

# ***The beginning of a New Cycle and the urge for change***

We are three months into the year 2020. At about this time of the year, a few are perhaps struggling with sticking to their New Year Resolution. This is not unusual. Yet, with the dawn of every new year, many still feel this urge, or wish for a change, or better in their lives.

Some may give no deeper thought to this common experience, and dismiss it as just one of the rites of the season. Perhaps we should not take this regular and common repetition as "just one of those things".

Anyone who has taken the time to nurture a sincere New Year resolution knows that it is preceded by some degree of self-examination. The very serious ones involve deep soul searching.

So, what is it about the beginning of a new cycle that brings about this common reaction?

This phenomenon is not limited to the cycles of the Western calendar. The same phenomenon is present among groups who are governed by other calendar cycles; like the Chinese, the Muslims, the Jews, and even, yes, the animists who believe in Elemental Beings associated with nature. With the last-named group, the wish for change is often associated with self and community cleansing rites, which they feel is necessary before the new can be ushered in.

This desire for change at the start of a new cycle, which appears common to all peoples, might suggest to a

thinker that perhaps this activity may arise from what one could describe as our Spiritual (Psychic) DNA. This last statement would naturally lead to the question: "Is there any such thing as Spiritual DNA?"

Perhaps an agreed understanding of the purpose and activity of Genetic DNA may help us answer this question.

First, Genetic DNA is the encoded repository of information, garnered over the evolutionary processes, that led to the formation of the human body. This information, which is embedded in the nucleus of every cell in the body, operates as a regulator and blueprint for the manufacturing of new cells and disintegration of old ones, as well as all of the traits that will manifest and affect the life of the body. All of this activity is totally independent of the human will, in other words completely outside the control of the human being (mind).

In plants, for example, the encoded information automatically forces a seed, when planted in the soil to shoot up towards the light above ground. It also compels the grown plant/tree to bear fruit under the regulation of the seasons (cycles of nature). The encoded information also specifies the lifespan of the plant. Similar automatic behavior and genetic traits, which include what we call instincts, are seen in animals. The same automatic expressions exist among humans, although sometimes heavily masked by cultural values and social developments.

So, the first logical question in addressing the supposition about Spiritual DNA, would have to be: "Is there an equivalent repository of Spiritual evolutionary information, embedded somewhere deep within our Spirit (Psyche?) that has its own automatic Spiritual

expression? Similar to how Genetic DNA automatically expresses itself with regard to the physical bodies (of plants, animals and humans).

In order to answer this question, we have to first agree upon the nature of Spiritual expression.

Perhaps everyone will agree that from time immemorial humans have always sought the higher meaning or purpose of life. This search, which still manifests among all peoples, is a common and general feature that distinguishes humans from all other creatures on Earth. Is it not logical then to suggest that this search is being triggered by an uncontrollable and automatic aspect of our psyche? Somewhat like the genetic DNA automatically triggers biological actions. Which should support the assertion that humans must have something embedded deep within the psyche to trigger this phenomenon. Something that, in genetic terms, could be described as part of our Spiritual DNA.

Even though we cannot see it, we feel it.

Some call this unseen, but felt inner stirring, the Intuition or 6th Sense.

Another behavior feature which appears common only to humans, and which, interestingly is associated with the search for the higher-self, is striving after virtues.

Could these virtues then be our Spiritual DNA traits, waiting to be awakened and developed at the Spiritual level? Just as genetic DNA traits of curly hair, blue eyes, dark skin pigmentation, etc. awaken in the body?

Some may counter that there are many who no longer feel this urge to search for a higher purpose or meaning

to life. And that there are many who no longer ascribe to cultivating virtues nor vices.

Both statements would be correct. But they do not negate the fact that the majority of humans still bear this trait.

Another notable fact is that humans are the only creatures on Earth who appear to have the ability to act against the encoded promptings of genetic DNA. Thus, for example, humans can consciously imbibe something that their bodies would, at the prompting of the genetic DNA, initially revolt against. In time, the human could actually learn to ignore the natural promptings of genetic DNA. Research in genetics and human behavior is now suggesting that through such sustained and continued human behavior, humans could actually bring about changes in their body's genetic configuration, to adapt to these imposed desires[1]. In other words, the inner desire of the psyche can influence the genetic expression of the body.

According to the law of Nature, (the law of Species) only like should be able to interact with like. Therefore, for a continuous psychic urge to influence the body's genetic trait, it means that urges must have some special relationship with material DNA. Thus, they must somehow belong in a hierarchical sense to the same species. Which is why sustained behavior (the inner urge) can ultimately bring about gene mutation at the level of the body.

Hopefully the foregoing has presented a credible case for calling these deep inner urges that we feel, as manifestation of what, in the context of this article, is described as the Spiritual DNA.

In a similar way as the cycles of the seasons trigger the direction of genetic DNA activity, and, which in creatures that adhere closer to nature, manifest in seasonal activities like mating or fruit bearing, is it illogical then to expect that some cycles could trigger the trait of searching, or longing in humans?

Indeed, the premise of this article is that significant events, like the start of a new cycle, act as triggers to unconscious urges. For wishes or search for something better in our lives. A phenomenon that, in the context of the yearly cycle, is explained away as part of the ritual of making New Year Resolutions.

Anyone who observes the many rhythms that govern life, for example the seasons, birth-death, day-night, etc., cannot but readily appreciate that life is governed by cycles (Law of Cycles) and that the beginnings of each cycle marks milestones on the path to development, and or general evolution (Law of Development/Evolution). For such a person, it would be easy to understand that the common annual rite of New Year resolutions may have deeper unconscious Spiritual significance; and that it would be logical to conclude that the trigger must also have a Spiritual purpose.

Since triggers are generally a call to action or awareness, is it illogical to conclude that the urge at the start of the New Year cycle is to awaken our consciousness to the passage of Spiritual time? And to urge the Spirit to develop its endowed traits to bear fruit, in order for the Spirit to mature in the process.

Needless to say, a logical question would be: "Why then have we humans been unable to develop the fruits of the virtuous traits with which we are endowed?" "If

anything, there is a preponderant development of vices."

The simple answer to that question is: "The exercise of the human Free Will".

Free Will is a notion with which many ancient and modern Western philosophers have grappled. In the East, we come across the same notion in the Law of Karma, which suggests that man is always responsible for his or, her fate, through choices that we make, i.e. exercise of free will. Even people who revere beings associated with the elements also exhibit semblances of similar philosophy.

In the book "In The Light of Truth" (The Grail Message), the author, Abdrushin, describes, at great length and detail, the nature of man's free will, and how we exercise it daily, consciously or otherwise.

He describes freewill as yet another trait with which humans, of all creatures on Earth, are innately endowed. What is more, he describes free will as a great and special gift that has been bestowed on the human Spirit. But he also states in serious and no uncertain terms the responsibilities and consequences that fall to man for how he or she uses this gift.

The power of this gift is such that it can affect the direction of development of man's other Spiritual gifts (traits) and even ultimately the development of the physical body itself (i.e. the Genetic DNA) – which, as stated above, science has now discovered.

The choice made in exercise of free will can also change virtues into vices. Thus, humility, whose real meaning is the urge to give selfless and humble service, becomes changed into the vice of pride – self-centeredness in

carrying out service. Or the virtue of contentment, which entails balanced enjoyment of the fruits and gifts of life and nature, becomes changed to the vice of avarice – a mentality of hoarding for purely selfish ends. Indeed, it is common knowledge that hate is often a manifestation of unfulfilled or unreturned love. Hopefully, the keen observer should be able to see how we have distorted our other virtues (gifts, talents) into vices.

In his "Parable of The Talents" (Matthew 25:14–30), The LORD Jesus Christ alluded to the gifts with which man is endowed. Those who recall the parable will remember that Christ made it clear that the endowed talents (gifts) are meant to be grown, to yield more fruit. Therefore, in the parable, the one who buried his talent and returned it as given was condemned, just as the one who wasted and lost his endowed talents.

The parable also contained an element of duration, in that the servants were given an adequate time interval in which to awaken their endowed talents, and to grow them before the set time for harvest arrived. As everyone will agree, life as we know it, revolves in cycles. Therefore, the implied time interval in the parable of talents must have also operated in cycles towards the point of harvest.

In the book "In The Light of Truth" (The Grail Message) the author, Abdrushin, not only confirms the Law of Cycles as being integral to the path of evolution/development, he also confirms the Law of Returns, i.e. that everything that starts out on the path of development must eventually return to its source of origin. In the Christian Bible, for example, this is reflected in the saying "from dust onto dust".

However, Abdrushin explains that the state in which a Spirit returns to its source of origin depends on the choices he or she has made in developing his or her endowed talents. The one who has developed his endowed virtues can hope to return as a matured and fully, spiritually-conscious entity, to enjoy the blessings of paradise. The one who has used his or her gift of freewill to distort and make vices out of the endowed virtues will be held back and forced to undergo disintegration, when this part of creation goes through that point on its path of development[2].

Since energy, the essence of Spirit, cannot be destroyed, the distorted consciousness[3] of the Spirit is what suffers disintegration. After which the amorphous Spirit energy returns as a non-entity back to its source. The Bible describes this process, in the book of Revelations, as the ascension to the saints, for those found worthy, and the casting down into the depths, for those found unworthy.

Abdrushin also explains that the unending and continuous movements that manifest in cycles all around us are driven by an eternal Law of Unceasing Movement. In other words, all activities in creation are governed and compelled to activity towards established goals. Man's free will can only direct the shape given to the activity that he or she chooses to engage in.

Like the well-known biological clock that triggers different emotions within the human during exact periods in the cycle of our lives, is it inconceivable to consider that the beginning of a new year cycle could release (trigger) deep unconscious longing or sensing within us? If the cause of this longing is understood as having been triggered by "our Spiritual DNA, Intuition, 6th Sense", for the purpose of Spiritual wakening, won't

this help redirect the target of many a New Year Resolution? As well as the effort, sincerity and tenacity with which we would work to attain these goals. Thus helping us to more easily align the desires of the Spirit and the flesh.

The sincere prayer accompanying this article is that the target of all of our readers' wishes, desires and resolutions will be towards their individual Spiritual awakening, and the deep awareness that the Law of Unceasing Movement is steadily taking us towards the point of harvest, whether or not we are aware of this fact.

Amen.

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[1] Genetic expression can be influenced by various social factors, as well as environmental factors, from light and temperature to exposure to chemicals. - [lumenlearning.com/boundless-psychology](https://lumenlearning.com/boundless-psychology)

[2] Even science acknowledges that at some point in its life cycle, every heavenly body will go through its own disintegration process and be dispersed back into space dust.

[3] The developed consciousness is the same as the personality, which can be called the form molded onto the malleable Spiritual essence.