

# True Evolution is the Evolution of Human Consciousness

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So much of controversy is raging today over the type of food one should or should not eat. The wide spectrum of food people eat ranges from absolute veganism and lacto-ovo-veganism on one end to absolute non-vegetarianism and omnivorism on the other. What is, then, the right food for humans? The simple answer is that, the right food is the food that human body is designed and equipped for. But **how** do people eat? People eat according to the level of **expansion** of their own “consciousness” have reached at the given time.

“Consciousness” is variously defined by various people in various contexts. However, one of the most accepted general definitions is that it is the ‘awareness of being aware’. “Awareness” is just another simplified word for “Consciousness”. A grain of sand indeed has awareness. It has the ability to recognize its environment. For example, when a grain of sand is put in an acid solution it starts the chemical reaction. When it is put in water, the response is different. The grain of sand is able to recognize what is water and what is acid. Likewise, an ant has awareness, which is far evolved than the consciousness of a grain of sand. An elephant has a level of awareness that is even more advanced than that of an ant. Humans have awareness, which is the most

advanced state of awareness amongst all other forms of matter on planet earth, as far as we know today. Thus, it is easy to understand that there are vast differences between the levels of awareness (read, ‘consciousness’) each of these ‘forms’ exhibits - but awareness, all of them have. If life forms can be compared to ‘hardware’ versions, consciousness can be compared to the levels of sophistication its operating system (OS) and its ROM/RAM capabilities have attained.

When it comes to the case of humans, the ‘game’ of consciousness changes considerably. In the case of lower levels of ‘hardware’, consciousness/awareness is not as much individualized as it is in the humans. Consciousness/awareness is our ability to be aware of ourselves and of everything else other than ourselves. In this context, the word awareness and consciousness are interchangeable words. At the entry level, consciousness/awareness is limited to self-awareness; We know that we are alive, we are hungry and therefore we need to eat, no matter what it is. Lowest levels of consciousness does not think twice before indulging in cannibalism. A fish, for example, would not think twice before swallowing another fish, smaller than itself.

Life apparently needs to depend on another form of life to sustain itself and continue its own existence. Higher the consciousness of a species, (or that of a member within in a species), lower will be its indulgence in cannibalism, omnivorism, non-vegetarianism, vegetarianism, veganism, absolute veganism so on and so forth. The reverse is also true; Lower the consciousness, higher will be the tendency to eat anything including its own species. There are many cases where man eats man! On the other hand, there are also many cases where men with highest possible levels of consciousness living for decades without eating anything, but by simply absorbing energy from sun.

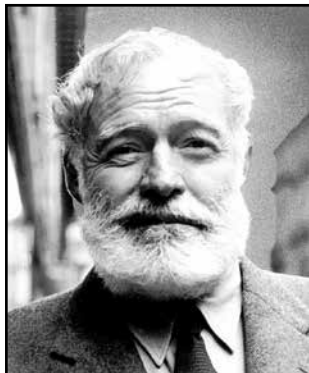
To summarize, higher our individual consciousness evolves, lesser will be our tendency to eat other life forms that have attained higher levels of consciousness. In other words, higher our individual consciousness evolves, more and more will be our eating of life forms with lower and lower consciousness. Man eating man, man eating other animals, man eating other plants, man eating nothing but directly absorbing energy from sun are mere milestones that man reaches in its true evolution. True evolution is not the Darwinian

theories of evolution; true evolution is the evolution of Human Consciousness. Darwinian theories of evolution relate to the evolution of 'hardware' in order to equip the hardware to hold higher and higher levels of consciousness.

We as human race, therefore, should not focus on eating beef or not, but focus on evolution of our own individual consciousness, which is the fundamental purpose of all life on planet earth. Let the controversy continue, for it will surely continue. Wisdom is to focus on advancing our individual consciousness here and now.

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Ernest Hemingway

**“Before you talk, *listen*  
Before you react, *think*  
Before you spend, *earn*  
Before you criticise, *wait*  
Before you pray, *forgive*  
before you quit, *try*”**