. Can you recall such a moment?

If it hasn't happened yet, please know that there is nothing to worry about. You can actively work to invite such a moment into your life. Setting an intention is the first step.

In the next chapter, we will reflect on the question: "Why should the evolution of consciousness be central to your life?" This important reflection can help us ground the significance of our unfolding understanding.



The Green Lion Devouring the Sun (D. Stolcius von Stolcenberg, *Viridarium chymicum*)

Why Evolution of Consciousness Should be Central to Your Life?

In a world defined by impermanence, where everything we cherish can vanish in an instant, making the evolution of consciousness central to your life can offer a reliable anchor and provide a paradoxical sense of permanence amidst life's constant flux.

We habitually build our lives around inherently temporary foundations—relationships, career, achievements, material possessions, physical health, and social status. When we place our centre of happiness on these impermanent aspects of existence, we unknowingly create the conditions for inevitable suffering. Consider the vulnerability and suffering that emerges when your primary source of meaning comes from family relationships that must eventually change, or when you sacrifice wellbeing to climb the career ladder and acquire possessions, only to possibly have economic shifts, illness, or misfortune strip them away. The foundation crumbles, taking your sense of purpose and identity with it.

This perspective doesn't advocate detachment from life's richness. Rather, it invites a profound shift: engage fully with existence while recognizing the transient nature of all external phenomena. The question then becomes: what truly endures in a world where everything is passing away?

After deep reflection, it becomes clear that while nothing in the material realm offers genuine permanence, the evolution of consciousness presents a uniquely enduring pursuit. Unlike external achievements and possessions, developing your consciousness carries distinctive advantages.

It cannot be taken from you regardless of circumstance. Rather than diminishing with time like physical assets, consciousness deepens and expands throughout life. Most importantly, it transforms your experience of everything else, allowing you to engage with life from greater awareness and equanimity.

The practical benefits of centring your life around the evolution of the consciousness are unparalleled. As your awareness expands, you become less identified with transient experiences and emotions, allowing to develop the capacity to experience life's full spectrum without being completely overwhelmed. Your relationships transform as you develop the ability to love more unconditionally and recognize deeper dimensions of connection beyond surface interactions. Rather than compartmentalizing spiritual pursuits from "regular life," you bring heightened awareness to every aspect of existence, from mundane tasks to profound experiences.

As your identity becomes less dependent on external circumstances, you develop remarkable resilience in facing life's inevitable challenges and losses. The journey itself provides a consistent source of meaning that remains relevant through all of life's transitions and stages. Some traditions suggest consciousness may transcend physical death—whether as an individual essence or as a contribution to collective consciousness—making its development potentially the only investment extending beyond our limited lifespan.

This approach doesn't require rejecting worldly engagement. It offers instead a more integrated perspective: being fully present to human experience while simultaneously maintaining awareness of its impermanent nature. You can love your partner with deep, unconditional affection, savouring your time together while acknowledging that this particular form of connection is not eternal. Similarly, you can pursue

meaningful work, create beauty, build communities, and enjoy sensory pleasures while recognizing these experiences as temporary gifts rather than permanent fixtures of reality.

Beyond personal benefits, prioritizing consciousness evolution contributes to humanity's collective development. Each individual who undertakes this journey adds to our shared understanding and capacity. Whether conceptualized as influencing the collective unconscious or participating in humanity's gradual awakening, individual consciousness work reverberates beyond personal boundaries.

Considering the inherent impermanence of external things, where do you feel your primary focus, deepest determination, and true source of happiness should lie? Perhaps there is something else that resonates more deeply with your inner self. Think about it deeply.

Having explored the essence of suffering, the nature of spirituality, the process of consciousness evolution, and the inspiring glimpses of peak experiences, it's natural to ask: what is the ultimate grounded outcome we are striving for? This leads us perfectly into a discussion of Complete Lasting Life Happiness, which we will expand on in the next chapter.



"The Universe" by Lindsay Manolakos

What is the Complete Lasting Life Happiness?

Complete Lasting Life Happiness is a profound and enduring sense of fulfillment that arises from living in alignment with your authentic self—mentally, emotionally, physically, and spiritually. Unlike fleeting pleasures or external achievements, this form of happiness emerges from within, cultivated through the ongoing evolution of consciousness. It reflects a harmonious integration of all facets of life, leading to resilience and inner peace that withstand life's inevitable challenges.

Many ancient and modern traditions speak of the ultimate stages of human consciousness in different ways. In yoga, the final state is known as Samādhi—a state of meditative absorption and unity with the object of awareness. In Buddhism, it is Nirvana, the cessation of suffering and the end of the cycle of rebirth. In Hinduism, Moksha represents liberation from illusion and merging with the divine essence. In mystical Christianity, it might be called divine union. Across all traditions, these higher states are associated with Bliss—a radiant sense of joy and wholeness not based on circumstances but flowing from inner realization. It's worth noting that these states are already present within us, waiting to be lived, revealed through the unfolding of our consciousness and the releasing of what once obscured them.

When speaking about Bliss, we can use the term Complete Lasting Life Happiness to bring greater ease and clarity to the understanding. This form of happiness is not separate from the final states described in spiritual traditions, it is a grounded reflection of them in everyday life. When we speak of evolving consciousness, we are pointing to the

same timeless journey these traditions illuminate, now lived and embodied in the sacredness of our ordinary moments.

This is where practical spirituality becomes essential. Rather than viewing spiritual realization as something abstract or separate from everyday life, we begin to recognize that even the deepest spiritual truths can be lived—here and now. We bring spiritual awareness into our relationships, our work, our health, and our creative expression. In other words, we ground the spiritual in action. We begin to live the teachings, allowing higher qualities to guide and shape each moment of our daily lives.

As we explore the evolution of consciousness, particularly its higher states, we begin to recognize that true happiness transcends external validations. In these deeper states of awareness, the mind gradually stops clinging to outcomes or conditions. The need to prove oneself, to be constantly entertained, or to achieve more in order to feel worthy, begins to dissolve. This happiness it's important to distinguish between fleeting happiness—often based on temporary pleasures or life circumstances—and the kind of lasting happiness we are pointing to here. Lasting happiness stems from a deeper inner alignment. It arises from clarity, presence, self-awareness, connection and deep understanding of the nature of reality. It becomes increasingly steady as we grow in consciousness. We begin to respond to life rather than react. We find peace and love inside ourselves, even when life becomes chaotic.

This path becomes our aspiration to become Highly Conscious, Practically Oriented Individuals—those who are actively embracing the evolution of consciousness and to living its truth in practical, embodied ways. Living from this space, our inner peace, love, and joy flow

outward, shaping the way we live, connect, and contribute. We naturally radiate happiness, contentment, clarity, freedom.

Living with this kind of conscious presence looks different for everyone. For some, it may involve quiet moments of reflection and solitude. Some may feel called to a deep inner retreat—a life lived close to the earth, away from the noise, following a path of profound stillness and devotion to truth. Others may find their awakening through dynamic engagement with the modern world through connection, movement, and creativity amidst the pulse of daily life.

For many of us, the journey unfolds right in the middle of it all. But it's not about where we are, but how we are. Whether surrounded by nature or immersed in city streets, it's about bringing the depth of spirit into each moment—into our relationships, responsibilities, and expressions of who we are.

We are here, in this body, in this fleeting human life, with the opportunity to live, to love, and to grow. Even within ordinary routines or in moments of profound stillness we can find presence. We can touch beauty. We can awaken. We can experience Bliss.

From this grounded perspective, Complete Lasting Life Happiness becomes less of a goal and more of a natural outcome of living consciously across the full spectrum of our human experience.

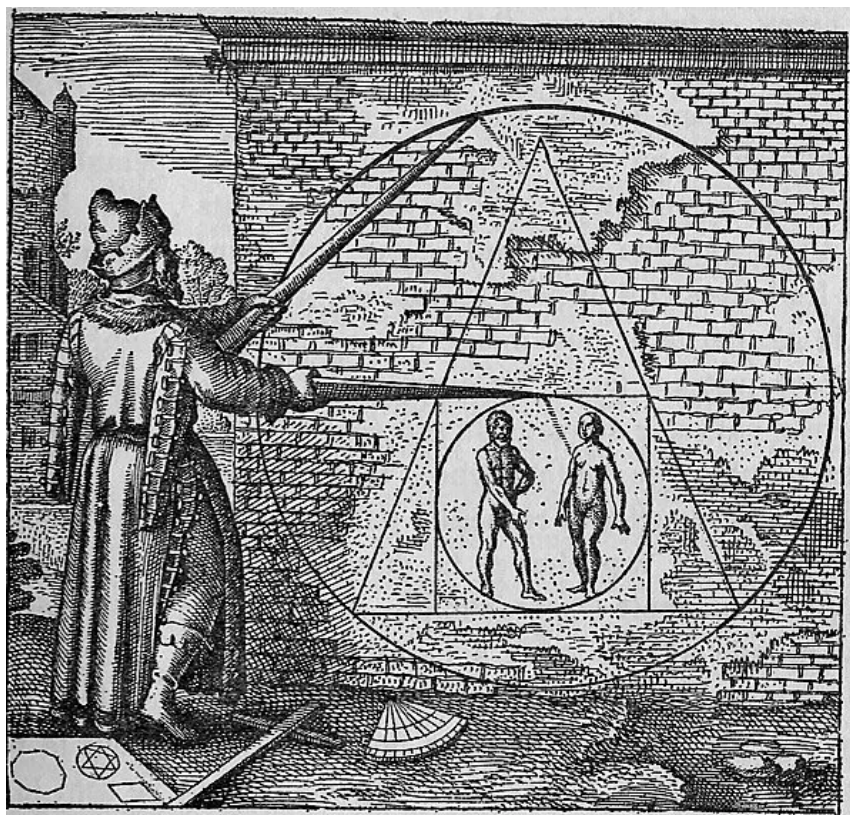
To support this, it can be helpful to recognize the different areas that make up a meaningful life. While every individual's path is unique, we can reflect on life through core dimensions such as personal growth, romantic relationships, family connections, friendships, health and well-being, finances, career or business pursuits, our environment, fun and recreation, contribution to others, and spiritual practices.

These categories are not meant to be rigid or prescriptive. Rather, they serve as lenses, ways to better understand where our energy is flowing, where alignment feels strong, and where more care or clarity might be needed. Each one is a thread in the larger tapestry of fulfillment. When one area is consistently neglected, it can create a subtle imbalance that impacts the whole. Even when many things appear to be going well, the mind often circles back to what feels unresolved or out of harmony.

Complete Lasting Life Happiness can unfold naturally as we cultivate presence within all of them.

Consider the various areas of your life—personal growth, romantic relationships, family, friendships, health and well-being, finances, career, environment, fun and recreation, contribution, and spirituality. To what extent do you currently experience a sense of lasting abundance, fulfillment, and satisfaction in each? Which areas feel most balanced and nourishing? Which ones might be calling for more attention or care? What practical steps can you take to nurture these areas and foster greater harmony in your life?

Now, with all the insights presented and various techniques introduced to support your growth, we'll dive deeper into practical, actionable steps to help you apply these ideas in your everyday life.



Emblem 21 (Michael Maier, Atalanta Fugiens, 1617)

What is the Practical/Pragmatic Spirituality?

In its simplified form, practical spirituality is simply about practicing spirituality, making it a living, part of your daily life.

Instead of treating spirituality as something abstract or reserved for secluded retreats, practical spirituality transforms profound insights into tangible, everyday practices. It's designed to be implemented by anyone, regardless of lifestyle, belief system, or level of commitment.

Core Principles:

- **Focus on the Evolution of Consciousness** - This serves as one of the most universal, holistic and practical focuses in spiritual development. That leads to reduction of suffering, and ultimately to lasting life happiness.
- **Recognition that Spirituality is a Personal Journey** - While community support is valuable, spiritual growth must ultimately be undertaken by the individual.
- **Doesn't Require Isolation or Monastic Living** - Practical spirituality recognizes the possibility to cultivate spiritual awareness within the flow of daily responsibilities.
- **Embrace Modern Life in Balance** - Rather than retreating from contemporary society, practical spirituality acknowledges technological progress and the importance of adaptation. This means developing a mindful relationship with technology while preserving the timeless wisdom.
- **Focus on Practical Methods with Measurable Benefits** - Priority is given to techniques that deliver tangible results rather than relying on unproven promises.

- **Develop Strong Basics First** - Build a solid foundation before moving into "hidden knowledge", studies of symbolism, or advanced spiritual practices. That creates the necessary stability for deeper exploration, and reduces risk of distress due to lack of sufficient understanding.
- **Find Balance Between Knowledge and Application** - Living the wisdom is more important than merely collecting intellectual insights. True spirituality is measured not by how much you know but by how you live each moment.
- **Value Independent Search Over Blind Devotion** - Question everything and maintain a sense of wonder rather than accepting truths without deep examination.
- **Experiment to Discover Your Truth** - Each person must find their own resonant truth rather than solely relying on external sources for answers.

The active embodiment of practical spiritual principles is what we call the **Practical Spiritual Path** or in other words How-To of the Practical Spirituality.

Reflecting on core principles of practical spirituality is encouraged for practitioners. To ensure you are engaging with them thoughtfully and independently, think critically which of these principles do you find yourself most drawn to, and why? Conversely, are there any principles that you feel require further personal reflection or questioning before you could fully embrace them, and what specific doubts or considerations come to mind? Get in habit to always question, instead of believing blindly.

PART 2

Take Actionable Steps

"Spiritual Pilgrim", wood engraving. Artist unknown.
"L'atmosphère: météorologie populaire" written by Camille Flam-
marion, p. 163, published in 1888. Color version – Gunther Scholl.

The Practical Spiritual Path

The following section, "How-to of Practical Spirituality," provides specific tools and practices that form the foundation of the Practical Spiritual Path. These are actionable steps you can take to actively cultivate a more conscious, fulfilling life with less unnecessary suffering.

Let's now explore practical methods that support our primary directions:

- Accelerating the natural evolution of consciousness
- Reducing suffering
- Achieving complete life satisfaction

These practices are intended to inspire you to experiment them in your own life and, from that experience, develop perspectives and approaches that are even more uniquely aligned with who you are. The selection of tools has been made through a multi-layered evaluation process, carefully choosing those most effective in bringing us closer to the heart of our dedications.

1. Join the Community - subscribe to the YouTube channel, and leave your name and email to be added to email list.

2. Activation Sessions - engage regularly in activation sessions which complete the system of practical spirituality.

3. The Evolutionary Mindset - this will largely develop alongside the other steps, but certain qualities of the evolutionary mindset are crucial even to begin and stay on the journey. It's also possible to consciously support the evolution of our mindset.

4. Always Try Your Very Best - simple, yet profound practice when thoughtfully applied across all dimensions of life.

5. Develop Formal Spiritual Practice - this is one of the most important steps you can take. Dedicating specific time and space for your practice is a powerful expression of your commitment to the path of conscious evolution. Beginning your day with spiritual practice sets a purposeful and elevated tone for what's to come, while ending the day with practice allows the process to continue through unconscious integration during sleep.

6. Practice Micro-Awareness - through deep observation, you begin to notice subtle patterns, reactions, and areas for growth. Interestingly, simply becoming aware of certain tendencies can already initiate transformation. Awareness, even in its smallest moments, holds the power to shift your inner world.

7. Practice Deep Reflection - reflection turns our attention inward, allowing us to think more deeply, recognize patterns, and gain clarity. While it may not solve every challenge on its own, it creates the inner space needed for insight, better decisions, and meaningful change. It also helps us avoid repeating the same destructive patterns by bringing unconscious tendencies into conscious awareness.

8. Develop a Conscious Healthy Lifestyle - this is essential for staying grounded on the practical spiritual path. A balanced and healthy lifestyle supports clarity of mind and physical well-being, helping you navigate daily life with awareness and intention. By transforming habits that disrupt your inner balance, you create the conditions needed for sustainable progress and deeper integration of spiritual principles into everyday living.

9. Tune Into the Subtle - though it comes last on the list, this principle is far from insignificant. Consciously opening yourself to the more subtle layers of reality can bring a quiet richness and depth to everyday life. It reminds us that the spiritual is not something distant

or separate, but is always present—woven into each moment, waiting to be recognized.

When you are ready for the actual application, spend a considerate amount of time on each tool, trying to deeply comprehend its nature and the value it provides. In other words, don't rush, as that won't take you far. It's much more effective to put in enough effort and slowly build up, implementing tool after tool, instead of relaying solely on knowledge collection. That's where majority will temporary drop from the active acceleration of the evolution of the consciousness.

Work towards developing consistency by developing habits in daily life, and you do that through purposeful repetition. Stay aware of distractions that don't allow you to stick to the practice. Also, keep in heart the direction you move towards and the benefits that come with it. Along the way, you will become less susceptible to doubts and discouragement, as your quality of life will quickly elevate. You might also be faced with the tricks of your ego and mind be aware of the plotting against the change and letting go of old patterns.

Ultimately, it's all in your hands - how much and if you will progress on that path - so to almost ensure success, you simply have to be persistent and never give up.

Lastly, remember, don't get attached to specific results, as that, as we discussed previously, can bring unnecessary friction and thus suffering. Simply enjoy your journey as it unfolds.

Festival Wibracje (Poland) - Kamil Jan Running DMT Session

Activation Sessions

Below you can find complete list of Activation Sessions. Each one supports key aspects of the evolutionary journey and fills in potential gaps in the system with dedicated methods.

Activation Sessions:

Dynamic Meditation Practice DMT (Practice once a week) →

<<https://www.myspiritway.org/dmt>>

Powerful practice inspired by the complete 8 Limbs of Yoga. It accelerates inner evolution, fosters spontaneous insight, and helps you experience a deeper reference point.

Formal Spiritual Practice (Practice every morning and every evening) →

<<https://www.myspiritway.org/sps#headline-6bdao2ea>>

Develop your own morning session. For example: begin by inviting sacredness through dedicating the space and time to the Divine. Practice Modular Yoga (learn more here), followed by Pranayama (for example, check out this YouTube channel). Continue with a Pratyahara practice (turning inward, such as through body scanning), then move into Dharana (deep concentration, for example, on the space between your eyebrows). From there, enter Dhyana (meditation), allowing your extended Dharana to naturally deepen into meditative absorption. You might want to set a timer on your phone for the desired length of your practice.

Develop your own evening session. For example: invite a sense of gratitude for the day. Reflect on the quality of your experiences and journal your insights. Then practice body scanning while lying on

your back. Let yourself naturally shift into sleep from this calm, inward state.

Full-Body Workout (Practice at least twice a week) →
<<https://www.myspiritway.org/sps#text-bd10c589>>

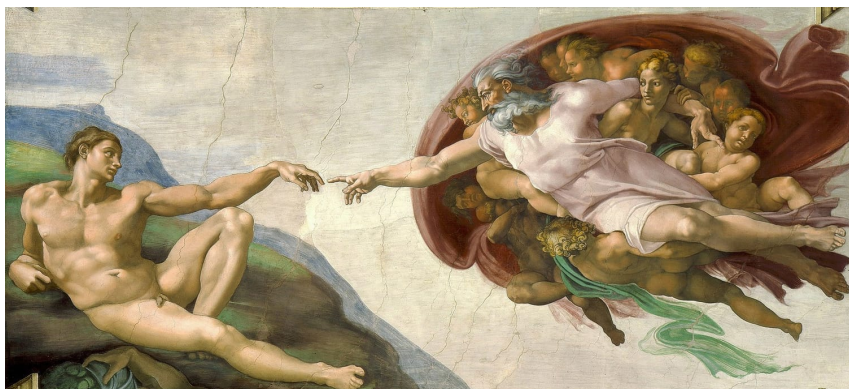
Develop no excuses workout. For example like no-equipment home workout, calisthenics, dance or any other type of active movement. Think holistically to develop strength, bone density and cardiovascular health.

Integrate Your Shattered Self (Practice for 21 days, and then once a week) → <<https://www.myspiritway.org/iyss>>

Integration of fragmented parts of the self. Ideal for shadow work, trauma processing, and creating a vision of inner wholeness and a beautiful future.

Oneness Energy Work (Practice once a week, learn to body scan every evening) →
<<https://www.youtube.com/watch?v=hNCoY9-YDG4&t>>

Learn to feel, transform, and flow with subtle energy. Develop sensitivity to energy fields to invite balance and help you to deepen sacred sense of oneness with life.



Michelangelo - Creation of Adam

The Evolutionary Mindset

In simple terms, the evolutionary mindset is a mindset that helps us align our thoughts, beliefs, and actions with the ongoing inner evolution of consciousness.

Mindset in general words can be understood as a pair of glasses through which you view every aspect of your life. These lenses are crafted from your beliefs, attitudes, and assumptions—some inherited, some formed through personal experience. They colour your perceptions, influence your reactions, and guide your decisions. Mindset is not a static trait that we are born with; it is shaped, nurtured, and cultivated over time. By understanding our present mindset, we gain the power to reshape it, enabling us to live more consciously and intentionally.

It's quite interesting to realize that some of the characteristics used to describe the evolutionary mindset are already clearly present in you. It takes openness, curiosity, deep thinking, among other qualities, to arrive at this point in the book. That is a vivid example that you are already on the path—you are a testament to what we call a "true seeker of the truth."

The Characteristics of the Evolutionary Mindset and True Seeker of The Truth:

Let's examine some of the characteristics of the evolutionary mindset further so we can better understand and embody the qualities that support evolution of consciousness.

Curiosity and Active Engagement with Knowledge

The Seeker of Truth is guided by a strong and sincere desire to understand. They ask thoughtful questions — "Why?" and "How?" — to ex-

plore deeper layers of meaning, as are not satisfied just with surface answers. This curiosity shows up in conversations, learning, observation, and everyday moments where something calls to be explored more fully. They engage with ideas actively. They read, reflect, test, and apply what they're learning in real life. They use new insights to guide choices, shift perspectives, and support meaningful growth. What they learn becomes part of how they move through the world.

Courage to Explore the Unknown

The Seeker of Truth steps beyond what's familiar and into the spaces where clarity hasn't yet formed. This may mean questioning long-held beliefs, entering unfamiliar conversations, or opening to experiences that challenge their worldview. They aren't chasing uncertainty for its own sake. Instead, they move toward what has the potential to deepen their understanding. This courage is steady and grounded. It allows them to stay with discomfort long enough to see what it might reveal. As they continue to meet uncertainty with openness, they expand their emotional strength and develop a wider view of reality.

Discernment and Clear Thinking

The Seeker of Truth develops the ability to think with clarity and care. They consider where ideas come from, whether they hold up under scrutiny, and how they connect with experience. They don't take things at face value and don't feel rushed to agree or reject — they take time to process. They stay open to learning while staying aware of influence and bias. They ask, "What's behind this?" and "Does this match what I've seen to be true?" This habit of clear thinking becomes a compass that helps them stay aligned with deeper understanding, even in a noisy or uncertain world.

Integrity in Thought and Action

The Seeker of Truth lives in a way that reflects their values. They look for coherence between what they believe, what they say, and how they act. When something feels out of alignment, they notice and make space to reflect and adjust. Integrity shows up in the everyday — in keeping their word, in being honest with themselves, in learning from mistakes without losing direction. It creates a foundation of self-trust. That trust allows them to move through life with greater stability, because their choices are rooted in something solid and authentic.

Openness and Adaptability

The Seeker of Truth doesn't assume their current understanding is final. They recognize that as life changes, insight deepens, and perspectives shift. They're willing to update how they think, what they believe, or how they approach things when a clearer view becomes available. This openness allows them to stay grounded through change. They don't cling to familiar ideas for safety. Instead, they move with the truth as it reveals itself, adjusting and evolving while staying connected to what matters.

Steady Commitment and Patience

The Seeker of Truth stays committed through all phases of growth, including the ones that feel slow, unclear, or uncomfortable. They understand that lasting change takes time. Growth unfolds in stages, and insight often develops gradually. They continue with their practices, their questions, and their reflection even when energy dips or progress feels invisible. Patience, for them, is not passive. It's an intentional, steady approach that gives change room to take root and become real.

Self-Awareness and Inner Reflection

The Seeker of Truth makes time to look within. They pay attention to their thoughts, emotional responses, motivations, and behaviors. They ask honest questions about what drives them and how their inner world shapes the way they show up in life. Reflection helps them uncover patterns, recognize when they're stuck, and make more conscious choices. This process deepens self-awareness and brings clarity to their path. Staying connected to themselves in this way allows them to walk their path with more purpose and clarity.

How to Develop the Evolutionary Mindset

You are already engaged in developing the evolutionary mindset. Here are ways how you can further support it:

Realize the Potential for Different Understandings: The simple act of recognizing that our current understanding, beliefs, and assumptions could be different or even limited can unlock many qualities of the evolutionary mindset. This initial awareness is a crucial step.

Engage in Meaningful Dialogue: Actively seek to understand the viewpoints of others with openness and genuine curiosity, even if they differ drastically from your own. This expands your mindset and fosters a broader understanding.

Act in Accordance with New Presuppositions: Consciously applying new perspectives and insights in your actions reinforces those qualities within you.

Engage with Diverse Fields of Knowledge: Explore subjects such as science, art, philosophy, and history, among others. Each discipline offers a unique lens through which to view reality, enriching the depth and complexity of your understanding.

Experience Different Cultures: Immerse yourself with curiosity in different ways of life. This exposure to alternative belief systems, values, and problem-solving approaches can challenge your assumptions and broaden your horizons.

Engage in Creative Pursuits: Creative endeavours encourage you to think outside the box, explore new possibilities, and bring novel ideas into existence. This fosters innovation and adaptability.

Study the Evolution of Ideas: Understanding how our current beliefs and systems have evolved over time provides valuable context. It reveals the dynamic nature of knowledge and the potential for future transformations.

Meditation, Mindfulness, and Observation: These practices allow you to observe and identify your mental models, which can then be examined and updated. This fosters self-awareness and conscious evolution.

Practice Gratitude: Regularly acknowledging the positive aspects of your life can shift your focus from scarcity to abundance and foster a more open and receptive state of mind.

See Failure as a Learning Opportunity: Reframe "failure" as valuable feedback. Analyse what went wrong, extract the lessons, and use that knowledge to refine your approach. Also, believe that your abilities and intelligence can be developed through dedication and active work.

To deepen your understanding of the evolutionary mindset, it's worth exploring key psychological frameworks like: Fixed vs Growth Mindset (Carol Dweck) Abundance vs. Scarcity Mindset Outward vs. Inward Mindset Learning vs. Performance Mindset Global vs. Local Mindset Mindful vs. Mindless Mindset Growth-Oriented vs. Goal-Oriented Mindset Positive vs. Negative Mindset Open vs. Closed Mindset.

Read this chapter again and reflect deeply on the characteristics of the evolutionary mindset. Which ones naturally resonate with you? Which ones do you not fully agree with? Why? Which qualities do you already recognize in yourself? Which ones require more conscious effort and development?

Consider the benefits of embodying these qualities in your own way of being. How might they influence your life across different areas? Think deeply about why they matter to you, and how they can shape the way you move through the world. Actively search for ways to evolve your mindset and apply them in practice.



The Light in The Soul' by Chirila Corina

Always Try Your Very Best

"Always Try Your Very Best" is the principle of consciously giving your full effort in each moment, naturally aligning your actions with higher spiritual virtues. It's a way of being—present and fully engaged—where your commitment to excellence becomes a natural expression of your true self.

The well-known phrase "become the best version of yourself" carries a unique dedication. When examined deeply, it prompts us to become more attentive to the intention behind choosing to "always try your very best" in every given moment. This simple yet powerful rule has the potential to transform every aspect of your life. Consider those instances when, upon reflection, you recognize opportunities where a greater effort or different approach could have led to better outcomes. Such reflections serve as valuable insights guiding future actions. Embracing this principle forms the foundation for all other practices, elevating the quality of your thoughts, actions, speech, and reactions. In every relationship and circumstance, striving to do your best encourages continuous growth and excellence.

It's important to understand that your best will vary from moment to moment. Factors like your energy level, mood, and circumstances influence what you can give. Recognizing this variability fosters self-compassion and prevents self-judgment when your performance fluctuates. Accepting that our best will differ from day to day allows us to remain committed without falling into the trap of perfectionism.

When you commit to giving your best effort, you're choosing to engage fully with whatever resources and energy you have at that moment. This approach fosters growth, even when circumstances aren't ideal. Think about like when learning a new skill: initial struggles are

natural, but each effort contributes to gradual improvement and increased confidence. The focus shifts from obsessing over perfection to consciously supporting progress.

Yet, as we navigate through life, we must acknowledge that not every day will be filled with ease and success. There will be times when self-doubt creeps in, and setbacks seem to overshadow our efforts. However, these moments are not indicators of failure but integral parts of our learning journey. Each challenge presents an opportunity to grow, adapt, and deepen our understanding of ourselves. By viewing obstacles as stepping stones rather than stumbling blocks, we cultivate resilience and a more profound sense of self-awareness.

The key to apply this principle is to simply remember about it, and that will lead eventually into more effortless, unconscious attempts which will work more in the background.

Set Daily Intentions: Each morning, take a moment to set a clear intention for the day. This could be a simple affirmation like "Today, I will approach each task with full presence and effort." This practice helps align your actions with your values from the outset.

Reminders: Try wearing a reminder bracelet, sticking a note on your mirror, or setting a gentle phone alarms. These little nudges can remind you to keep pushing even on tough days.

Take a Breath: When you feel rushed, pause for a moment. Slowing down—even briefly—can help you make choices with more care and mindfulness.

Reflect Often: At the end of the day, take a few minutes to think about what went well and what you could do differently. Learning from your experiences helps you build wisdom over time.

Accountability Partners: Share your commitment to this principle with a friend, family member, on social media, or MySpiritWay community. Regular check-ins can provide support, encouragement, and a sense of shared purpose.

Following this rule also has the power to change the world. When you consistently strive for excellence, you set an example that inspires others to re-evaluate their current state and pursue improvement. As each of us gives our best, our influence begins in our immediate circle and can eventually expand, creating a ripple effect that touches countless lives.

25 Spiritual Virtues

We can extend our "Always Try Your Very Best" principle into a set of highly vibrational virtues. The idea is simple: when you consistently give your all, your actions naturally reflect higher values. Following the concept that "like attracts like" and that similar actions yield similar reactions, it makes sense to actively apply these principles across all areas of life.

I've identified 25 common spiritual virtues that recur across many different philosophies, which speaks to their implicit importance. Interestingly, these virtues often reveal themselves naturally when you are truly committed to doing your best. In fact, if you're genuinely operating at your highest level, actions that harm others simply wouldn't align with that intent.

Take some honest time for yourself and examine these values deeply. Try to understand what each virtue means to you personally. Then, reflect on your life: identify which virtues come naturally and which ones might need more emphasis. Ask yourself why they resonate with you, and let that insight guide your growth.

List of highly vibrational spiritual virtues:

- Love Truthfulness Compassion Non-Violence Justice Faith / Spiritual Surrender Obedience to Conscience Mindfulness Detachment Humility Gratitude Contentment Forgiveness Courage Patience Self-Discipline Equality of All People Respect for Life Simplicity Generosity Purity / Cleanliness Kindness Service to Others Respect for Elders The Golden Rule (treat others as you would like to be treated)

As you progress on the path of evolving consciousness, these spiritual virtues naturally begin to reflect in your daily life, guiding your actions and interactions with the world.



Wijck (follower) Alchemist Seated at a Table

Develop Formal Spiritual Practice

Formal spiritual practice is a structured and intentional commitment of time dedicated to spiritual growth. It typically involves disciplined, regular methods that cultivate a sense of sacredness. We can also call them - dedicated time to really connect with yourself. These practices are often consistent, but also evolving providing a framework to deepen one's connection to the divine, the self, or the universe.

The feeling of sacredness is what makes a formal spiritual practice truly spiritual. In meditation, prayer, or ritual, this sense of sacredness changes how we experience the practice. When we approach our practice with reverence, we open ourselves to something deeper. The practice becomes meaningful in a different way - we feel more connected, more present, and more aware. Without this sense of sacredness, a spiritual practice might look the same from the outside but would miss its essential purpose. Spiritual traditions have always recognized this quality as necessary. It's what transforms practice into a path of genuine spiritual growth and connection.

Developing your own spiritual practice—or exploring different ones to find what resonates with you—is a valuable endeavour.

A well-rounded formal spiritual practice ideally nurtures the mind, body, and spirit together. For example, it might include meditation for the mind, movement like Yoga Asana or conscious walking for the body, and prayer or deep reflection for the spirit, creating a holistic approach to growth.

Elements Often Used in Formal Spiritual Practices:

Meditation:

Silent sitting, mantra repetition, mindfulness, concentration techniques, guided visualisations. (e.g. Zazen, Vipassana)

Journaling & Reflection:

Writing about spiritual experiences, insights, or gratitude (e.g., keeping a dream journal, scripting intentions, reflecting on sacred texts, or noting daily lessons).

Gratitude:

Cultivating appreciation as an intentional practice (e.g., listing three things you're thankful for each day, offering thanks before meals, creating a gratitude jar, or silently acknowledging blessings).

Prayer:

Structured prayers (e.g., daily prayers, the rosary, supplication, Salah, or personal invocations).

Chanting & Recitations:

Sacred chants, affirmations, or scriptural readings (e.g., chanting "Om," reciting Psalms, repeating a mantra like "Om Mani Padme Hum," or reading from the Bhagavad Gita, the Bible, the Koran).

Breathwork:

Pranayama or other breath-based techniques (e.g., alternate nostril breathing, breath of fire, Holotropic breathwork, or box breathing).

Energy Practices: Cultivating, balancing, or channelling subtle life force through intentional movement or energetic techniques

(e.g., Qi Gong, Tai Chi, Reiki, chakra balancing, grounding exercises, or aura cleansing).

Sacred Rituals:

Engaging in ceremonies or symbolic acts (e.g., full-moon rituals, smudging with sage, lighting candles for intention, creating altars, or performing a water blessing).

It's truly important to discover a spiritual practice that supports the evolution of consciousness. Over the years, I've found that the moments just after waking and just before sleeping are especially powerful for this. These are natural pauses in the rhythm of your day — times when the mind is more quiet and receptive, making them ideal for reflection, grounding, and deeper awareness.

In the morning, as you first wake up, your mind hasn't yet been flooded by distractions. It's a sacred moment when your awareness is fresh, and you can consciously set the tone for the rest of the day. A morning practice helps establish clarity, calmness, and intention — making it easier to stay aligned with your values and follow through on what truly matters.

In the evening, as the day winds down, you have another powerful opportunity to dedicate time for turning inward. This is a time to release tension, process the day's experiences, and settle into a more peaceful state. The quality of energy and attention you bring to this moment will influence your sleep and be carried into your subconscious. A quiet, mindful evening practice helps create space for healing, integration, and restoration as you rest.

Reflection

A consistent spiritual practice even a simple one can create profound change over time. Therefore, it's essential to observe what makes your practice feel difficult and what causes you to want to skip it. Notice the patterns or distractions that make your mind feel restless or un-

stable. These signals are invitations to deepen your awareness and gently bring yourself back to center. With patience and compassion, even the most scattered mind can find stillness.

Once you've identified the obstacles, take small, intentional steps to either transform them such as setting clearer boundaries or eliminate them altogether by adjusting your environment or routine in a way that supports your practice.

My Personal Spiritual Practices:

Morning - 8 Limbs of Yoga

I personally follow the teachings of the 8 Limbs of Yoga (Yoga means Unity - the state of higher consciousness), which I found by itself a complete spiritual system, path of progression of your consciousness towards experience of the state of highest consciousness.

8 limbs extends beyond formal spiritual practice, offering rules for life with Yamas - social ethics (Ahimsa - kindness, Satya -truthfulness, Asteya - no stealing, Brahmacharia - moderation, Aparigraha - generosity) and Niyamas - personal practices (Aaucha - purity, Aantosha - contentment , Tapas - austerity , Swadyaya - self-study, Iswara Pradihana - surrender). Yamas and Nyjamas are fascinating for deep contemplation which can unlock multimodal dimension to each of the rules.

Step by Step:

Here is my personal interpretation of the Eight Limbs of Yoga, expressed as a complete formal spiritual practice. Each limb has been thoughtfully integrated to support a deep and balanced inner journey.

- Dedication to Divinity

- Dedicate the present moment to a higher power, Divinity, God, Universe, Universal Essence, Higher Self. We can invoke deeply "I dedicate this time to the Divinity, I allow the Divine to guide me". This can help to open up feelings of sacredness to the practice.
- Intention for the Practice
- Set up right intention for that can be also later taken into the coming day.
- Yoga Poses Flow (Asana)
- Prepare body for prolonged sit in comfortable, stillness. Support the process of cleaning the impurities which hinder the flow of energy. Perform a 20-30-minute sequence of Full Body Yoga Poses (

Charlie Follows has really good flows, I currently practice

Modula Yoga) You might want to specifically design it to target those areas that need most of your attention. It's important to sync the movement with the breathing - ideally combined with slight restriction (Ujjayi breath).

- Breathwork (Pranayama)
- Settle into stillness (floor or chair) and practice breathwork/breath control. It will help to prepare your mind to blow away much of the internal noise. It's best to experiment with different techniques to find one that aligns best with your own unique needs. I follow

DMT (Dynamic Meditation Technique)

session for 2 rounds, which include intensive inhalations and exhalations through the mouth with breath retention on full and empty lungs between rounds. Interestingly breathing can help you to control the way how you feel, and even how resistant you are to extreme temperatures.

- Sensory Withdrawal (Pratyahara)
- Practice by becoming aware of your sensory input. You can also slowly scan your physical or energetic body. The key here is to avoid any judgment and simply observe things as they are. This practice helps reduce external stimulation, allowing your attention to shift inward. You might use some timer app or timer recordings on YouTube.
- Concentration (Dharana)
- Anchor your focus on one point. You can focus on a mantra, point in the physical body, point in the energetic body, spiritual quality, name of God, Sacred Geometry, or the act of observation itself. As we mind will constantly try to seek for distraction, you need to effortlessly exercise the attention back on the chosen point of focus.
- Meditative Absorption (Dhyana)
- Let effort dissolve as concentration becomes effortless. Mental images slow down. You might feel one with your object of concentration. Time dissolves, and only presence remains.
- Yoga (Samadhi)
- Experience unity. With time, through Dhyana, and dedicated practice "I" expands into the universal consciousness, which can have lasting impact on quality of life.

Before Bed - Full Body Energy Scan

Each night, I work with energy. First, I lie down on my back and begin to focus on becoming aware of myself resting on the bed. My attention then shifts to my breath, following its rhythm and allowing it to calm naturally. Next, I move my awareness slowly through my body, starting with my toes. I try to tune into them, inviting sensations to arise. Once I connect with subtle energy flow, I gradually guide my focus upward, allowing myself to fully inhabit each part of my being. If certain areas feel less present, I linger there, gently offering space. Sometimes this unlocks memories needing integration, if that happens I integrate them in a safe space without judgment. I avoid forcing sensations, manipulating energy, or "fixing" anything; instead, I simply offer conscious attention and space, trusting the innate intelligence to guide the process.

When I reach the crown of my head, I begin the journey again. On the second pass, I release control entirely, letting my awareness flow where it's needed. The practice often dissolves into deep, restorative sleep.

Reflection

Think about how you can develop a formal spiritual practice that is resistant to excuses. Reflect on the most likely scenarios where you might feel tempted to skip your practice, and find practical ways to overcome those obstacles before they arise. By preparing in advance, you strengthen your commitment and make it easier to stay consistent, even on challenging days.



A Scholar in his Study by Rembrandt van Rijn 1652

Practice Micro-Awareness

Micro-awareness is the profound yet simple art of shining a gentle, focused spotlight on the unnoticed moments that constantly unfold within and around us.

So much of our day can slip by in a haze of automatic routines and reactions, leaving us feeling disconnected or merely passengers in our own lives. Instead of letting life pass by on this autopilot setting (operating from ingrained habits rather than present awareness) micro-awareness invites us to consciously tune in. We train ourselves to become sensitive detectors, catching even the smallest, most fleeting cues: thought crossing the mind, a subtle tension building in the shoulders, a quiet shift in our emotional undertone, the specific words chosen in a casual remark, or a habitual way of reacting to a minor frustration.

This practice encourages us to become active, curious observers of our own inner landscape. By noticing details, we begin to engage directly with our inner experiences, actively acknowledging their presence and discerning their nature. It's like zooming in momentarily to see the texture and quality of the present moment.

Functionally, micro-awareness is a practical tool that beautifully integrates several powerful capacities. It draws heavily on mindfulness (the core ability to be present and aware, paying attention to unfolding experiences without immediate judgment). But it goes a step further by incorporating active self-awareness (understanding) and reflection (considering the implications and quality of that experience). This blend creates the necessary mental and emotional space to truly realize the quality of our inner states – are they helpful, hindering, aligned, misaligned? – and, crucially, to take conscious steps to ele-

vate that quality. Through the consistent practice of micro-awareness, we engage in this process daily, catching and mindfully examining our thoughts, emotions, bodily sensations, speech, and behaviours as they arise, transforming the mundane into opportunities for growth and self-understanding.

Let's illustrate this flow with an example:

You receive an email from your boss asking you to redo a significant portion of a report you spent a lot of time on.

Here's how micro-awareness unfolds through the stages of Mindfulness, Self-Awareness, and Reflection in this moment:

Mindfulness (Noticing the immediate experience without judgment):

- As you read the email, you immediately feel a knot form in your stomach.
- You notice your jaw clenching slightly.
- A thought flashes through your mind: "Are they kidding? I worked so hard on this!"
- You feel a wave of heat.

Mindfulness: Here, you simply observe these physical sensations (knot, clench), the fleeting thought ("Are they kidding?"), and the emerging emotion (wave of heat) arising without immediately acting on them (like drafting an angry reply) or adding self-judgment ("I shouldn't feel this way"). You are just present and aware that this is your current, unfolding experience. Gaining more control over potential automatic respond.

Self-Awareness (Understanding what is happening and why):

- You recognize and label the feeling: "Okay, what I'm feeling is definitely frustration, and maybe a bit of defensiveness."
- You connect it to the trigger: "Why am I feeling this? Because the email implies my work wasn't good enough, and I poured a lot of effort into it. It feels like criticism and creates unexpected extra work."
- You might also recognize a deeper pattern within yourself: "I tend to react strongly when I feel my effort isn't appreciated or when faced with rework."
- Self-Awareness: You've moved beyond just noticing the raw data from mindfulness. You are now actively understanding and naming the specific emotion, identifying the external trigger, and potentially recognizing how this connects to your own internal tendencies or patterns.

Reflection (Considering implications and quality; deciding on conscious action):

- You step back and evaluate the quality or helpfulness of your initial reaction: "Is this frustration and defensiveness helping me right now? Is the thought 'Are they kidding?' an entirely fair or productive assessment of the situation?"
- You consider the implications of acting purely on this initial state: "If I react based solely on this frustration, I might send a curt or defensive email, which could damage my professional relationship with my boss or prevent me from receiving genuinely helpful feedback that could improve the report and my skills."
- You assess what a more constructive approach would be: "Maybe the initial reaction is understandable, given the circumstances, but it's hindering me from objectively evaluating the feedback. A more

helpful and aligned approach would be to understand the feedback properly and respond professionally."

- You decide on a conscious step, choosing an action based on this reflection rather than automatic reaction: "Okay, I acknowledge the frustration (Mindfulness + Self-Awareness). Now, after reflecting, I will take a few deep breaths. I won't reply immediately. I'll step away for a moment, then re-read the feedback carefully later, perhaps ask for specific clarification if needed, and then address the required changes calmly and professionally. This response feels more aligned with my professional goals and values."

Reflection: You've evaluated the usefulness and alignment of your internal state with your broader goals. Based on this assessment, you consciously choose a course of action that elevates the quality of your response, moving beyond the immediate, raw emotional reaction to a more considered and intentional engagement with the situation.

This example demonstrates how micro-awareness utilizes mindfulness to notice the immediate internal and external landscape, self-awareness to understand what is happening and why, and reflection to evaluate the quality of that experience and consciously guide action. It transforms a potentially negative trigger into an opportunity for considered response, self-understanding, and intentional behaviour.

Key Practical Benefits of Micro-Awareness:

Elevating the Quality of Inner and Outer Experience

Through consistent observation, we begin to notice not just what is happening inside us, but how it is happening. We start to recognize when our thoughts are clear or when they are cluttered, when our speech uplifts or when it wounds, when our emotions nourish us or

drain us and how sensitive or disconnected we are from the signals in our bodies. With this awareness, we create the space to consciously improve the quality of everything we experience and express.

Rather than letting patterns of negativity, anxiety, or unconscious behaviour dominate, we can choose to shift toward higher, more refined states of being. Even small changes, like replacing a harsh inner thought with a compassionate one or choosing words that heal instead of hurt, can gradually reshape the entire tone of our lives.

In this way, micro-awareness becomes a daily act of quiet refinement, polishing the way we think, feel, speak, and act into greater alignment with our values and aspirations.

Early Detection and Prevention of Negative Patterns

Another essential benefit of micro-awareness is the ability to notice small issues at their very root before they have the chance to grow into major problems. Most challenges in life don't explode suddenly; they creep up quietly through small signs we often ignore. A feeling of tension in the chest, a slight irritation in conversation, a subtle urge to procrastinate—these tiny signals, when left unattended, can evolve into anxiety, conflict, stagnation, or worse.

Micro-awareness trains us to become sensitive to these early warning signs. By catching small misalignments as they arise, we can correct our course while it's still easy to do so.

It's like noticing a tiny leak in the roof and fixing it immediately, instead of waiting for a storm to flood the whole house. In different fields of life, early awareness gives us the precious power to prevent suffering before it takes root.

Strengthening Conscious Choice and Inner Freedom

Perhaps one of the most profound gifts of micro-awareness is that it strengthens our ability to choose how we respond to life. Instead of running on habitual reactions—acting out of old conditioning, emotional impulses, or fear—we create a sacred pause between stimulus and response. When we notice an emotion rising, a critical thought forming, or a habitual behaviour starting to unfold, we have a chance to ask ourselves: "Is this how I truly want to act?" Rather than being driven by automatic patterns, we start to choose our actions with clarity and intention. Over time, this deepens our personal sovereignty—we are no longer victims of habit but architects of our own lives. Micro-awareness helps us reclaim the power to act in ways that are aligned with our highest self, even in moments of difficulty.

Rewiring Automatic Habit Loops (Neuroplasticity Effect)

Through micro-awareness, every time you catch yourself about to act out an old pattern—whether it's stress eating, snapping in anger, procrastinating, or falling into fear—and instead make a conscious choice, you are literally rewiring your brain.

Micro-interruptions of old reactions create new neuronal pathways, which, over time, cause your brain to naturally default to healthier, wiser patterns without effort.

In this way, micro-awareness becomes not only a method for present-moment awareness but also a tool for long-term transformation of your brain's architecture, creating a new baseline for thought, emotion, and behaviour.

Creating a Living, Self-Correcting System

You develop an internal, living mechanism that naturally detects misalignments as they arise.

Like a finely tuned instrument, you become able to sense small shifts—subtle forms of tension, emotional instability, unhelpful mental loops—and adjust your course in real-time, gently returning to your centre.

Over time, this builds a kind of inner autonomy where you evolve in small, graceful adjustments every day.

Step-by-Step Micro-Awareness Challenge:

The Micro-Awareness Challenge is a weekly practice designed to enhance your observation by focusing on one element of the "Holy 5" at a time. Through intentional observation, evaluation, and reflection, you'll explore your inner and outer experiences, identify patterns, and make conscious decisions to align with your values and intentions, and improving the quality of your life.

The Holy 5: Key Areas of Focus

The challenge revolves around five core elements—Thoughts, Feelings, Bodily Sensations, Speech, and Behaviour. Below is a detailed breakdown of each:

Thoughts:

Mindfulness (Noticing):

Throughout your day, pause and simply notice what's running through your mind. Ask:

"What thoughts are here right now?"

Don't judge them; just observe. Are they looping, racing, wandering, or resting?

Self-Awareness (Understanding):

Get curious about what these thoughts are doing. Are they energizing or draining you? Focused or chaotic? Helpful or critical? Recognize if certain thoughts are tied to familiar moods or patterns.

Reflection (Evaluating and Redirecting):

Ask yourself:

"Are these thoughts helping me move toward who I want to become?"

If not, could you gently guide your mind toward something more useful or kind — like shifting from "I'm failing" to "What's one step I can take to improve?"

Speech:

Mindfulness (Noticing):

Pay attention to the words you speak, both out loud and in your inner dialogue. Notice the tone, the pace, and the emotional energy behind your speech without immediately analysing it.

Self-Awareness (Understanding):

Reflect on the nature of your words. Are they encouraging, critical, hurried, defensive? Are you using language that reflects your values? How does your way of speaking affect others and yourself?

Reflection (Evaluating and Redirecting):

Consider: "Are my words today reflecting the truth of who I am - representing highest spiritual virtues - and shaping the kind of relationships and inner life I want to build?" If not, what would it sound like to speak with a little more care, clarity, in this moment?

Behaviour:

Mindfulness (Noticing):

Observe your actions as they happen. Notice when you move, react, freeze, or speed up. Just catch yourself in motion without rushing to fix anything.

Self-Awareness (Understanding):

Look deeper at what's driving your behavior. Are you acting with purpose, or on autopilot? Are your actions reactions to stress, habit, or true choice? How do they feel inside your body right after you act?

Reflection (Evaluating and Redirecting):

Ask yourself:

"Are my actions today helping me build the kind of life I want?"

If not, could you make one small shift — like slowing down, setting a clearer intention, or approaching a task differently?

Feelings

Mindfulness (Noticing):

Pause a few times during your day to tune into your emotional landscape. Ask:

"What am I feeling right now?"

Name the emotion if you can.

Self-Awareness (Understanding):

Understand where the feeling is coming from. Is it linked to something happening right now, or an old wound getting triggered? How is it influencing your decisions and interactions?

Reflection (Evaluating and Redirecting):

Consider:

"Is this emotion guiding me toward something valuable, or pulling me away from my deeper center?"

If needed, what small action could you take to honor the feeling without letting it take over?

Bodily Sensations:

Mindfulness (Noticing):

Check in with your body throughout the day. Notice tension, ease, energy level and shifts in posture or breathing without needing to "fix" anything right away.

Self-Awareness (Understanding):

Understand the messages your body is sending. Are you holding stress in your shoulders? Shallow breathing from anxiety? Recognize how your physical state relates to your emotions and habits.

Reflection (Evaluating and Redirecting):

Ask:

"What is my body asking for right now?"

What tiny act of care could help align your body with your deeper sense of balance?

How the Challenge Works: A Weekly Structure

Here's how to implement it step-by-step:

- Select One Element.

Focusing on a single area allows for deeper exploration and insight. Dedicate each week to one of the five elements. For example, start with "Thoughts" in Week 1, then move to "Feelings" in Week 2, and so on.

- Mindfulness - Noticing.

These brief moments are your primary practice of Mindfulness, helping you stay connected to your chosen element throughout the day by actively noticing what is happening in the moment. Pause for a few seconds during different daily scenarios and ask yourself a tailored question based on your weekly focus (e.g., Thoughts: "What is happening in my mind right now?"). Just observe. This active noticing is the foundation that initiates the process towards Self-Awareness and provides the raw material for deeper reflection later.

- Self-Awareness - Understanding.

This involves processing your daily observations, deepening your Self-Awareness (Understanding). If space allows you can do it immediately however, often there won't be enough space for this deeper processing during immediate mindful check-ins therefore, at the end of each day, engage in a relaxing exercise (e.g., deep breathing, stretching, or meditation). Journal what you noticed during your noticing practice. Write down observations related to your weekly fo-

cus. Look for patterns and question them specifically to deepen your understanding of yourself.

- Reflection - Evaluating & Redirecting.

This step uses the Self-Awareness gained from noticing and processing to bridge observation and action through evaluative Reflection. If space allows you can do it immediately. Based on the understanding you've developed about your patterns and states (Self-Awareness), consider whether your observations align with your values and intentions. Ask yourself: "Do these thoughts/emotions/actions support the person I want to be?" "What small adjustments could improve my alignment?"

- Transition to the Next Element.

Cycling through all five elements can help you to develop habit of being observant.

After completing a week, shift your focus to the next element in the Holy 5.

- Repetition Builds Mastery.

Consistent practice sharpens your ability to observe and adjust, creating a sustainable habit. Repeat the cycle continuously, revisiting each element over time.

- Actionable Insights.

Turn insights into tangible steps that enhance your well-being and reinforce positive change.

Conclude your daily journaling with one or two small, practical adjustments based on your observations (e.g., "I'll take a short walk when I feel anxious" or "I'll pause before responding to avoid harsh words").

- Interconnectedness.

You may also dedicate time to reflect how elements interact with one another for example "How did a specific thought lead to a feeling, and how did that influence my behaviour?"

Tips for Success:

Keep It Simple

Start small. Begin with brief check-ins—just a few seconds of awareness. You can also add short, honest journal entries, that can help you to track patterns. The goal is to build the habit of returning to observation, not to overwhelm yourself with complicated processes. Consistency matters far more than how "deep" or "perfect" any single moment feels.

Set Up Reminders

Key to success is to remember about engagement in the challenge. Be creative and find out way how you can remind yourself to practice micro-awareness throughout different moments during the day.

Be Curious, Not Critical

Approach each observation as a curious explorer, not as a judge. The goal is not to criticize yourself for having negative thoughts or difficult emotions, but simply to notice them with openness. Curiosity softens the mind and allows insights to naturally arise, while judgment only tightens resistance. Think of yourself as gathering valuable information about how you truly function beneath the surface.

Stay Flexible and Gentle

Life is dynamic, and so are you. Some days you may have more space for deep reflection; other days, only a few breaths of awareness. That's perfectly fine. Adjust the timing, style, or focus of your check-ins based on what feels natural and supportive that day. Gentle persistence always beats rigid perfection.

Celebrate Small Wins

Every time you catch a fleeting thought, observe a reaction, or notice a small shift in behaviour, take a moment to mentally celebrate it. Micro-awareness is built moment by moment, and honouring small successes keeps motivation alive. Remember: transformation is a collection of many tiny victories.

Trust the Long Game

Change rooted in awareness tends to grow slowly, quietly, and deeply. You may not always see dramatic results overnight—but know that each day of practicing micro-awareness is laying down a stronger foundation for conscious living. Patience is part of the art.

As you refine your ability to observe and assess, you build a stronger foundation for evolving your consciousness and strengthen the power of impacting the very fabric of the reality. Remember every tiny moment of awareness is a step toward a more intentional and fulfilling life.

With time and habitual effort you will dive deeper into essence of each of the key elements, gaining deeper insights which if with enough attention can be turned as practical roots into evolution of consciousness.



Wanderer above the Sea of Fog, Caspar David Friedrich

Practice Deep Reflection

Deep reflection is the intentional practice of pausing to think deeply, asking meaningful questions, and exploring your experiences. It's a process that begins with curiosity—acknowledging doubts and uncertainties as starting points—and involves delving into the "why" behind your thoughts, feelings, beliefs, and actions. Whether through disciplined inquiry or allowing insights to emerge naturally, deep reflection helps you grow as a person, and live more intentionally.

Asking the right questions and seeking answers deliberately have been at the core of every scientist, philosopher, artist, and seeker of truth throughout history. This pursuit is an art form in itself, one that nourishes not only the evolution of consciousness but also the broader arc of human progress. It's through this intentional engagement—probing the unknown with curiosity and courage—that we unlock new realms of understanding, both within ourselves and in the world around us. That's why there is so much importance placed on actively embracing deep thinking: it's the spark that ignites discovery, the thread that weaves insight into innovation, and the quiet force that propels us toward a more awakened existence.

Reflection is a natural feature of the mind which not many nowadays actively utilise. We are too busy in the world of distractions, and we forgot often to take a moment to think deeply about things. Also as I realised many are afraid to do so, as they might have to face with uncomfortable truths about oneself, often those that we are aware of but don't want to strongly admit. Moreover, many also don't see enough value in reflection as they expect immediate results.

Deep reflection is the intentional and sustained practice of examining one's thoughts, emotions, beliefs, and experiences to gain profound self-understanding. This process involves:

Acknowledging Doubt and Uncertainty: Recognizing areas of ambiguity as starting points for exploration.

Asking Meaningful Questions: Delving into the "why" behind our experiences and beliefs.

Engaging in Disciplined Inquiry: Systematically seeking answers through structured methods or allowing insights to emerge naturally.

Examining Core Beliefs and Actions: Critically assessing the foundations of our behaviours and thought patterns.

The Benefits of Regular Deep Reflection

When practiced consistently, deep reflection offers transformative benefits:

Self-Knowledge and Purpose

– Perhaps the most valuable outcome of reflection is genuine self-knowledge. By examining your thoughts, behaviours, and values, you gradually build a clearer picture of who you are and what matters most to you. This self-awareness naturally guides you toward your purpose as a gradually unfolding understanding of how your unique gifts can best serve yourself and the world.

Improved Decision-Making

– Reflection creates space between stimulus and response, allowing you to make choices aligned with your deeper values rather than reacting from habit or impulse. Over time, this leads to decisions you're less likely to regret.

Emotional Intelligence

– Regular reflection helps you recognize patterns in your emotional responses. You become better at identifying triggers, understanding your feelings, and responding thoughtfully rather than reactively.

Enhanced Learning

– When you reflect on experiences, you extract meaningful lessons that might otherwise be missed. This transforms even difficult experiences into valuable sources of growth and wisdom.

Greater Presence

– The practice of reflection trains your mind to be more present and attentive, allowing you to fully experience life rather than merely going through the motions.

Authentic Connection

– Understanding yourself more deeply enables more genuine connections with others, as you bring your authentic self to relationships rather than projecting an image or fulfilling expectations.

More Deeply Oriented Life

– When you think deeply about the meaningful and significant life questions. You develop the depth and understanding of this reality, and ways how to effectively align with them, leading to more conscious way of living.

How to Practice Deep Reflection

Here are some practical methods:

Journaling

– I've heard many times that journaling is one of the most effective ways to supplement the self-growth journey. Writing your thoughts and experiences regularly serves multiple purposes. It helps clarify thinking, record insights, process emotions, and track your growth over time. Many find that the act of writing itself reveals connections and insights that weren't apparent through thinking alone. Keep a dedicated journal and write for at least 15 minutes daily, preferably at the same time each day to establish a habit. Then examine what you've written and think about it deeply.

Meaningful Conversations

– Engaging in deep discussions with trusted individuals can spark new insights and perspectives. Choose conversation partners who listen deeply, ask thoughtful questions, and challenge you with respect. Schedule regular coffee dates or walks with friends who value depth over small talk. You may also join spiritual groups or philosophical gatherings in your place of living—often, you might find people eager to engage in deep conversations. Alternatively, search for an online community. Also, in regular day-to-day interactions, dare to ask deep questions—you might be surprised that a great majority of people have a deeper side to them.

Unstructured Wandering

– Allow your mind the freedom to explore ideas without immediate judgment or direction. This can be done during a quiet walk, while gazing out a window, when driving a car, or during a dedicated moment of solitude. Set aside 20 minutes of "thinking time" with no devices, no specific agenda, and no expectation of productivity.

Meditation

– While different from reflection, meditation creates the mental space and clarity that makes deep reflection possible. Even a brief daily meditation practice can significantly enhance your capacity for reflection. You might receive deeper thoughts that will naturally arise, and you can question them or allow them to unfold naturally. Begin with 5/10 minutes of simple breath awareness or any other desirable meditative form before transitioning to reflective thinking. You may notice that in longer sessions, deep thoughts arise more effortlessly.

What to Reflect on:

Below you are offered example list of the reflections. To get the most out of your practice, consider reflecting on a variety of aspects:

REFLECTION

- – Review your previous day; this can be done as a wind-down routine. Ponder deeply: Did I really try my very best this day? Did I live in alignment with my deep values and spiritual virtues? Where did I succeed, and where might I improve? How am I going to do better tomorrow?
- – Examine your decisions and learn from past experiences. Reflect on what worked, what didn't, and why. How might you approach similar situations differently in the future?

REFLECTION

– Ponder deep questions such as: Who am I beyond my roles and identities? What do I truly identify with at my core? Why am I here, and what unique contribution can I make? What constitutes a meaningful life for me personally? How do I form deep and authentic relationships? What does genuine happiness feel like, and what conditions nurture it? What can I know for certain? What does it mean to be me? What is my deepest most authentic desire?

REFLECTION

- - What is the nature of reality, and how does it shape my understanding? Is there an absolute truth, or is everything relative? How do I define 'God' or a higher power, and what role does it play in my life? Do I feel connected to something beyond my physical body and mind?
- – Consider how well your actions reflect the virtues you value most. Which virtues do you embody naturally, and which require more conscious effort? How might you better align your daily actions with your highest values?

REFLECTION

- – Reflect on various domains of your life—career/business, health, well-being, romantic relationships, family, friends, personal growth, recreation and free time, finances, spirituality, environment, contribution. Evaluate your level of satisfaction in each and consider how you might enhance areas that feel lacking.
- – Identify what consistently drains your energy and what reliably replenishes it. Notice patterns that may be contributing to stress, burnout, or diminished well-being. When do I feel truly alive and engaged in the moment? What consistently drains my energy, and how can I address it?

REFLECTION

- – Clarify what you truly want in life, distinguishing between societal expectations and authentic personal desires. Consider creating a vision board or setting aside time to align your thoughts with your deepest aspirations.
- – Evaluate the quality of your influence on your community and the world. How do your actions affect those around you? What legacy are you creating through your daily choices?
- – Examine your daily habits and routines. Which serve your well-being and growth, and which undermine them? What small changes might have the most significant positive impact?

REFLECTION

- – Identify distractions that keep you from establishing a strong reflective practice and living intentionally. What boundaries might you establish to support your inner life?
- – Actively engage with philosophical and religious texts with an open mind and heart, reflecting on their deeper meanings and implications.
- – Contemplate the fundamental principles governing existence, cause and effect, interconnectedness, and the nature of consciousness.

In your sessions and through the day write down questions and aspects which you are naturally drawn towards. Follow the lead of curiosity and use it for your Deep Reflection sessions.

Let's conclude in the words of Socrates, "The unexamined life is not worth living." Through regular deep reflection, you ensure that your life is not merely lived, but thoroughly examined, appreciated, and intentionally shaped according to your deepest values and aspirations. Deep Reflection it's one of the important key practices on the path of the evolution of consciousness.



Alerce Milenario or Gran Abuelo - possibly oldest tree in the world unconfirmed estimation of 5484 years located in Alerce Costero National Park. photo by. Cristian Kovadloff / Anadolu Agency / Gettyimages.ru

Develop Conciouss Healthy Lifestyle

The Conscious Healthy Lifestyle is a way of living that supports the evolution of consciousness while promoting overall well-being by maintaining a balance of physical, mental, emotional, and spiritual health. It also promotes lasting vitality, healthier aging, and a longer, more fulfilling life.

The Conscious Healthy Lifestyle closely aligns with the principle of "always try your very best," and can be practiced through what we call "the art of the perfect day." This means doing your best each day to live in a healthy, conscious way, directing your focus toward balance and well-being.

Especially for those just starting this journey, the goal isn't achieving perfection but striving sincerely to align your actions with your highest intentions. Resistance, inconsistency, and unexpected challenges are natural parts of the process. What matters most is keeping your core value—physical, mental, emotional, and spiritual health—at the center of your daily attention.

Every journey toward a conscious, healthy life is unique. Some changes will come easily, while others will require patience and small, consistent adjustments. Start simple: choose one area to improve, integrate it steadily into your daily life, and build upon it over time. Gradually, what once felt challenging will become second nature, forming the foundation for your new normal.

When shaping your daily routine, there are several approaches you can experiment with. One method is fixed-by-timing, where activities are scheduled precisely throughout the day. Another is a flexible commitment, focusing on completing key tasks within the day without rigid time slots. A hybrid approach is also possible—structuring your mornings and evenings while allowing more flexibility during the day to accommodate life's unpredictability.

Ultimately, there is no universal formula for designing the perfect day. After studying many different daily routines of successful individuals, it's clear that no single method works for everyone. Therefore, personal experimentation and honest reflection are crucial. Pay close attention to your body's natural rhythms—notice when you feel energized, and when you experience fatigue or mental fog. Aligning your habits with these signals helps you gradually master the subtle art of living a conscious, healthy lifestyle.

You can get inspired and to help you develop your own conscious lifestyle by reading more about:

Living with Higher Purpose Applying wisdom of longevity Mind-Body-Spirit-Shadow Integration Art of Minimalism The art of Letting go Sustainable Living Mindful Living Ikegai Positive Psychology Slow Living Wabi-Sabi as Life Philosophy Striking for the Balance Ayurveda Zen Living Stoicism The Eight Limbs of Yoga.

(many of them we will explore in the weekly newsletter)

5 Pillars of Longevity

One of my favourite frameworks for healthy conscious living is the 5 Pillars of Longevity. This approach represents a lifestyle—an integrated set of basic, fundamental habits that serve as the foundation for long-term health and well-being.

Longevity is an important goal because a long life gives you enough time to fully enjoy your physical existence, progress on your personal and evolutionary path, and experience the benefits of a healthy lifestyle also promoting the significant reduction in suffering. Living in a naturally healthy way not only increases your chances of a long, fulfilling life but also enhances the quality of every day.

You may find many of these tips obvious—that's exactly the point, and if you already follow most of them well done. There is always a space for improvement

All the elements below are intertwined like when one of those elements it's not well taken care of, the whole structure becomes unstable and shaky. Also pillars below for those that are not interested in acceleration of the evolution of consciousness, can offer immense improvement in quality of life if taken as priority.

The 5 Pillars of Longevity focus on key areas including:

- Regenerative High Quality Sleep.

Sleep is essential, not optional. It's the foundation for health, happiness, and peak performance.

REFLECTION

Remind yourself of a time when you didn't sleep well. How was your overall well-being?

Things that you can do:

Consistent Sleep Schedule.

Regulate Body Clock. Go to bed and wake up same time daily to regulate circadian rhythm and boost sleep.

Dark Environment. Maximize Melatonin. Make your room pitch black to maximize melatonin for deeper sleep.

Cool Room Temperature.

Signals Sleep Readiness. Keep your room cool (16-19°C / 60-67°F) to help your body prepare for deep sleep.

Limit Screen Time 2 Hours Before. Block Blue Light. Avoid screens before bed to prevent blue light from suppressing melatonin. You can set up black and white bed routine on your devices and night mode which will add more yellow colour to the screen.

Wind-Down Routine (30-60 min).

Prepare Mind & Body. Create a relaxing pre-sleep routine (journal, bath, tea etc.) to wind down effectively. Avoid entertainment connect-

ed to electronics (movies, games) as they can stimulate you rather than help you to relax.

Hydrate Earlier Evening. Avoid Night Wake-Ups. Reduce fluids before bed to minimize night time bathroom trips and sleep disruption.

Avoid Stimulants After Midday. Protect Sleep Quality. Cut out caffeine, nicotine, and other stimulating activities in afternoon to safeguard sleep.

Dim Red Light Evening.

Melatonin-Friendly Lighting. Use dim red light in the evening as it least disrupts melatonin.

Light Meal 2 Hours Before.

Optimize Digestion. Eat a light dinner at least 2 hours before bed for better digestion and sleep. Some sources suggest even longer time, observe your body signals. If empty or full stomach disturbs the ease to fall asleep.

Sunlight Morning & Afternoon. Set Circadian Rhythm. Get sunlight exposure in morning and afternoon to strengthen your sleep-wake cycle.

Wake Up Naturally (If Possible).

Respect Body's Wake Time. Wake naturally without alarm if possible for a gentler, more rested start. Alternatively consider progressive volume and relaxing alarm tone, you might also consider wearables and apps that will help you to awaken in the right moment. It's crucial to identify when we don't prolong the wake up time due to laziness.

Comfortable Bed.

Support Physical Rest. Invest in a comfortable mattress and pillows for physical relaxation and undisturbed sleep.

Reflection

Think which improvement you can implement immediately. Experiment, and keep track on the difference.

- Healthy Nutritional Balanced Diet.

Nutrition is KEY. Food becomes your cells. Food impacts your energy levels, mood, immunity and long term-health.

REFLECTION

Remind yourself of a time when you over eaten, or ate something really unhealthy. How did you feel?

Things that you can do:

Lower or Best Eliminate Processed Junk -

Use common sense, and get in habit of checking the ingredients list in search for harmful additives, sugar, refined carbs, unhealthy fats (fried foods, excessive processed oils). Be aware of products market ECO, Healthy, Vegan etc. as they often contain high sugar quantities. Make sure they are really healthy. You can use AI to analyse product based one photo of ingredients for you. After time you will learn to recognise what's good for your body.

Enjoy Healthy Food, or at Least See It as Fuel. You can either put effort into cooking a variety of tasty, healthy meals or follow a simple diet that meets all your nutritional needs, treating food as nourishment for your body.

Eat Veggies Daily.

Maximize Micronutrients. Eat huge quantities and an extreme variety of vegetables daily, especially leafy greens, cruciferous veggies, and non-starchy options, to flood your body with diverse vitamins, minerals, fiber, and phytonutrients. Veggies are the absolute base of a nutrient-dense diet. To support that goal find out about what are Microgreens [here](#)

Eat Whole Foods for Fiber.

Gut Health, Blood Sugar, & Foundational Nutrition. Build your diet on whole, minimally processed foods: whole grains (in moderation for some), fruits (lower sugar berries especially), vegetables, legumes, nuts, and seeds. These are your primary sources of fiber, complex carbs, vitamins, and minerals.

Prioritize Protein Each Meal. Fuel Muscle, Satiety & Repair. Think about including high-quality protein at every meal, focusing on lean sources like lean meats, fish (especially fatty fish for Omega-3s), eggs, and plant-based proteins like legumes and tofu. Protein is crucial for muscle, satiety, and overall metabolic health. (if you are or want to become Vegan or Vegetarian there are many available options as well)

Choose Healthy Fats Wisely. Incorporate specific healthy fats from optimal sources: extra virgin olive oil, avocados, nuts (especially walnuts, almonds), seeds (flax, chia), and fatty fish. These fats are critical for brain function, hormone production, cell membranes, and nutrient absorption.

Drink Filtered Water Instead of Bottled Water. Switching from bottled water to filtered tap water can reduce microplastic intake. Microplastics, found in bottled water, pose potential health risks, including inflammation and hormonal disruptions (still being researched). Opting for filtered tap water minimizes exposure to these contaminants and supports overall health.

Hydrate Consistently Throughout the Day. Drink water regularly throughout the entire day, not just when thirsty. Carry a water bottle and sip frequently to maintain consistent hydration levels. You can combine the hydration habit with exercise routine, and even drink a glass of water each time after urination. You can also monitor urine colour - light-coloured urine typically indicates proper hydration.

Healthy Gut. Optimize Microbiome. Regularly consume fermented foods like kimchi, sauerkraut, and consider targeted probiotic supplementation based on gut microbiome testing and specific health goals (not just general "strong" probiotics). Aim for a diverse and optimized gut microbiome.

Basic Supplementation

- Consider targeted supplementation only after identifying specific nutrient gaps through blood tests and dietary analysis. Don't play guess game.

Plan Meals & Snacks

- Engage in meticulous meal planning to ensure optimal nutrient intake and manage calorie levels. Plan meals in advance to avoid impulsive, less healthy choices.

Cook at Home More

- Cook almost all meals at home to have absolute control over every ingredient, portion size, and cooking method. Avoid relying on restaurant or processed foods as much as possible. Focus on healthy preparation methods (steaming, baking, grilling, light sautéing). There are many healthy - almost no time preparation - meals and snacks you can eat, search for them to avoid unhealthy temptation.

Spice Up Meals

- Use herbs and spices generously in your cooking not only for flavour but also to maximize your intake of beneficial bioactive compounds, antioxidants, and anti-inflammatory agents. Research spices with specific health benefits.

Mindful Eating

- Practice deeply mindful eating: eat slowly, savour each bite, pay intense attention to textures and flavours, eliminate distractions, and listen to your body's hunger and precise fullness cues. Optimize digestion and nutrient absorption through mindful eating practices.

Caloric Restriction (with Optimal Nutrition)

- Explore benefits of caloric restriction (significantly reducing calories while meticulously optimizing nutrient density) as a key strategy to pursue longevity, enhance cellular resilience, and improve metabolic health. (Requires extensive research, careful planning, and professional guidance - not for everyone).

Consider Fasting

- Explore strategic and data-driven fasting protocols (intermittent fasting, longer fasts) to leverage potential benefits like cellular autophagy, improved insulin sensitivity, and metabolic optimization for longevity. And also makes the body more sharpened for unhealthy food. (Requires careful research, planning, and personalized consideration). Learn more

here

Support Detox

- Incorporate sauna use regularly (if medically appropriate) and research other evidence-based detoxification strategies to support your body's natural cleansing processes and potentially enhance overall health and longevity.

My Favourite Diet - Routine:

Hydration:

herbal teas, pure filtered water, warm water with ginger, honey and lemon, kombucha, coffee or yerba mate, cold-pressed juices, pure coconut water (if available).

Late Breakfast (12:00 - Fats & Proteins):

eggs (various forms), raw vegetables (like paprika, tomato, cucumber), fermented food (like sauerkraut, pickles, kimchi), whole-seed bread, white cheese.

Dinner (16:00 - Fats & Proteins):

Option 1:

protein shake (coconut/plant milk with added proteins and mix of different seeds like chia, flaxseeds, hemp, pumpkin, sunflower, sesame, and oats),

Option 2:

occasional salmon or lean meat (chicken or turkey) with quinoa/couscous/buckwheat and steamed broccoli/cauliflower.

Snacks:

nuts, dried fruits, olives, healthy chips, dark chocolate, yogurt, fresh fruits.

Supper (before 20:00):

Option 1:

super smoothie (raw vegetables - different mixes of spinach, kale, beetroot, carrots, apple, pear, kiwi, pineapple, mango, microgreens + powdered super mix of fruits & vegetables).

Option 2:

steamed broccoli with a bit of butter and a pinch of salt.

Supplements (irregularly):

high-quality multivitamin/minerals, multiple strains strong probiotics, Omega 3-6-9, creatine, turmeric, collagen, bee products, coconut charcoal.

Other:

Micro dosing psilocybin, mix of cognitive mushrooms (Stamets Protocol – every 3rd day learn more

), monthly 72-hour water fast.

Alternatively:

I just eat out, or I am trying to choose healthy food, with occasional variation, but try to avoid poisonous fast-food chains.

Reflection

Think which improvement you can implement immediately. Experiment, and keep track on the difference.

- Regular Daily Movement.

Daily movement is crucial for physical and mental health. Our bodies are designed for movement. Motion is medicine.

REFLECTION

Remind yourself of a time when you didn't move your body for long time. How did you feel?

Things you can do:

Move Throughout Your Day.

Combat sedentary behavior by incorporating movement into your daily routine. Consider using a standing desk, taking frequent walk breaks, and opting for the stairs instead of the elevator. Minimalistic furniture can also encourage more movement.

Develop a Balanced Exercise Routine.

Aim for a well-rounded fitness regimen that includes strength training to build muscle, cardiovascular exercises for heart health, flexibility exercises to improve range of motion, and mobility work to enhance joint function.

Prioritize Recovery for Optimal Results.

Balance your physical activity with adequate rest and recovery. Make it a priority to get sufficient sleep, incorporate active recovery activities like light stretching or walking on rest days, and allow for full rest days to give your muscles time to repair and rebuild, leading to better progress.

Listen to Your Body's Signals.

Begin your fitness journey slowly and pay close attention to the signals your body sends. Progress gradually, increasing intensity or duration only when you feel ready. Consistency and body awareness are crucial for long-term success. Be sure to find and adjust your routines to match your current health capabilities and any limitations you may have.

Maximize Benefits and Minimize the Risk of Injury.

Focus on maintaining correct form in all your exercises, with a particular emphasis on strength training. Remember that proper technique is more important than lifting heavy weights or pushing yourself too hard initially. Always include a proper warm-up before each workout to prepare your body, and ensure you progress safely to avoid injuries. Don't forget the importance of a cool-down after intensive exercising sessions as well.

Find Joy in Movement for Long-Term Consistency.

Choose physical activities that you genuinely enjoy. This will make movement feel less like a chore and more like a pleasurable part of your life, fostering a lasting and consistent habit. Explore different options until you find what brings you joy in motion.

Be Mindful of Your Posture Throughout the Day.

Pay attention to your posture whether you are sitting, standing, or walking. Maintaining good posture can help prevent back pain, improve breathing, and boost your overall well-being. Make conscious efforts to sit up straight, stand tall, and engage your core muscles.

My favourite exercise routine:

My favourite exercise routine focuses on a comprehensive approach to general fitness, emphasizing overall well-being, flexibility, and cardiovascular health. I am not aiming for a highly defined physique, but rather a routine that supports general physical health.

I practice daily Full Body Yoga Asana Flow connected with breath and deep attention to body for 20-30-40 minutes, where my focus is on moving and stretching as many different parts of my body as possible. Additionally I do Full Body Bodyweight Workout 2-3 times a week.

Full Body Bodyweight Workout (Excuses Proof, No Equipment Needed Except for Pull-ups):

Below you can find different exercises for different body parts. I usually combine some of those exercises into full body workout. If I do it on gym, I use also some equipment available.

Warm-up Routine:

Fast pace walking on high elevation into a quick run on low elevation - 10-15 min.

Legs:

Bodyweight Squats - Major lower body muscles (quadriceps, hamstrings, glutes) (Progressions: Jumping Squats, Pistol Squats, Pause

Squats), Lunges - Quadriceps, glutes, hamstrings, improves balance and coordination (Alternatives: Reverse Lunges, Walking Lunges, Lateral Lunges, Jump Lunges, Bulgarian Split Squats), Glute Bridges - Glutes, hamstrings (Progressions: Single-Leg Glute Bridges, Bridge Marches), Calf Raises - Calf muscles.

Chest:

Push-ups - Chest, shoulders, triceps (Alternatives: Incline Push-ups, Decline Push-ups, Wide Push-ups, Diamond Push-ups, Plyometric Push-ups, Single-Leg Push-ups).

Back:

Superman - Lower back, upper back, glutes (Alternatives: Reverse Snow Angel, Prone Pull, Floor Y, T, and I Raises), Bodyweight Rows (using furniture) - Back muscles (lats, rhomboids, trapezius), biceps (with underhand grip), Back Extensions (on the floor) - Erector spinae (lower back muscles), Pull-ups - Lats.

Shoulders:

Pike Push-ups - Anterior and medial deltoids, Shoulder Taps (Plank Variation) - Deltoids (stability), core muscles, Wall Walks (Progression to Handstand Push-ups) - Shoulders (deltoids).

Arms (Biceps & Triceps):

Triceps Dips (using furniture) - Triceps (Variations: Straight Leg Dips, Bench Dips), Close-Grip Push-ups (Diamond Push-ups) - Triceps, inner chest, Inverted Rows (Underhand Grip) - Biceps.

Core:

Plank - Core muscles (rectus abdominis, obliques, transverse abdominis) (Variations: Side Plank, Plank with Leg or Arm Lifts, Plank Jacks, Reverse Plank), Crunches - Abdominal muscles (Variations: Bicycle Crunches, Reverse Crunches), Leg Raises - Lower abdominal muscles, Bird Dog - Core stability, balance, coordination, back muscles, glutes.

Reflection

Think which improvement you can implement immediately. Experiment, and keep track on the difference.

- Supportive Nurturing Social Connections.

Often your relationships mirror your own relationship with yourself. You can learn a lot about yourself when you pay attention to your relationships. The higher consciousness you operate on the more loving, nurturing, supportive relationships you can invite to your life. It's important to aim to surround yourself consciously with highly radiating people, as their presence will enforce the evolution of the consciousness. Surround yourself with people who want the best for the best part of you. When you are truly happy with yourself, there is space for you to invite non-dependent relationships.

REFLECTION

Remind yourself of a time when you really enjoyed time with close people to you. How did it feel?

Things you can do:

Open to Intentionally Seek Soulful Connections.

Be proactively open to meeting new people aligned with your values and aspirations. Admit that you want to invite friendship into your space. Attend courses, events, and communities that genuinely resonate with your passions and higher purpose. Seek connections that

nourish your growth. Be intentional about the energy you invite into your life.

Transform or Release.

Actively work to transform existing relationships into positive, uplifting forces. If genuine transformation is impossible, bravely release toxic or draining connections. Your inner peace is non-negotiable. Choose relationships that elevate, not deplete you.

Nurture Meaningful True Friendship Bonds.

Deepen, prioritize, invest real time, and be open to sacrifice — selflessly. Consciously and consistently nurture your most meaningful relationships. Prioritize quality time, deep conversations, shared experiences, and acts of genuine support with your cherished people. Invest your precious time in bonds that truly enrich your life. Meaningful relationships are built with intentional effort and presence. True friendships are not transactional relationships in any way. It's a relationship of genuine and radical equality. You are not in friendships to get something out of them for yourself; there is no sense of dependency. The relationship exists for its own sake.

Mindful Communication.

Practice active listening, express needs and desires clearly, use assertiveness, mind non-verbal communication, and communicate healthy boundaries.

Be Present & Engaged.

When you are with loved ones, be truly present and engaged. Put away distractions, give them your undivided attention, and be fully

present in the moment. Presence is the greatest gift you can offer. Undivided attention speaks volumes.

Reflection

Think which improvement you can implement immediately. Experiment, and keep track on the difference.

- Mental Well-Being/Stress Management.

Taking care of your mental health is just as important as looking after your physical health. In fact, the two are deeply interconnected. Stress can manifest in many ways, from anxiety and irritability to physical symptoms like headaches and fatigue. By prioritizing mental well-being and adopting effective stress management techniques, you can improve your quality of life significantly. The following practices offer practical and powerful ways to maintain a healthy mind, reduce stress, and support your evolution of consciousness.

REFLECTION

Remind yourself of a time when you really enjoyed time with close people to you. How did it feel?

Things you can do:

Stress Control.

Practice deep, slow, conscious breathing. Pay close attention to tension in your belly area, and consciously breathe deeply into that space to release it. You can also practice soothing self-talk — speaking to yourself with kindness and gentleness, like you would to a close friend facing a difficult moment. Stress control begins with awareness and compassion toward yourself.

Dopamine Detox.

Regularly take time off and disconnect from all addictive stimuli — things we crave but that ultimately harm our well-being (see list of destructive bad habits below). Ideally, work toward permanently reducing these distractions, as they disrupt the acceleration of the evolution of consciousness. Protect your mind's clarity by choosing to live more intentionally.

Creative Outlets.

Engage in activities like writing, drawing, painting, singing, dancing, or making music. Creative expression allows you to process emotions, unlock inner insights, and reconnect with your inner flow.

Connecting with Nature.

Spend time grounding yourself in the natural world. Walk barefoot on grass or soil, sit quietly under a tree, gaze at the sky, feel the breeze, and listen to the sounds of birds and the wind. Let nature bring you back to simplicity, presence, and inner stillness.

Purpose.

Living with a sense of purpose is one of the strongest driving forces in life. It allows you to wake up each day with energy and courage to overcome challenges. Everyone must find their own unique purpose. It can be helpful to make your purpose the continuous investment into your inner evolution. As you progress and deepen your understanding of yourself, your true purpose will find you.

Reflection

Think which improvement you can implement immediately. Experiment, and keep track on the difference.

Destructive Bad Habits

Destructive bad habits are repeated behaviours that drain your energy, weaken your health, cloud your mind, and slow down your personal growth and evolution of consciousness.

Most likely, you've already heard multiple times about the importance of eliminating bad habits, and it might feel repetitive or even boring to hear it again. However, I want to emphasize a key point: sacrifice is essential. Without sacrifice, change simply isn't possible. To grow, you must transcend your current self and open yourself up to a more conscious and complete version of who you can become. Everything that doesn't serve your evolution of consciousness must be confronted. This process isn't always easy, but it's necessary.

To help you pinpoint the habits that might be holding you back, here's a list of common destructive behaviours:

Procrastinating,

Overeating,

Undereating,

Neglecting exercise,

Impulse shopping,

Consuming highly sugary or salty foods,

Eating fast food,

Lacking control over sexual energy,

Consuming pornography,

Binge-watching,

Excessive use of social media,
Excessive gaming,
Gambling,
Using mind-altering drugs,
Smoking or using nicotine in any form,
Consuming alcohol,
Drinking too much coffee,
Drinking energy drinks.

These habits with their negative potential drain your energy, cloud your mind, and prevent you from reaching your full potential. Recognizing which of these habits are present in your life is one of the most important and logical first steps you can take toward real change.

How to Confront Destructive Habits:

Start with Awareness

- A practical tip is to be aware of how you feel; in other words, pay attention to your energy levels, mood, and overall well-being. If you notice that certain activities or behaviours leave you feeling drained, unmotivated, or disconnected, that's a signal they're negatively impacting you. Awareness is the foundation for taking action.

Embrace Discomfort

- Change will bring discomfort and resistance, but don't let that discourage you. Instead, treat it as confirmation that you're doing something right. Growth often happens outside your comfort zone, and the unease you feel is a natural part of letting go of the familiar to make room for something better.

Replace Negative Habits with Positive Ones

- Don't just focus on eliminating a bad habit—replace it with something constructive. For example, if you struggle with procrastination, try setting small, daily goals and rewarding yourself when you achieve them. Or swap unhealthy snacks with fruit or vegetables. This shifts your energy toward building something positive rather than just avoiding something negative.

Imagine Yourself Doing the Positive

- Sometimes all you can do is visualize yourself engaging in positive, healthy habits. This mental practice can help prepare your brain for action and make new behaviours feel more natural over time. It's crucial to be regular in this action as well.

Identify Triggers

- Understand what prompts your bad habits. By addressing the root cause, you can break the cycle more effectively.

Be Patient and Persistent

- Change doesn't happen overnight, and setbacks are part of the journey. If you slip up, don't beat yourself up—just keep going. Consistency, not perfection, is what matters most.

Seek Support

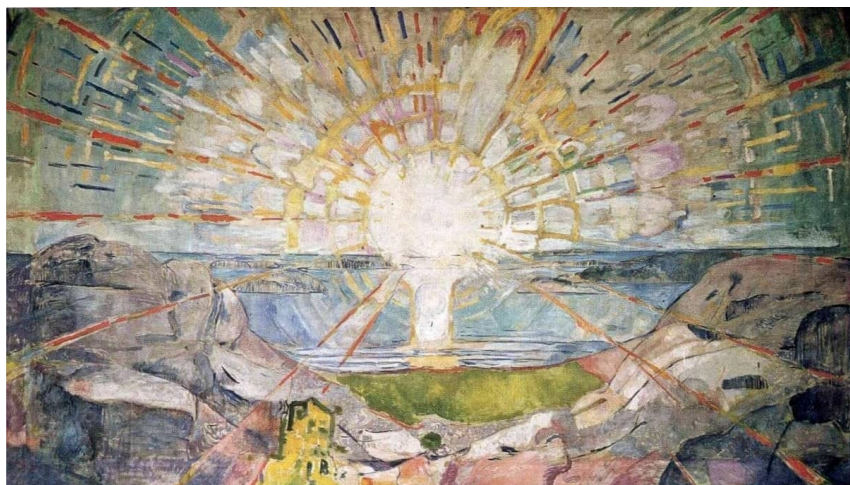
- Share your goals with a friend, family member, or professional who can offer encouragement or hold you accountable. Having support makes the process less daunting. You might also want to reach out to other members of MySpiritWay community on the WhatsApp Group. Simply write short story of what you would like to achieve, who you are, where are you based, and if there is someone else who has similar goals you can more actively support one another.

Celebrate Progress

- Acknowledge your successes, no matter how small but do it in a way that supports your growth. Instead of rewarding yourself with the very habit you're trying to change, try something that genuinely nourishes you. This could be taking a relaxing walk, journaling your win, listening to your favourite music, or treating yourself to something healthy or enjoyable (like a fresh smoothie, an episode of your favourite show, or a call with a friend). Celebrating in a positive way helps reinforce good behaviour and keeps you motivated.

Reflection

Think about your own bad habits, and think about the ways how you can transform them or quite them completely.



The Sun, 1909 by Edvard Munch

Cultivate Spiritual Sensitivity

Notice the spiritual around you daily. Tuning into this subtle layer while living in the modern world is truly important. In our fast-paced, noisy environment, we often miss the whispers of deeper wisdom that surround us every day.

By tuning actively into these subtle practices, you can develop sensitivity for spiritual. Below is a list of various pathways to enhance this sensitivity with brief explanations to encourage further research. Though the list is extensive, it's designed so you can find what resonates most with you. Experiment, research, and engage directly with these practices to strengthen spiritual connection and awareness.

Develop your intuition (gut feeling, inner voice).

You can pause for a brief moment before making small decisions. It's important to learn your intuition's "language". You can observe your feelings on your body, such as warm feel which can mean "yes" and "no" as tension. That can help you to gain more broader insights about decisions you want to take. You can also consider using pendulum or cards. It's really practical as it can help us to make much more meaningful choices, as we will see and know much more.

Blend Sensory Perception.

Pick a piece of music and imagine what colour each note or sound might be. Or, when you smell something, think about what texture it feels like (smooth, rough, etc.). This simple practice of linking different senses, called synaesthesia exercises, can help sharpen your intuition. It's like training your brain to notice subtle connections you usually miss, potentially allowing you to "sense" things more intu-

itively, like picking up on a friend's hidden stress through a feeling or image that comes to mind. It's a fun way to explore and strengthen your inner knowing.

Get Interested in out of this world.

Question norms, find out how the government, monetary and educational systems work in depth. Read about out of this world unexplainable phenomena. Read about conspiracy theories which turn out to be true. This practice seem to be one of the ways that awaken many people, but also carries one of the traps, as many people can get stuck on this feeding irritation, powerlessness, instead of focusing on the practical ways to elevate ones life experience.

Invite Sacredness.

Intentionally cultivate the ability to perceive the sacred in the ordinary by actively looking for and appreciating the inherent beauty, wonder, and significance in everyday moments and experiences, which can enrich your daily life with deeper meaning and a greater sense of connection to the world around you.

Practice Conscious Presence.

Purposely slow down during the day, and allow yourself to really feel present in the moment. You can develop rituals like eating slowly without distractions observing body reactions, walking without music to feel really ground and air on your skin, listening deeply. That will allow us to fully experience depth and nicheness of activities we engage.

Value Spontaneous Insights.

When an idea pops into your head, jot it down instantly without analysing or rationalizing it first; allow it to develop, and if it resonates, act on it to see where it might lead you, as these unfiltered thoughts often stem from your intuition and can offer unique perspectives or solutions you might otherwise overlook.

Embrace Spontaneity in life.

Allow yourself to act on impulse and intuition, letting go of rigid plans to flow more naturally with life, much like the Taoist principle of Wu Wei or effortless action, which can lead to a more joyful and less stressful experience.

Notice meaningful coincidences.

Tune into the understanding that messages are literally everywhere. Stay observant and realise if you see some animal, number, or phrase in unrelated places. Jot them down, and reflect deeply what that can symbolise to you directly. Pay attention to the spontaneous feelings and insights that might arise, helping you to unpack the synchronicity. Don't seek answers on internet seek them within yourself.

Seek Wisdom in Everyday Encounters.

Learn to deeply listen in all interactions, realizing that every person you meet is a teacher carrying a message that can be understood by reading between the words, allowing you to learn directly from every interaction you have. For that you need to let go pride, and see people as Divine expression.

Pay Attention to Dream Messages.

Keep a notebook by your bed to record your dreams immediately upon waking and look for recurring patterns over time, feeling into what messages these patterns might offer (the work of Jung can be helpful here), with the potential to eventually experience lucid dreams where you are conscious of dreaming.

Explore Out-of-Body Experiences (OOBE).

Once you have developed a strong foundation in introduced practical spiritual practices, you might feel drawn to explore the phenomenon of Out-of-Body Experiences. This involves a perceived separation of your consciousness or awareness from your physical body, allowing you to experience the world from a different perspective or even explore non-physical realms. It's often considered an advanced spiritual or consciousness exploration, and individuals who pursue OOBE may do so for various reasons, including personal growth, spiritual understanding, or exploring the nature of consciousness itself. Best Trilogy about OOBE

Surrender to Higher Guidance.

Intentionally make the choice to accept support from the Higher Power (or your Higher Self, Inner Wisdom, Intuition, the Universe, a Guiding Force) by acknowledging its presence and allowing it to guide you towards the best possible outcome available to you in each moment.

Honour your Conscience.

When you have a decision to make, listen closely to your inner sense of right and wrong, understanding it as a guide connected to what you

value most; you might notice how your body reacts, like feeling tense or relaxed, as you consider different choices.

Align with Life's Natural Flow.

Seek an effortless way of living by understanding the balance between effort and result, aiming for activities that bring effortless joy rather than exhausting struggle, and finding paths where life feels like swimming downstream, offering natural support.

Sense your Body's Wisdom.

Become aware of your body's subtle signals and messages by observing how you feel after eating certain foods, noticing tension when you hold back from speaking, or recognizing that shaky legs might mean you need rest and twitching eyes could signal a need for magnesium or relaxation.

Recognize Emerging Patterns.

Learn to see recurring patterns in your life, relationships, and circumstances by taking time to reflect on past experiences and noting similarities or common threads in different situations. Consider keeping a journal to track these occurrences. To understand the "how," ask yourself: What are the consistent elements in these situations? What feelings or reactions do they evoke in me? What role do I tend to play? By deeply thinking about these recurring patterns, you can gain insights into their underlying causes and begin to understand why you might find yourself in similar places repeatedly.

Connect with Natural Rhythms.

Feel more at one with the planet by spending time in nature, walking barefoot on the grass, watching the sunrise or sunset, and becoming more aware of the changing seasons around you, which can foster a

sense of harmony and connection to the Earth's natural cycles. With time you might also become aware that you also align with natural rhythms.

Contemplate Cosmic Connection.

Spend time gazing at the stars and allow yourself to feel the beauty of the night sky and the vastness of the universe, which can evoke a sense of wonder and connection to something much larger than yourself.

Practice Cloud Reading.

Watch the formations of clouds with the intention of receiving messages or insights, or simply allow yourself to experience a sense of peace and tranquillity through the act of gazing at the sky.

Engage in Selfless Service.

Dedicate yourself to performing one anonymous act of kindness each day, or actively support a cause you deeply care about, and pay attention to the feeling of fulfilment and connection that arises from helping others. [Cool List of Random Acts of Kindness](#)

Choose Nourishing Content.

Be mindful of the information, art, and media you consume, consciously selecting content like inspiring poems, nature documentaries, uplifting music, or insightful talks that elevate your consciousness and broaden your understanding of the world. Remember everything that you consume it's storage in your brain even though you cannot recall details.

Embrace moments of silence.

Create spaces of stillness even within the busiest environments to find your center and internal peace, allowing subtle impressions to emerge. You might pause for 3 breaths before answering the call, sit in your car for 1 minute after parking.

Search for Spirituality in your Place.

Explore your local area for spiritual events that could enrich your journey by using platforms like Facebook Events, Eventbrite, or Google Maps to find gatherings and workshops happening near you.

Attend a Festival.

Consider attending a Consciousness Festival, Psytrance Festival, Spiritual Festival, Permaculture Festival (search online for options) as a wonderful way to experience diverse workshops and build meaningful connections with like-minded individuals. For extensive list of Festivals in Europe

Volunteer in Eco Village.

There are beautiful alternative communities, which can inspire you to embrace meaningful human connection while being closer to nature. Those places often have volunteer programs. For extensive list of Eco Villages

Cultivate a Sacred Space.

Create a personal sanctuary within your home, no matter how small (can be even your Yoga Mat), that is specifically dedicated to your spiritual practices and reflection, which can help your mind more easily associate that space with feelings of sacredness.

Explore Sacred Geometry.

Delve into the study and contemplation of geometric patterns found throughout nature, from the spirals of seashells to the branching of trees, as well as in ancient art and architecture; this practice can help you attune to the underlying mathematical harmonies and interconnectedness that many believe form the foundation of creation. Watch "How Universal Sacred Geometry Works"

here

Practice Contemplative Arts.

Engage in creative activities like drawing, movement, playing music, or writing without a specific plan or goal in mind, allowing your intuition to guide your hands and express itself freely; this process can bypass the analytical mind and tap into deeper levels of creativity and insight.

Cultivate Gratitude Alchemy.

Intentionally practice gratitude, especially for challenging experiences, by actively seeking out the hidden lessons or unexpected blessings within them; this deliberate shift in perspective can transform difficulties, revealing hidden gifts and subtly altering your overall perception of life.

Work with Elemental Awareness.

Cultivate a conscious relationship with the classical elements of earth, water, fire, air, and ether, both within your own being and in the world around you, recognizing that these fundamental forces manifest in countless forms throughout existence; for example, connect with earth by walking barefoot on the ground or tending to plants, feel water by swimming or mindfully drinking, observe fire by watching a candle flame or feeling the sun's warmth, become aware of air

through mindful breathing or feeling the wind, and sense ether by practicing stillness or contemplating the vastness of space.

Practice Deep Time Perspective.

Take moments to contemplate the vastness of time by holding an ancient rock or shell and considering its immense history before your existence, or when gazing at stars, imagining the centuries the light has travelled to reach your eyes, fostering a sense of perspective and the fleeting nature of your own time.

Pay Attention to Your Breath.

Become deeply mindful of your breath, noticing how it changes when you experience intense emotions, and realize that consciously controlling your breath can shift your feelings and thoughts; observe areas of tension in your body, like a tight belly when stressed, and use your breath to intentionally release that tension.

Cultivate Plant Relationships.

Develop ongoing connections with specific plants or trees by visiting them regularly and mindfully observing their presence; you might try hugging a tree, visualizing your legs as roots connecting with the earth and your arms as branches reaching towards the sky, and noticing how the plant affects your mood and how it changes throughout the seasons. Additionally, consider nurturing plants within your own home, which allows for a daily connection with nature, the opportunity to observe their growth, and can bring a sense of calm and well-being to your living space.

Connect With Your Heart Space.

Take a moment to place your hands gently over your heart, close your eyes, and breathe deeply, focusing your awareness on the sensations

in your chest; pay attention to any feelings of warmth, openness, or subtle energies you might experience in this area.

Develop Weather Sensitivity.

Become more attuned to the subtle ways atmospheric changes influence your inner state by consciously observing shifts in your mood, energy levels, and thought patterns in the hours or days leading up to noticeable weather events like storms or changes in temperature and pressure.

Practice Mirror Gazing.

Sit comfortably in front of a mirror and gently hold eye contact with your own reflection for an extended period, allowing feelings of acceptance and self-love to arise naturally; use this time to truly get to know yourself beyond your usual self-perception and experiment with different lengths of gazing sessions.

Cultivate Ecological Empathy.

Develop a deep understanding of how all living things are interconnected within the Earth's ecosystem and how every action has a ripple effect; consciously reflect on the quality of your own contributions and how they impact the delicate balance of the natural world.

Explore Spontaneous Holy Text Reading.

When seeking guidance or insight, take a moment to set an intention to receive a message, then randomly open a spiritual, religious or meaningful book and allow your eyes to fall on a passage that stands out to you, trusting your intuition to recognize relevant guidance within the text.

Engage in Automatic Writing.

Similar to allowing your hand to move freely in spontaneous art, take a pen and paper and let your hand write without consciously directing the words or analysing their content; this practice can help bypass your logical mind and tap into deeper levels of intuition and subconscious knowledge.

Explore Sacred Sites.

Make an effort to visit places that are considered spiritually significant, whether they are ancient ruins, natural wonders, or places of worship; approach these locations with an open mind, seeking to feel the unique energy of the space, be inspired by the architecture or natural beauty, and connect with the history and spiritual atmosphere present there.

Cultivate Thread Consciousness.

Practice focusing intently on a single thought, physical sensation, or passing experience, and with open attention, follow it back to its origin and trace the various connections and related ideas that branch out from it; this deep dive into a seemingly simple point can reveal surprising insights and a deeper understanding of the intricate web of your inner world.

Observe People in Public.

Find a comfortable and unobtrusive spot in a public area and mindfully observe the interactions and subtle energy exchanges between people; notice their body language, the flow of movement, and the overall atmosphere of the space, allowing you to gain insights into human connection and the unspoken dynamics of shared environments.

Cultivate Mundane Moment Mindfulness.

Intentionally bring your full presence and appreciation to routine activities like washing dishes, folding laundry, or tying your shoes; by focusing all your attention on the sensory details and the simple act itself, you can discover a sense of sacredness and open yourself to the spiritual dimension that resides within the ordinary moments of life.

Develop Animal Communication.

Practice seeing the inherent consciousness within animals by finding a safe and respectful way to gaze softly into their eyes, attempting to connect with the being beyond their physical form; also, spend time observing their behaviour, body language, and vocalizations to better understand their needs and ways of communicating.

Develop Water Sensitivity.

Begin to work with water as a conscious element and a carrier of information by mindfully observing how it feels, looks, and moves in your presence and with your intention; you might experiment with offering gratitude to water or observing how it reacts to different environments, and exploring research on the subtle properties of water can further enhance this sensitivity.

Create Mandalas.

Engage in the creation or colouring of mandalas – circular designs filled with symbolic patterns – as a meditative practice to help organize chaotic thoughts and emotions; you can draw your own intricate designs or use pre-drawn colouring pages, focusing on the process and allowing the symmetrical nature of the mandala to calm and center your mind.

Explore Hermetic Correspondences.

Delve into the study of traditional hermetic systems that illustrate the interconnectedness of all things by mapping relationships between elements like plants, planets, colours, and the human body; understanding these subtle correspondences can help you recognize the deeper, often unseen connections within yourself and the universe.

Attend a Retreat.

Consider taking time away from your usual environment and daily routine to attend a spiritual or wellness retreat; this change of pace and space can facilitate deep relaxation, reduce stress, and provide an immersive environment conducive to deepening your spiritual connection and self-reflection.

Explore Sound Healing.

Experiment with the therapeutic use of sound by working with tools like singing bowls, tuning forks, or your own vocal toning, allowing the vibrations to attune your energy system to different frequencies that can enhance subtle perception and promote healing; additionally, consciously listening to classical music can have profound and beneficial effects on your brain and overall well-being.

Connect With Ancestral Wisdom.

Engage with the wisdom of your lineage by holding family artifacts and sensing their energy, recording stories from elder relatives, or meditating on inherited physical or personality traits; also, pay close attention to your dreams, as they may sometimes carry guidance or insights from your ancestors.

Eat with Awareness.

Transform your meals into mindful rituals by chewing each bite slowly and deliberately, paying attention to the flavours, textures, and aro-

mas of each ingredient, and noticing how different foods affect your mood and how your body feels both during and after eating; you can also extend this awareness to the process of cooking, being fully present with the ingredients and your intention.

Scan Your Energy Body.

Practice becoming aware of the subtle energies within your body by mentally tracing sensations like warmth, tingling, or subtle vibrations from the top of your head down to your feet; pay attention to any shifts in these sensations – such as cool hands before a stressful event or a buzzing forehead during creative thought – as these can be your body's way of communicating valuable information.

Embrace Beginner's Mind.

Before stepping into any new experience or task, take a few deep breaths to consciously release any preconceived notions or assumptions you might have; approach the situation with the fresh curiosity of a child, allowing yourself to observe new details and perspectives you might have otherwise missed.

Create Symbolic Anchors.

Choose small, meaningful objects to carry with you as tangible reminders of desired states or intentions; for example, a smooth stone collected during a peaceful walk can evoke feelings of calmness, or a folded note inscribed with your daily dedication can help keep your goals in focus, bridging the gap between your conscious intentions and your subconscious mind.

Create Sensory Reset Moments.

Make a point to pause briefly each hour and dedicate that moment to intensely focusing on a single sense; for example, take a minute to

catalogue all the sounds you can hear in your environment, or focus on the feeling of every different fabric against your skin; afterward, notice any subtle shifts in your perception, such as colours appearing brighter or your breath becoming deeper, which can indicate a mental and energetic "reset" and renewed clarity.

Practice Visualization.

Regularly create vivid mental images of your goals, desires, or peaceful scenes, engaging all your senses in the process; spend a few minutes each day focusing on these mental pictures, allowing them to feel as real as possible, which can help to manifest your intentions and cultivate a stronger connection to your inner world.

Practice Perceiving Auras.

Begin by softly focusing your gaze slightly beyond a person or object, against a plain background, and gently allow your eyes to relax and your peripheral vision to open; with practice, you might start to perceive a subtle energy field or coloured light surrounding them, which is believed to be their aura, reflecting their emotional and energetic state.

Deep Appreciation Exercises.

Take time to truly gaze at something beautiful, like a flower or a loved one, and consciously contemplate its impermanent nature – how it will eventually fade or change; this awareness of fleeting beauty can heighten your senses, allowing you to see the world with renewed freshness, wonder, and deep delight.

Develop Kinaesthetic Divination.

When faced with a decision or at a literal or metaphorical crossroads, close your eyes, stand with your feet grounded, and gently sway your

body; pay attention to where your weight naturally shifts – a subtle lean forward might indicate a "yes," a lean backward a "pause," and trust intuitive sensations in your body, such as a flutter in your stomach for aligned choices or a feeling of heaviness in your knees when you're veering off your true path.

Practice Conscious Language.

Conduct an "Energetic Vocabulary Audit" by consciously replacing limiting phrases like "I'm stuck" with more empowering ones like "I'm exploring" for a week, noticing any shifts in your physical sensations, particularly in your throat area; also, keep a journal to explore how different metaphors you use to describe your experiences (e.g., "stress is a storm" versus "stress is a tide") impact your mood and even physical tension in your body.

Explore Archetypal Embodiment.

Begin each day by choosing a specific archetype (such as the Mother, the Trickster, or the Sage) and consciously embodying its qualities for a set period, perhaps an hour; pay attention to how physically adopting the archetype's typical posture, movements (like the Warrior's squared stance for confidence), and ways of speaking (like the Lover's soft gaze for open communication) influences your feelings and interactions, and note any goosebumps as potential signals of alignment with the archetype's energy.

Explore Astrology.

Begin exploring astrology by using resources (as you mentioned, AI tools can help generate an astrological chart based on your birth information) to understand your unique astrological map, which depicts the positions of the planets at the time of your birth; study the meanings of the planets, signs, and houses to gain insights into your

personality tendencies, strengths, challenges, and potential life cycles and patterns.

Try to See Good in People, Seek Compassion and Understanding.

Make a conscious effort in your daily interactions to look for the positive qualities in others, even when faced with challenging behaviour; practice cultivating compassion by trying to understand the underlying circumstances or perspectives that might be influencing their actions, fostering empathy and connection.

Learn to See the Small Things as Beautiful.

Cultivate a practice of consciously noticing and appreciating the beauty in the seemingly insignificant details of your surroundings; take a moment to admire the intricate patterns on a leaf, the way sunlight catches dust motes in the air, or the delicate structure of a tiny flower, training yourself to find wonder and joy in the often-overlooked aspects of everyday life.

Reflection

Feel into the suggested practices, try those that you feel drawn into you. Think deeply about any other things that can help you to turn into the subtle. Consider engaging in them more often.

Fair Exchange Model

I wish to make this and all my work affordable and accessible to everyone. This project operates on the FAIR EXCHANGE MODEL, which means it's NOT FREE, but it's allowing you to contribute in a way that feels meaningful to you.

I envision a community founded on honesty and openness, which is why I leave the choice of how you can support this work entirely up to you. It's important that it must come from the good will, deeply from the heart.

Below are some ways you can contribute:

If you're interested in an offering but can't afford it

- email me at

kamiljan@myspiritway.org

. Tell me your story, how much you can contribute, and why this offering is important to you — I'll send you a special discount code.

Make a financial contribution

— see options below.

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Send a testimonial or feedback to me at kamiljan@myspiritway.org.

Share your perspective - email me at kamiljan@myspiritway.org your perspective over practical spirituality, maybe there is something that is missing or could be described better in the introduced approach?

Help grow the MySpiritWay community

– email me at kamiljan@myspiritway.org, and share your idea on how you can help

Contribute creatively in a way that resonates with you. - be proactive

- crucial as they offer stability

for the mission.

Ko-Fi

The GuideBook's FAQ

Is this a call to join a cult or religious group?

This guidebook does not promote or encourage affiliation with any cult or religious organization. It is designed for independent seekers of truth, emphasizing personal mastery and self-discovery. The focus is on empowering individuals to develop their own understanding. It also encourages contribute positively to the world and their communities, with respect and appreciation for diverse perspectives.

Is this another another self-help book with false promises?

This guidebook does not offer unrealistic promises or quick fixes. It clarifies from the beginning, that it's rather life long journey. The journey you decide to consciously embark on is a lifelong marathon rather than a sprint. I encourage you to maintain dedication and focus while finding ease in the journey.

Is this not anti-science or anti-reason content?

This guidebook does not reject scientific inquiry or rational thinking. On the contrary, it embraces the integration of scientific findings with intuitive wisdom, creating a balanced approach to spiritual growth that is both practical and evidence-based.

Is this accessible guide for everyone?

This guidebook is designed to be accessible to everyone, regardless of their background or prior experience. It presents concepts and techniques in a straightforward and understandable manner, making it an ideal resource for those new as well as cosidered as advanced to personal and spiritual development.

Does it offer a one-size-fits-all solution?

This guidebook does not claim to have all the answers or to be the ultimate solution for everyone. It serves as a resource and a guide, encouraging readers to explore their own paths and discover what works best for them on their journey of self-discovery and growth.

Do I need to pay for anything offered?

All the offerings are NOT FREE but are based on community support and the Fair Exchange Model to learn more). Which allows you to contribute in the meaningful way to you.