Title: The Evolution of Human Consciousness and Creativity.

Abstract:
The article presents the once elusive ‘Light’ of Self-Realisation and Creativity, and describes an evolutionary Model of Human Awareness and Understanding towards Unity Consciousness and Healing for Humanity.

The article also relates the process of Creativity and Innovation from concept to creation and links it to multiple intelligences and the process of personal and professional development using recent scientific findings to outline the sacredness of Life.

In conclusion it is found that the Energy and Values of our Heart & Soul are now integrating at an Individual & Organisational level for us all to play an equal role in the development and creation of a Beautiful New World upon the Earth.

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The Evolution of Human Consciousness and Creativity

The article introduces a Model of Human Awareness for the 21st Century and includes the once elusive Light of Self-realization and Actualization, which greatly increases Self-discovery, Happiness, Well-Being and Creativity.

After observing world events and reviewing Happiness Well-being and Life satisfaction league tables, it is clear a deeper awareness and intelligence is required to create a Healthy Happy Harmonious and Prosperous society in the 21st Century.

There is however already Light at the end of the tunnel and many positive initiatives are being introduced. For example:

- Schools have been instructed to include a program known as SEAL (Social and Emotional Aspects of Learning) which teach children how to develop their social and emotional skills.
- The National Well-being Project, to go beyond economic measures to find out what matters most to people in order to inform policies that can encourage and foster well-being.(3)
- In the US (CARE) Cultivating Awareness and Resilience in Education is a Professional Development program for teachers developed by the Garrison Institute under a grant from the U.S. Department of Education Institute of Educational Sciences (IES). (34)

In addition the ability to access and develop deeper levels of awareness and intelligence is currently reshaping corporate life and is now being taught by the Big Companies all over the World. Spearheaded by pioneers such as General Mills and Google the concept and practice of Mindfulness that includes traditional Meditation techniques is used to train the mind to be more focused, centered and balanced, to gain clarity, to have spaciousness for creativity and to feel connected (19). As Google’s Chade-Meng Tan states when cortisol levels drop, the mind grows calmer and gains the stability to become more focused, “Mindfulness is an idea whose time has come ... for a long time practitioners knew, but the science wasn’t there. Now the science has caught up” (22). Emerging research is showing that deep mindfulness has numerous and wide-ranging benefits for the working person and organisations such as improved productivity, creativity, customer service, relationships, team-working, health, enjoyment, fulfilment and emotional intelligence.

Emotional intelligence (EI) is the ability to be aware, understand and regulate our emotions and is a key ingredient towards being Happy and Productive. Daniel Goleman reported on compelling breakthroughs from the fields of
neuroscience and business, he found that those who excel in emotional intelligence achieve not only superior academic and business results, but also have higher levels of personal fulfillment and increased well-being.

In addition research by the Institute of HeartMath is uncovering the important role of the heart’s intuition in balancing and managing our mental and emotional energy. **Intuitive Intelligence (IntQ)** is the ability to tune into the inspiration and guiding force within us. According to HEC Paris International Business school Intuitive intelligence is the ability to combine our analytical mind with our intuitive aptitude to solve problems in an innovative way and succeed in the new economy. Today intuition is being touted by management consultants as “essential.” In a study of 13,000 business executives by Harvard researcher Jagdish Parikh, the executives credited 80 percent of their business success to relying on their intuition (21).

> “Studies investigating the impact of HeartMath programs in the workplace have documented a wide range of organizationally relevant outcomes, including increases in productivity, job satisfaction, communication effectiveness, improvement in employee health and reductions in turnover.” (4)

**Abraham Maslow** (1908-1970) an American Professor of psychology believed we are universally motivated by the same basic needs and that our needs can be arranged in a hierarchical fashion. Maslow theorized that individuals achieved Well-Being and Self-Actualization after completing a series of stages, starting with fulfilling the basic needs of food and water, safety and shelter, to finding Love and self-esteem. After these stages have been met the individual can begin to possess and achieve a deeper understanding of self. Maslow’s hierarchy below can be viewed as stages of Personal development:

![Maslow's Hierarchy of Needs](image)

At the top of Maslow's hierarchy Self-Actualization & Transcendence are states of humanity's highest potential that include self-realization and an understanding of Unity consciousness. Maslow defined this inherent and natural state as one of Well-Being with positive feelings of Joy, Serenity, Euphoria and an awareness of the Unity of all things. Maslow was sure that the more emotionally healthy we are, the greater the likelihood and frequency of these experiences in our daily lives.

The following hypothesis presents a **Model of Human Development and Conscious Awareness**. We can clearly see that there are deeper levels of ourselves that we can become aware of and understand and in doing so we can gain greater self-awareness and intelligence. The **Multiple Intelligence Model of Human Potential** below illustrates these levels within us:
Divine intelligence: the realization and integration of our true authentic nature and potential within.

Intuitive intelligence: the ability to be aware of our inner-guidance and intuitive insights.

+ Creative intelligence: the ability to use our imagination, to visualise and think outside the box, to activate our infinite creative potential.

Emotional intelligence: the ability to understand and regulate our energy beliefs and emotions.

+ Social intelligence: the ability to understand and respectfully collaborate with others.

Cognitive intelligence: the ability to observe reflect and analyse, to understand life, to learn and grow.

Physical intelligence: the ability to understand and satisfy our physical needs.

Extended Model:

The Model shows we have the **Conscious capacity** to understand life from within and the **Creative capacity** to bring our ideas to life. Each level from Divine to physical awareness is equal in order for us to understand our needs and live Happy Productive lives in a healthy and balanced way. The Model presents different aspects of our being and levels of Awareness & Understanding that we can achieve.

From top to bottom the diagram also illustrates the **Creative Process** and how we receive new ideas from within the Eureka Ah Ha moment of Intuitive insight to the Cognitive use of thought and mental planning to the creation of new physical forms. The light within is the energy of Creativity, the inherent Spark of Genius that Lights up our
Mind with flashes of spontaneous insight and inspiration that give rise to new ideas creativity and innovation. The initial stages require relaxation and reflection whereas the later stages require will-power focus and action.

Scientific research shows that our brains operate in multiple brain-wave states:
- The Beta brainwave state is associated with focused concentration, our average everyday awakened state.
- Alpha brainwaves represent a state of relaxed mental awareness and reflection.
- Theta brainwaves are even slower in frequency and represent a state of deep relaxation and meditation, enhanced creativity, stress relief, light sleep and dreaming.
- Delta brainwaves are slower and have long been associated with healing.
- Gamma brainwave states are the most rapid in frequency. Research has indicated at moments when bursts of insight or high-levels information processing occur. (5)

Although our brains operate in all of these brain-wave states simultaneously, we operate in one of the states at any given time and this indicates our state of mind and level of conscious awareness (as indicated in figure 2 above). The following diagram provides an ‘indication’ of how we access these levels within us:

Research with Buddhist monks have shown a correlation between gamma waves and transcendental states of Unity consciousnesses (6). Research shows that Gamma waves occur during an insightful AH-Ha ‘Light-Bulb’ moment (7).

Our states of consciousness are discussed by Dr. Mihály Csikszentmihály (12) the author of the best-selling book ‘Flow’, the classic work on how to achieve Happiness and Optimal Performance. Flow is being ‘in the Zone’ a state of consciousness that occurs when our we are fully immersed in the present moment, we feel positive energized and focused, our Mind Body and Soul are aligned and our levels of Happiness and Performance increase. According to Goleman (36) the hallmark of flow is a feeling of spontaneous joy, even rapture, while performing a task. Dr. Jane McGonical (13) has also written and spoke about how Gaming is an example of totally immersing ourselves in the achievement of a task. When we Enjoy ourselves and have fun such as Playing Games we ‘Light-up’ or Power-up : ), we increase our Energy levels and our resilience. We Rejuvenate at a cellular level and our bodies come alive enhancing our performance in everything we do.
Sir Ken Robinson an International advisor on education describes this phenomenon within us as ‘Being in your Element’:

“Activities we love fill us with energy even when we are physically exhausted. When people place themselves in situations that lead to their being in the zone, they tap into a primal source of energy. They are literally more alive because of it. It is as though being in the zone plugs you into a kind of power pack. Being in your Element, having that experience of flow, is empowering because it’s a way of Unifying our energies. It’s a way of feeling deeply connected.. and it curiously comes about through a sense of relaxing.” (9)

Similarly Dr. Spencer Johnson best-selling author and Change Management consultant encapsulates the essence of Flow in less than 80 pages in his Beautiful book of Wisdom the Precious Present “The richness of the precious present comes from its own source” (8). Perhaps Eckhart Tolle sums it up perfectly with the title of his first best-selling book ‘The Power of NOW’. All Paths are Pointing to the same ‘Soul’ution.

The Institute of HeartMath IHM refer to the this state as being in ‘coherence’. Bruce Cryer (10) President of the IHM states “developing coherence leads to increased mental clarity, creativity and enhanced problem-solving abilities, so it becomes easier to find solutions and better ways of handling any stressful situation.”

A preeminent German physicist, Fritz-Albert Popp a German physicist (11) focuses on coherence in biology and has discovered a dynamic web of light that connects cells, tissues, and organs within the body and serve as the organism’s main communication network and as the principal regulating instance for all life processes by the regulating activity of the coherent biophoton field. Ultra-sensitive cameras now also reveal that our bodies emit light, “Amazing pictures of "glittering" human bodies have been released by Japanese scientists who have captured the first ever images of human bioluminescence ... one can't help wondering what further surprises the human body has in store for us” (17), (18). The discovery of biophoton emission also lends scientific support to energy flowing in our bodies meridian energy channels otherwise known as ‘chi’ which according to Traditional Chinese Medicine regulates our body functions or the "prana" Energy-force of Indian Yoga physiology (43).

Intuition Creativity and Abundant energy are available when we Surrender to the moment. The Taoism concept of ‘effortless action’ encourages us to surrender and flow effortlessly through life. It is clear when we trust our Inner-tuition our Intuition and do what we feel is right everything is accomplished with greater ease and joy. The brain-wave model indicates that the more we relax our minds and allow our Consciousness to Center within, we step outside the box and enter the infinite creative Potential and Inspiration of our Soul.

As Dan Pink (best-selling author and previous chief speechwriter for Vice President Al Gore) explains, people who are strong in heart-based qualities such as empathy and inventiveness “will rule the future”. Pink promotes intrinsic motivation and “offers up new models for corporations that he says will tap into true motivation, yield higher satisfaction among employees and deliver stronger results” and explains ‘the surprising truth’ about what motivates us in three elements Autonomy, Mastery and Purpose the desire to do things in service of something larger than ourselves (16).

What is the Source of our intrinsic motivation, the inspiration that guides us, the love that unites us, the life-force that animates our body, the bright ideas that light up our minds? Based on research and personal experience it is clearly the Divine Spark within us. Our Soul Light is the Source of our conscious awareness that allows us to think
feel and experience life, this is an essential and fundamental component that has been missing in the awareness and understanding of humanity today.

Our Soul is a source of energy Light and Life that exists in the Present moment. When our Mind Body and Emotions are aligned and unified with our Soul we are in our Element and Flow through Life with Purpose Ease and Joy. Our Soul is our source of coherence and center-point of individual consciousness that extends from a central Source of Pure Light and Life-force energy. As supported by the scientific theory of biocentrism which outlines the significance and importance of life and consciousness as central and key to our understanding of life and creation (44).

As we evolve we understand and integrate our true authentic nature. The Pure Positive Light of our Soul contains all the possible positive qualities and virtues that we can access and integrate into our beings, and this is what we are all achieving through our Life experiences i.e. experiential learning and the meaning of life.

We can all allow ourselves to feel these qualities within us, such as Beauty Peace Love & Compassion, Will-Power & inner-Strength, Joy Enthusiasm & Freedom, Wisdom. These core energies can be classified as our Masculine Feminine & Inner-Child energetic aspects. This notion of the Trinity within is comparable to Jung’s concept of Archetypes within our collective unconscious, and is summarised below:

**Will-Power:** to be Positive, Proactive, to Focus and achieve our goals.
**Love / Compassion:** to Love Nurture support and encourage ourselves & others.
**Joy:** to do what we love and Enjoy Life : ).
**Wisdom:** to understand who we are, why we are here and discover the answers to our questions.
The discovery acceptance and utilisation of these energies/aspects within us is an important step in our self-development. If a person loves and values their inspiration, their intrinsic motivation, they can develop the Confidence and Positive Will-power to actively follow their Heart, do what they love and Enjoy and create something truly valuable for themselves and others.

When we discover the inherent Pure Divine Light within, our True Authentic nature blossoms forth empowering and fulfilling us with the virtues of our Light. The Inspiration and Passion we feel towards doing the things we Love or the Compassion and Joy that we all feel towards our close family and friends are an example of this energy. Can you see the equality and goodness ‘within you’ within all? Many many people do not realise the Beauty and potential within them.

Perhaps the most important discovery and realisation is the Pure Source of these energies within us which naturally and inherently bring a Beautiful Peaceful Balanced state of Being. Our Soul located at the centre and very core of our Being is a Source of Pure Divine Light that extends from and unifies us with the Source of all Life.

David Bohm an American-British physicist believed that everything is connected and one unified whole. The diagram below illustrates the structure of consciousness and inherent Source of light within us all:
The diagram clearly illustrates our interconnectedness as our Souls extend from a central unifying Source of Light. It is this energy that animates and sustains our physical form and gives birth to new insights that allow us to positively change ourselves and the world around us.

Fritz-Albert Popp confirms the existence of particles of Light known as biophotons that transmit information within and between cells. The biophoton light is the mediator between the Body and Soul and when our light is flowing freely it leads to sustained positive emotions, optimal health, and well-being.

Research by the Institute of HeartMath shows the heart produces the body's most powerful electromagnetic field, it is no coincidence that the Soul essence and Inner-Light of each person can be discovered within the Heart chakra. Valerie Hunt, a professor at the University of California, discovered the chakra frequencies and has produced a scale of frequencies corresponding to state of mind and level of personal development (14). Similarly, Dr. Hiroshi Motoyama has created instruments that verify the chakras and the flow of energy through the body (15).

![Chakra System Diagram](image)

Figure 7: Chakra System

Maslow's Pyramid can be mapped to the Chakra System as a similar model of human development. As we progress through life, mature and develop our consciousness, the chakras open from the Root chakra at the base of our spine, which provides energy to and a predominant awareness of our physical body to the Sacral chakra, Creative and Sexual energy experienced during Puberty to the Solar plexus chakra, providing a greater awareness of the individualised self identity and self-esteem (Early adulthood) to the Opening of the Heart and the ability to feel and experience life and understand our Authentic-self, to the throat chakra (Authentic Self-expression), to the third-eye chakra providing us enhanced intuition, greater Authentic Self awareness, discernment and Wisdom of our ‘inner’-potential and purpose to the opening of the Crown chakra, allowing for complete Self-Realisation.

As a result of practices such as CBT and NLP, people are much more aware of the Conscious and Sub-conscious Mind within them. The current frontier in the field of Personal & Professional development is an awareness and understanding of our Superconscious Mind our Authentic Soul Consciousness.
In a ‘relaxed’ state we can easily feel our Soul Light within, our Source of Creativity Happiness and Joy. This core energy however can be surrounded by limiting subconscious beliefs and suppressed emotions such as pain from the past that can prevent people from realising and being their true Authentic nature. With Awareness and Acceptance of limiting beliefs & past-pain within, we can activate the Love and Light at the core of our beings to transform heal and align our energy beliefs and consciousness.

With focused intent we can allow our light to activate emanate integrate and rejuvenate our Mind Body and Soul fulfilling us from within. When we allow our Light to freely flow through our body the more energy and life-force we have to live Healthy Happy and Productive lives. Living a Healthy balanced life and eating a healthy balanced diet are key and essential components that allow our life-force to recharge and flow through our bodies.

**Soulution:**

- **Di**: Divine intelligence
- **IntQ**: Intuitive intelligence
- **EQ**: Emotional intelligence
- **CQ**: Cognitive intelligence
- **PQ**: Physical intelligence

Di = Divine intelligence, IntQ = Intuitive intelligence, EQ = Emotional intelligence, CQ = Cognitive intelligence, PQ = Physical intelligence.

**Figure 9: Soulution**

Authentic Self-Realisation can be achieved by quiet reflection and ‘feeling’ the Divine energies deep within, the energies at the very core of our being, the essence and center of our Consciousness. This provides great insight
into who we truly are, our Authentic Nature. And by simply holding the intention we can allow our Authentic self to emerge from within, positively transforming ourselves our Organizations and the World.

On the surface Equal Opportunities, Eco/Environment, Organic Produce, Natural Energy sources, Healthy eating/lifestyles, Human rights, Interfaith, Legal-system, Team-working, Flexible working, Decentralization & Empowerment, Personal & Professional development, Positive & Transpersonal Psychology, Mindfulness, Emotional Intelligence, Business Ethics, Corporate Social Responsibility, Social Enterprise, Web 2.0 Social Media (‘Like/Love’, Friends/Connection replacing Separation) are some examples of the current shift leading to an Open heart-based connected society where intentions/decisions are made for the benefit of all.

This notion is epitomised in a recent document by the World Happiness Forum that recommend Mindfulness practice and living in the present moment as strategies towards optimizing our Health Happiness Personal and Professional lives and state that “In general, workplaces that make workers feel included, valued, cared for and competent bring out their best qualities. Happy workers stick around longer, have more energy and enthusiasm, make more effort and help boost overall office morale. Moreover, in what are increasingly challenging economic times, happy and hence more engaged employees can give employers a competitive edge. Research continues to show that an upbeat workspace, due to increased productivity, reduced staff turnover and greater employee flexibility, works wonders for the bottom line.” (32)

When our mind is aligned with our heart and Soul we are able to create wonderful places of work / products / services / organizations that benefit all. There is now widespread recognition of the importance of transpersonal concepts in Business Leadership Management Entrepreneurship and related fields. The deep inter-connectivity that we share gives rise to our open-hearted philanthropic need to assist others. Inherently we are all one family. As Humanities awareness naturally continues to evolve existing Organisation Mission Statements, Objectives & Policies will continue to evolve for the benefit of all. The energy and values of the Heart & Soul are now integrating at an Individual & Organisational level for us all to play and equal role in the Creation of a Beautiful New World.

The article presents various scientific and business findings and concepts, ultimately it provides a map to a simple and profound realization of Authentic Self-Realization (fig.10) and can be summarized and simplified into the realisation of the Love and Light within i.e. the essence of Life within us all.

It is truly Wonderful to see the concept and practice of Mindfulness integrating throughout society, a clear sign of and significant step in the evolution of humanity. Mindfulness and Authentic Self awareness is a simple but profound awareness of the Life within that has the power to Positively Transform our Lives and the World around us. The source of our Happiness Success and Fulfilment is truly within us. We are all here to realize this and create a Beautiful New World upon the Earth. A new Era of Love Light & Unity has begun and the realisation that our Mind Body and Soul are One.
Figure 10: Soul & Source Centered Consciousness

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