

Are We Changed Forever Into a Higher Thinking Species?

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By Robert Puzey

Guest Writer for Wake Up World

What will the world be like after the pandemic? How will we feel?

It will seem like coming out of our bunkers from a nuclear war and walking on the ashen white landscape that was once our world. We will fear each other just as we would radioactive fallout from the war.



This imagery might be far-fetched, but we don't really know how we'll react to the new world. Many shops have gone from the high streets. Many businesses have gone bust. The world of sport and entertainment will never return to the way it was. The way hospitals and the government act in the future will, to a certain extent, reflect the 2020 pandemic. Certain technologies have catapulted fifteen years into the future, for instance, finding a vaccine and approving it within the space of a year. Many of us will live on without a family member or a friend who succumbed to the Covid-19.

I wonder if the global pandemic will leave Man appraising life in a different light. Will he be more accepting of the idea there is more to life than meets the eye? We have witnessed our world falling apart before our eyes and the sense of feeling defenceless. An invisible enemy with loaded weapons silently walks among us. The reality that we thought infallible, our life showing on the inner cinema screen, has crumbled to rubble at our feet. We have seen worldly life's fragility and how the carpet can be pulled from under our feet at a moment's notice. Will we see a change in our DNA advancing at hyper-speed our evolution, so we are changed forever into a higher thinking species?

The ancient yogis gave their time to mind/spirit study, knowing the worldly stage is made of flimsy material. They formulated techniques to still the mind and steer it away for the earthly panorama. How would the pandemic affect a meditating yogi in a Himalayan cave? His highly evolved mind would not entertain the lower regions of physical life. I am not suggesting we all run away and hide in a cave! But surely now, after this cataclysmic event, we shall see a shift in Man's outlook. I believe we need to incorporate higher conscious thinking into our life.

What won't change is our real self. Through whatever one goes, the mind/spirit of a person lives on. A person's spirit endures the long sleep, death, and survives to enter new bodies to continue learning. This means we should pay more attention to the soul than the body. The spirit vehicle is subject to disease and the material world's defects; it will age and wither and let the spirit go. When we live by our true self, then we are indestructible. We are immortal.

Try this:

Sit quietly with closed eyes. Wait for your body to feel calm. Breathe in and out deeply and feel yellow energy inflating your lungs. Look to the point between your brows and as you hold your gentle inward gaze, try to sense the body shell that encases you. Concentrating on the Third eye will help you lock into your spirit, and after a while, you should feel inwardly at peace with yourself. Hold the pose for ten minutes or more to gain the most significant benefit from spirit-centeredness.

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About the author:

Robert Puzey is an award winning songwriter (Ivor Novello awards in the category of 'Songwriter of the Year' and 'Most Performed song of the Year' ('I'm in the Mood for Dancing') 1980.

Robert nursed his late wife, Kath, through her five-year battle against bowel cancer, during which time Robert extensively studied hatha yoga (he is a qualified hatha yoga instructor) and began to experiment with novel brain exercises in the field of 'mind over matter' / 'spirit over worldliness', achieving some quite revolutionary and fascinating results from his work.



Bringing us up to date, Robert has formulated a complete programme – ‘*Use Your Brain to Elongate Your Cell-by-Date*’ – of rejuvenating exercises with easy to use instructions. Robert lives in north London and writes self-help material.

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‘Use Your Brain to Elongate Your Cell-by Date’ is [available on Amazon here](#).

