

*Spiritual Dynamics Newsletter*  
*Spiritual Growth, Vitality and Wellness*  
**Article: The Adventure of Being Human**

by Owen K Waters

Thousands of years ago, humanity made a decision; a decision to live with a sense of inner separation.

At that time, spirits had become tired of incarnating as fully-aware spirits-in-physicality. They wanted more challenge in life. They wanted to turn life into a mystery; a true, stand-alone human experience, not just an extension of spirit into matter.

Bear in mind that, in the natural state of spiritual living, as free spirits in the mental realms, there are very few limitations. People can manifest anything they need, relocate instantly in space, shift to a different position in time, all at the speed of thought. In the mental realms, people can visit friends or go along with them, exploring the universe, all through the power of thought. That's why they're called the mental realms.

To be more specific, the mental realms exist in fifth density consciousness and are the domain of your soul or inner being. Between third-density physicality and the fifth-density realm of your inner being lies the fourth-density spirit or astral realm, populated by people in the early to main stages of the afterlife. In the late stages of the afterlife, people move into fifth density to consider their options for further experience.

Physical incarnation is always voluntary. Nothing compels your soul to incarnate into another physical life. It is always a decision at the personal and soul group level whether to come back into physical life on Earth.

Thousands of years ago, physical experience was a fully-conscious extension of spirit into matter. People knew who they were as spirits, connected to their inner selves and to the universe as a whole.

"What if," they said, "we came into physical existence and didn't know who we were? We could devote our whole lives to searching for the answer to the mystery. Imagine what a challenge it would be!"

Humankind then made the joint decision to immerse itself further into a denser, more focused reality. Their focus was directed upon the physical senses, along with a detachment from the superconscious and subconscious levels of thinking. By maintaining a tight focus upon the "outer" world of the senses, humans could even believe that they are fixed into one location in space and locked into a time continuum.

Imagine, physical life would become so intense, so real, so convincing. Now, most people love exhilarating rides, like the ones at amusement parks. And, if the ride seems scary, so much the better. Roller coaster rides are scary. The old Ghost Train rides at U.K. fairgrounds were scary. Disney's Haunted Mansions at their theme parks in California, Florida, Paris and Tokyo are all very scary. So scary that, when the rides end, people say,

"That was great! Want to go round again?"

Life can be scary, too. A life spent without a constant, conscious connection to your true inner nature is always a challenge.

Today, the amusement park ride of inner separation is coming to an end. The Shift to the New Reality is happening today. We are becoming more and more aware of our inner nature. Those who grasp the idea of the New Reality will actively develop that inner connection, and not just wait for it to surprise them as it slowly unfolds.

And remember, this ride through intense physicality was always a choice. We may not remember as far back as when the choice was made, but, at a soul level, we've been willingly hopping on and off the theme park ride of physical life on Earth ever since.

We incarnate for the experience of physical life, and to help transform this reality towards its ultimate state; one which, today, is looming very near.

These are the days of transformation, the time of The Shift. The scary ride is coming to an end. As a culture, we are about to find ourselves and reconnect within.