

# MANIFESTO FOR HUMAN AND ITS INDIVIDUAL CONSCIOUSNESS

RECOGNIZE YOURSELF AND WALK THE  
PATH OF YOUR OWN EXPERIENCES



# RECOGNIZE YOURSELF AND WALK THE PATH OF YOUR OWN EXPERIENCES

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Take your time to read these 7 steps, allow each one to unfold within you.

## 1. RECOGNIZE THE PRIMORDIAL LIGHT OF CREATION

- Imagine how the Godhead once held a tiny but infinitely heavy spehre in his hand.
- 14 billion years ago, the material creation was created during the “Big Bang” from that very same infinitely dense light core. Science and Spiritualists are largely in agreement with this.
- The Big Bang may sound like a loud spectacle, but it was actually a quiet stroke of genius, which only the Deity can accomplish: the release of all conceivable possibilities - means also yours!
- It then took 13 billion years for organic life to become possible in the universe and yet it was already miraculously laid out in the awakening cosmos.
- This is the reason human beings are eternally part of the divine act of creation, although we did appear on the planet much later.
- People make plans, but the Godhead created potential.  
Any specification would have limited any potential - also ours.  
A controlled freedom would not be free! That is why we were also given free will.
- The limitless potential of the Primordial Light exists in each of us.  
Shouldn't we try to unfold and explore this divine potential within ourselves?

## 2. UNFOLD YOUR POTENTIAL

- Would you like to find the Deity in you? Take a look in the mirror – you see your image.  
It is also God's image, some say, because you are one of its aspects.
- Better you rely on your own experiences, as You can experience for yourself how divine you are.
- Recognize simply your potential and your boundless possibilities:
- You don't have to, but you can be creative and strengthen and enjoy creation with five awoken senses.  
You don't have to, but you can love, forgive, comfort and share!
- And all of this is already inside of you.  
That is why your existence is so precious to creation like any other.
- Rejoice, because you have just experienced a deep, old and new insight.
- Let this divine potential flow out of you from today on  
and observe what happens inside you, to you and around you.

## 3. EXPERIENCE LOVE AS THE KEY

- You are connected with your divine consciousness and potential.
- Now the powers of love can fully unfold within you and flow out into the world.
- Love has a magical quality: the more you give away, the more it flows inside and towards you.
- It is the most intimate connection with yourself and other people.
- This love is selfless, it expects nothing, does not calculate, and does not judge.  
It is creative and expands beyond limitation.
- Love is also a risk. It's just working, if you commit with your courage and surrender.
- As you live out of love, you will experience how infinitely rich it makes you and others.

## 4. JOIN THE COMMUNITY OF SOULS

- Now you are able to explore yourself lovingly in silent connection with your soul.
- Enjoy what you recognize as strengths, but also acknowledge your weaknesses and shadows.
- Boldly illuminate your inner being and accept yourself with all of your contradictions.
- You are as you are, the summary of all your experiences. But you can change at any time if you like.
- In this way you will find a loving way of dealing with yourself  
and a generous way of dealing with your fellow human beings.
- Accept you will also encounter incomprehension and resistance.  
Nevertheless, try to remain calm in your love and inner peace.  
Interactions with selfishness and power dynamics can no longer bring you out of balance.
- Welcome to the community of awakened and loving souls!  
Here you are never alone and can grow beyond yourself.



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## 5. DISCOVER THE OLD VISION IN A COMPLETELY NEW WAY

- If you have understood and comprehended the previous steps in all their depth, you will have an amazing experience: You will become a different person, your true self.
- Your consciousness and your attitude towards life will have fundamentally changed.
- You will be guided by self-knowledge, self-responsibility, and love.
- Now you are the Being of light, conceived as a possibility in the Primordial Light.
- You have your liberated potential and the knowledge to live consciously.  
This is your transformation!
- When you courageously give space to these primal forces, a new exhilarating vision of the world opens up to you, that will be happier for you and all other Humans.
- This is the old vision of "paradise on earth". Let's turn it together into reality ...

## 6. CREATE YOUR NEW REALITY

- Everything you experience in the outside creates feelings inside of you. Understand your heart as a seismograph that records them. It shows you what is good or bad for yourself and others, reveals what the world is suffering from, and guides you as to how to heal it.
- Your thinking is also exposed to many influences.  
Though your mind helps to order and understand them, but do not act only from your mind.
- Begin with letting your heart dialogue with your mind,  
so that the powers of your passionate heart can connect with the power of thought and creation.
- This is how your new reality emerges. It is a revolution for your existence and a revelation for you.
- Now you understand that everything you do or do not do unfolds causes and reactions.  
This means that you are responsible for how you think, speak and act.
- You will also realize how to think lovingly, speak empathetically, and act carefully – intuitively guided by your passionate heart as the keeper of your new reality.
- Many spiritual messages bear witness to this luminous reality. Now move step by step towards it.

## 7. ARISE IN THE TIME OF TURNING

- Now you have made a great turn by yourself – towards bright consciousness and a new reality.
- Many people around you have not yet made this turn, which is painful.  
As only the turning of many awakened souls can save life on Mother Earth from destruction.
- You and no one is powerless. Together, we can create a Paradise on Earth.  
Spiritual masters have always called this turning an ascension into higher spiritual consciousness.
- With each contributing, the Time of Turning accelerates.
- That's why it depends on the contribution of every one of us. You too could tip the scales!  
From this point of view, now is the best time for this during the Time of Turning.
- Old prophecies give us hope that we can succeed –  
if we bring the Primordial Light within us all together into one united glistening beam.
- Remember that the creative power that dwells within you lives in every being of light and is able to enlighten more lights. Let's illuminate the world with light and love together!

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If you feel the inner call to embark on your path, then I cordially invite you to deepen and experience the insights of this Manifesto.

In the **7 Steps for your individual Consciousness** you will find them in an applicable way.

This link leads you to the free download > <https://evol-forum.ch/en/ways>

Heartily, Rico Paganini for EVOL and UWM teams

*This manifesto was formulated in a spiritual dialogue with the writers Rico Paganini and Andreas Sommer. We thank them warmly for their profound base and suggestions.*

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Comming soon: The Manifesto and the 7 Steps for the collective Consciousness  
<https://unitedworldmovement.com/5-consciousness>

# 7 STEPS FOR HUMANITY AND ITS COLLECTIVE CONSCIOUSNESS

