



EVOLUTION OF HUMAN CONSCIOUSNESS THROUGH TIME

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Just like every individual, humanity goes through a process of morphological, mental, and consciousness changes. It is interesting to discover how these changes which are tied to the environment, time, and intervention of different beings and circumstances that have accompanied us, leave the trace of a pattern that allows us to glimpse the destiny of our consciousness and therefore our mission.

Each era in the history of mankind has had its own reason for being, and each step has contributed something in our evolution. This paper, for example, that was born in the eurythmy classroom by analyzing each cultural era of humanity analyzing the relationship between movement and consciousness became for me an interesting study of our evolution, which must be known by all eurythmyist not only to achieve a closer representation but to awaken and order in himself all this knowledge that exists and is visible in ourselves.

The present work mentions, groups and relates what has accompanied the human in this long process with a special focus on the change of consciousness through time, an issue that must be considered both for the study of what we really are with a view to understanding what we will be; Rudolf Steiner, the Austrian philosopher from whom much of the information for this work is taken, said more than 100 years ago: "If we have knowledge of what once existed, that can help us promote the new conditions necessary for our own evolution."

Much of the information exposed was drawn from what Steiner and the Theosophical Society commented on is found in the Akashic records. More understood through this research brings us valuable information about who we are and the important turning point where we find ourselves. If we are not aware of this wonderful journey, and of how deeply linked the past and future of all the beings participating in this present are, we will be able to "asleep" before the important events that are also occurring in the psychic and spiritual life of our weather.

The present human reality, together with all the challenges that it brings us, is asking for new forms and that perhaps have as a requirement the awakening of new faculties that allow us to discover ourselves and relate to each other on another level and way. Everything that surrounds us is in development, humans, other species, and spiritual beings are walking in parallel processes and we share a present that invites us to understand each other and collaborate in this shared destiny. Learning to live together, understanding, and complementing each other is one of the most important tasks for humanity today and in the future.

Great consolation for me is now to recognize with greater understanding the heavenly accompaniment throughout the journey. It is encouraging to see how all this perfection unfolds day by day in front of our eyes giving us the opportunity to decide and act again and again and again. Thank you, God, for all these opportunities, for your understanding, guidance, patience, and love.
