

How Did Consciousness Appear in Our Universe?

One of the greatest questions for researchers and highly knowledgeable spiritual masters alike is where we come from. Are we messengers of the stars, or did our earthly existence develop in a completely unique way? How did the level of consciousness that defines human existence today evolve?

Since consciousness is a form of energy operating within the brain, this conscious energy shapes our creative nature — alongside our genetic development. These energies are partly ancient and earthly, and partly cosmic. Cosmic energies learn the laws of earthly existence, and through them we humans have become wondrous beings capable of creation ourselves. In this life filled with ideas and knowledge, we shape our own paradise. We set examples for one another, and the collective consciousness follows the thinking and actions of its leaders. Think of Jesus or Buddha — their teachings continue to uplift millions. More and more people recognize the existence of God, and those who follow His teachings move toward paradise.

To understand development, it is worth saying a few words about the emergence of living beings and natural selection. The first creatures with consciousness were ancient life forms, such as the dinosaurs. Although they were enormous, their knowledge and physical traits did not make them suitable for long-term survival. As the brain evolved, the species that could adapt and learn took the lead. There is a theory that a meteor impact caused the extinction of the dinosaurs, but many — myself included — consider the power of natural selection to be the decisive factor.

Cosmic energies know the Earth and observe what we do on this planet. They, too, have their Gods, and they also understand love. When wars erupt, helping energies often arrive to calm destructive processes. They pay special attention to those who spread love, goodness, knowledge, and peace. Our connection with them often appears as energetic or physical sensations — temporary signs that last only until they understand who we are to them.

The emergence of consciousness in the Universe is not merely a biological process, but part of a deep cosmic story. Our body is a child of the Earth, while our soul belongs to the stars. As we evolve, we understand more clearly that consciousness is nothing other than a return to ourselves — to the light from which we originate.

When a person realizes that love, goodness, and peace are not external expectations but inner states, they become truly creative. Consciousness expands, karma clears, and life gains new meaning. This is how paradise is born within us: not as a distant place, but as a state of consciousness in which we live in harmony with ourselves, with others, and with the entire Universe.