Chapter 2

Best Version of Self

All living things
strive
to be the best version
of themselves

It is an
evolutionary principle
that Nature
has perfected.

Even a dying flower
strives to show its beauty.

Despite our failures
we never cease striving to
shine as best we can.

Nature's design exemplifies perfection in all living things, whether as minuscule as bacteria or as vast as a galaxy. Each is subject to the principle of becoming the best version of itself. We witness this in the colours of bird feathers, the disguising shapes of fish, the scents of flowers, the diversity of plants, the movements in flocks of birds and schools of fish, microorganisms, and the formations of the universe.

The human race is also subject to this principle of evolution as much as any other living form. Despite the lack of attention to this principle, it is comforting to know that we cannot avoid its impact on our lives, nor the unconscious effort to comply with it. When we look at our world, with its turmoil, there is little evidence of a hopeful future; yet, hidden behind the events, is this evolutionary principle that demands the problems be resolved. There is no option but to honour Nature's demands for change.

From the universe's perspective, the amount of time it takes to achieve any degree of change, or how many aspects of its self may be lost forever, is irrelevant, because evolution is a continuous chain of transforming events. Everything in itself, the universe, is of itself, therefore, nothing is ever lost but rather undergoes constant change. Whatever stage of awareness humanity is at, it has no option other than to improve, even if no progress is evident. Progress is often born of chaos and desperation, and there is ample evidence of Chaos in all aspects of human involvement today.

This principle is revealed to us through observing Nature. When a flowering plant encounters an obstruction to its need for sunlight, it will stretch, and bend until it achieves

its goal of being in the light. Even when the obstacle is too great to grow around, and death is inevitable, it never ceases striving to be the best version of itself.

You are the same. No matter how down you are, how hopeless your efforts, how much bad luck you endure — one thing remains constant: **you are unable to avoid striving to be better**. When you know you are not at your best, then at that point, you are seeking to be better. The image you have of your potential is a reminder from your inner wisdom that more is possible.

Desiring to achieve goals usually involves trying to act; I'm going to try to lose weight, stop yelling at my children or learn a new skill. If we replace trying with knowing that our goal will be achieved, we evoke trust that all will be realized. Having such trust in outcomes brings confidence that we have made the best choice. This shifts the energy from just trying, to allowing it to materialize in conjunction with ideal timing. This does not suggest a lack of effort, but rather an acceptance of our limitations in the face of what will be achieved. The manifestation of goals comes about through the combination of; desire, action, knowing, trust, and timing. Then the better version is achieved.

It can be comforting to know that we don't have to strain, because having a goal means we are being automatically drawn toward it. Basically, we need only observe, act, and follow the signs pointing our way. Having the vision is like planting a seed; with the right conditions, it will grow, and any hint of strain is like a month of bad weather to a flower.

Occasionally, the absence of goals can also be an important process in the evolution of our own unconscious endeavours. There are times when we need to remove ourself from our path and digest the previous stages in our life. Or perhaps the next phase of our life is time-sensitive; in other words, the conditions are not perfect for meeting the right person or for events to unfold in ways that will best satisfy all. Even those who feel the urge to escape life are often seeking relief from circumstances that feel impossible to resolve. They act in hope of an unknown solution.

Some people passionately hunger for new growth and new understanding. They hunger for the richness of new experiences, for being of service, for shining their light and sharing joy. In those moments, they are consciously living Soulfulness, and they know it. *Becoming* aware of who is having the experience is the true game-changer for each of us. Being consciously alive is a life worth living.

Exercise # 2

Where am I in my Life?

* Am I generally being the best I can be?
* What does that look like?
* How do I respond to a lack of incentives?
* Do I reflect on my actions with intent to improve?
* Am I comfortable with change?
* Is anything holding me back from being who I am?

Take Aways:

** Even in chaos, an underlying principle of evolution is guiding all things toward resolution.*

* *No matter how lost you feel, you cannot stop striving to become better.*
* *Becoming aware of who is having the experience changes everything.*