

The Path to Liberating Humanity is the Same as the Path to Liberating the Individual

Source: [Caitlin Johnstone, Rogue Journalist](#)

by [Caitlin Johnstone](#)

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The path to enlightenment is the process of becoming clearly aware of all the different aspects of the way you operate inside, which enables you to relate to life as it's actually appearing instead of through the filters of old conditioned mental habits. The path to the liberation of our species is the process of collectively becoming clearly aware of the reality of our situation as opposed to the false narratives about it, so that we can begin solving our problems as they actually are instead of the way the establishment media describes them. These two processes are recursive mirrors of each other; one describes the process on the micro scale, the other on the macro, but they occur in the exact same way.

People sometimes complain that I talk about the problems that humanity faces without ever offering any solutions. I disagree with this criticism; I talk about the solution to our problem all the time, using plain language that anyone can understand. It just often goes in one ear and out the other, because it's not the sort of answer that people have been conditioned to listen for.

When people ask for solutions to our problems, they're conditioned by the standard rhetoric of our time to get an

essay about labor organization, political activism, consumer activism, cryptocurrencies or technological innovations, depending on where they're at on the political spectrum. What they are *not* conditioned to listen for is the most direct and honest answer that I am able to give them: that we've got to move from an unhealthy relationship with mental narrative into a healthy one.

This is not some lofty or impractical suggestion, it's just the thing that we need to do in order to pull up and away from our [ecocidal, omnicidal trajectory](#) and move into a healthy collaboration with each other and with our ecosystem. As long as our minds are susceptible to the manipulations of the powerful people who rule us by [controlling the dominant narratives](#) in our world, we'll be bent to the will of sociopathic plutocrats and opaque government agencies until we plunge forever into the darkness of extinction or dehumanizing dystopia. Individuals [are capable of transcending](#) the unwholesome relationship with mental narrative which dominates conventional human consciousness, so that's a potentiality which exists within our species as a collective as well.

This is the only off-ramp that I can see from the armageddon superhighway. [It's impossible](#) to get the people to use the power of their numbers to unseat their oppressors as long as their oppressors are able to control the thoughts that they think in their heads. Political organization and activism can be thwarted by mass media campaigns which manipulate the majority into continuing to support the status quo. Cryptocurrencies and technological innovations are impotent as long as those in power can control the stories that the majority tells itself about how they work and what should be done with them. You won't engage in revolutionary behavior if

you're being manipulated into not wanting to. So we've got to become impossible to manipulate.

This is the solution, and it's very achievable. For millennia humanity has been writing about the capacity within all of us to transcend our old conditioning patterns and perceive the world free from the filters of mental narrative. They wrote about it within the limitations that existed on their expression at the time, coloring their descriptions with their respective religious beliefs, linguistic and cultural conventions, and what understanding of the mind they had access to in a pre-science world, and their ideas were generally cloistered within small esoteric circles due to the limited nature of communication, but the underlying message was always the same: reality is not what our thoughts describe, and we are all capable of perceiving beyond that mental veil.

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How To Wake Up

"I've been putting off writing this article all year, but readers keep asking for it, and since I've been writing about mass enlightenment a lot lately I figure I might as well slip it in now." [#enlightenment #spiritualityhttps://t.co/gmxHh267LX](https://t.co/gmxHh267LX)

– Caitlin Johnstone ☐ (@caitoz) [September 1, 2018](#)

Up until now, the phenomenon of what many refer to as enlightenment has been a fairly rare occurrence within our species (though I suspect not quite as rare as some claim). [According to some teachers](#) who've been coaching people through the process for decades, it seems to be happening more and

more frequently today. The teacher Adyashanti [writes the following](#):

There's a phenomenon happening in the world today. More and more people are waking up—having real, authentic glimpses of reality. By this I mean that people seem to be having moments where they awaken out of their familiar senses of self, and out of their familiar senses of what the world is, into a much greater reality—into something far beyond anything they knew existed.

These experiences of awakening differ from person to person. For some, the awakening is sustained over time, while for others the glimpse is momentary—it may last just a split second. But in that instant, the whole sense of “self ” disappears. The way they perceive the world suddenly changes, and they find themselves without any sense of separation between themselves and the rest of the world. It can be likened to the experience of waking up from a dream—a dream you didn't even know you were in until you were jolted out of it.

In the beginning of my teaching work, most of the people who came to me were seeking these deeper realizations of spirituality. They were seeking to wake up from the limiting and isolated senses of self they had imagined themselves to be. It's this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true—that there is more to life than we are currently perceiving.

But as time has passed, more and more people are coming to me who have already had glimpses of this greater reality.

Renowned author and teacher Eckhart Tolle [agrees](#):

I see signs that it is already happening. For the first time there is a large scale awakening on our planet. Why now? Because if there is no change in human consciousness now, we will destroy ourselves and perhaps the planet. The insanity of the collective egoic mind, amplified by science and technology, is rapidly taking our species to the brink of disaster. Evolve or die: that is our only choice now. Without considering the Eastern world, my estimate is that at this time about ten percent of people in North America are already awakening. That makes thirty million Americans alone, and in addition to those people in other North American countries, about ten percent of the population of Western European countries are also awakening. This is probably enough of a critical mass to bring about a new earth. So the transformation of consciousness is truly happening even though they won't be reporting it on tonight's news. Is it happening fast enough? I am hopeful about humanity's future, much more so now than when I wrote The Power of Now. In fact that is why I wrote that book. I really wasn't sure that humanity was going to survive. Now I feel differently. I see many reasons to be hopeful.

You are of course free to believe these guys or not, but I personally don't see any incentive for them to be disingenuous about what they're seeing in their field of work. The best way to make a fortune as a spiritual teacher is to gather a large cult-like following around yourself under the presentation of having attained something exceedingly special and rare, not to say essentially "Yeah this is happening all over the place now; it's no big deal. What happened to me is becoming as common as grass."

So why the change? Why after millennia of enlightenment remaining a rare phenomenon are we suddenly seeing it becoming more common?

I don't know. Maybe it's got something to do with the fact that we're at evolve-or-die time as a species, and something primal deep within us is leaping to clear that hurdle in the same way all organisms fight to survive with everything they've got. Maybe it's got something to do with our exponentially improved ability to network and share information, making useful pointers and teachings which guide the way to enlightenment vastly more accessible. Maybe our unprecedented access to information itself is the cause; billions of human brains suddenly connected to mankind's entire collective archive of knowledge is in and of itself a drastic change in human consciousness. Maybe it's all three. Maybe it's something else we can't see yet. But it does appear to be happening.

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