

Be the Change that You Want to See in the World

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Your own self-realisation is the greatest gift you can ever give to the world.

Ramana Maharshi (1879–1950)

You don't need me to tell you that the world seems to be falling apart. Humanity is facing what must surely be its biggest crisis ever. But what's the true cause of this crisis, and what is the solution to it? It may be tempting to assume that the cause of humanity's many challenges is something or someone 'out there'; some kind of problem with the world that needs to be fixed; but is that really the case?

We might believe that getting rid of the 'bad guys', whoever we think they may be, would make everything right again; but it doesn't work like that. First of all, it's extremely unlikely that there will ever be a widespread consensus on who exactly the 'bad guys' are. While it is certainly true that many individuals and organisations are definitely not working in humanity's best interest, just getting rid of these oppressors and misleaders will not make much difference, because they are, after all, only symptoms, and not the true cause of what's wrong in the world.

So what is the true cause of all the conflicts, wars, corruption, exploitation, terrorism, oppression, poverty and misery that we are witness to? To find that source, we will have to look within, because that's where it all originates. More specifically, it is the belief in being a separate entity. The split between 'self' and the 'other' creates the division that leads to conflict and selfishness. In order to create a

world of peace, harmony, love and true justice, all traces of selfishness and conflict need to be eradicated from the human mind.

Selfishness can be expressed in many different ways, such as fear, greed, vindictiveness, envy, hate, narcissism, psychopathy and obsession with power and control. Unless this is dealt with at its source, in the long run nothing will change.

What we are witnessing, and are indeed part of at this time in history, is nothing less than the long-awaited spiritual transformation of humanity, which previously was the privilege of only a handful of dedicated spiritual seekers who had the necessary passion and discipline to find the truth of who they are. This is no longer the case, because what the current crisis has demonstrated very clearly is that it's now an urgent necessity that humanity as a whole finds its way into a spiritually awakened way of life and being.

Many of us may expect and hope for some kind of outside intervention to put things right, but this amounts to nothing more than 'hopium' and unrealistic expectations. Some believe that a saviour will appear among us, whether that's a religious figure or somebody from the world of politics, or perhaps the elusive 'white hats' of the Military-Industrial Complex, one or more so-called experts from the world of science, or perhaps the many supposed disembodied 'light-

workers’, which is always a popular notion in the New Age community, and so on. In other words, somebody will come and sort it all out, take out the ‘bad guys’, and we’ll all live happily ever after. This kind of attitude is not only unrealistic and naïve; it is also disempowering. We need to realise that even if this were to happen, it is not going to change the state of affairs in any significant way, quite simply because the root of the problem of selfishness in its many forms can’t be dealt with in that way.

We need to understand that we all carry the saviour within us, and that we are the ones we have been waiting for. Every single one of us has the responsibility to ‘be the change that we want to see in the world’, as Mahatma Gandhi suggested back in the day. In other words, if we want peace on Earth, we ourselves need to be at peace with ourselves, others and the world. We can only spread love, harmony, peace and truth by embodying all these qualities. Unless we are able to do that, whatever else we might come up with will sooner or later fail. And even if we should be able to defeat the ‘Great Reset’ of the New World Order, we will eventually in one way or another just end up with a new expression of tyranny.

Another aspect to all this is that we should guard ourselves against the tendency to wish harm, or even death, to others, even if they might be guilty of very serious crimes against humanity. The idea of ‘taking out’ the people we think are the ‘bad guys’ is a very dangerous one, because it will do nothing to rectify all the problems we are facing, and will only drag us down to the level of the oppressors and those who want to either force us into transhumanism or else eliminate us altogether. We need to rise above this kind of primitive reaction, and realise that wishing harm or death upon our oppressors and those whom we think are doing us wrong creates a vicious cycle of retribution and revenge, which will only lead to more violence and suffering.

The change that needs to happen is the revolution inside, and this is truly the only revolution that will ever make a positive difference and lead to a world of peace, freedom, harmony and love. Unless each and every one of

us can find the courage to face this fact, and act accordingly, the history of humanity will continue to contain a significant share of oppression, bloodshed and pain.

Let go of all identification with the conditional and fictitious ego entity, realise the truth of who you are as universal consciousness, and live that truth in your own way in your own life. No amount of activism, campaigning or fighting against the ‘bad guys’ will bring about humanity’s spiritual transformation, unless this ‘quiet revolution’ has happened. Only then will you be a source of light for the world. Only then will you be creating peace on Earth, whatever your circumstances may be.

It’s essential to realise that universal consciousness is what we truly are, but it’s equally important to understand that there isn’t a ‘you’ separate from universal consciousness. There is no distinct entity somewhere within that somehow ‘possesses’ consciousness. There is in fact *nothing but* consciousness; and any notion of ego and ‘personhood’ is at best just a practical necessity, which can be discarded whenever it’s not needed. Moreover, throughout all of existence, in every possible dimension and manifestation, there is only ever the one consciousness that is all. This doesn’t mean that all living beings experience and explore the world in the same way. The human body, with its sophisticated brain and nervous system, will necessarily lead to a perception of ‘the world’ that must certainly be quite different from that of animals, birds, fishes, insects, plants, microbes and so on. The point is that in every single ‘case’, in every manifestation of life, consciousness itself is exactly the same, experiencing its creation from an infinite number of focal points, and interacting with itself through communicating and relating to other forms of life.

And so, we are all Life itself, expressed through an infinity of different forms. As human beings, we have the great good fortune of being able to recognise this. We all have the experience of being able to choose how to engage in this process, and thus act as co-creators in the divine play of life. Through us, Life has created the

opportunity and possibility of being conscious of
itself. Awareness being aware of itself. And that
is the truth that shall set you free.

About the contributor



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