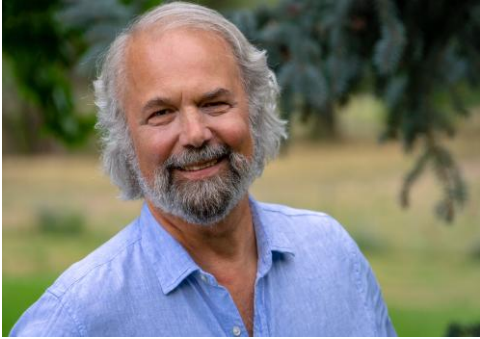


THE SPIRAL OF LIFE

PULSE OF SPIRIT
APRIL 1, 2026



DAVID KARCHERE is a speaker and workshop leader who assists people to renew their Primal Spirituality—an experience that virtually all human beings know at birth, and that ideally grows as they mature.

We live in a human culture that is full of conflict, now manifesting in the Middle East. We see one party conflicting with another and tend to take it for granted, interpreting it as competing interests. But when you look at the situation globally and understand it as the activity of the one global body of humanity, you see something else—self-sabotage. We are hurting ourselves. We are sabotaging ourselves. We're bringing ourselves down for no good reason at all.

Human culture tends to go in circles. And just when you thought a destructive cycle was over, there it is again. As it's said, it can feel like we are on a merry-go-round.

Ancient peoples understood the circular nature of time. We might think of the Mayan calendar, which portrays time that way.

The Zoroastrians of ancient Persia are credited with strengthening awareness of the linear nature of time. Their perspective on the history and destiny of humankind influenced other cultures that came after them.

The truth is that time is both cyclical *and* linear. It moves in a circle and in a line.

Consider the movement of our planet. As it spins on its axis, it circles the sun in its annual orbit. Many of us were taught that in grammar school as children. I remember being fascinated with a mechanical model of the solar system, with arms and gears holding the planets and showing their movement around the sun.

But there is more to the movement of the planets than that. The reality is that they are circling a sun that is part of the Milky Way Galaxy. In fact, our solar system is part of one of the arms of that great galaxy, orbiting in a great circle around its center—the black hole known as Sagittarius A*. While that orbit is indeed a circle, it is so vast relative to the orbit of the Earth around the sun that it is virtually a straight line.

You can find portrayals of this phenomenon in YouTube videos that show all eight planets following along with the sun, each in its own orbit.

So this movement of planet Earth is circular, but it is also linear as we move through space along with our solar family. And what is the shape that is created

when there is both a circular and a linear movement? A spiral. Our movement through space and time is spiral in nature. This means that while time is cyclical, we are constantly moving into new territory. We are moving into new vibrational space in which the vibrational factors are constantly changing. We may think and act like we are just going around in circles, but that is only illusion and ignorance. We live in ever-unfolding newness.

Human consciousness tends to get stuck in the old and in the circular—we say, on a merry-go-round. But the reality is that there is the principle of the circle, and there is the principle of the line. Life is a spiral.

There is a vast world of human culture in which we live. That vast world becomes part of the immediate world in which we live, reminding us that we are participating in something with people around the globe. In South Africa, governmental officials have announced an increase in the price of petrol of five and a half rand per liter. This is largely due to the war in the Middle East.

There is probably not much that any of the readers of this article are going to do to directly impact the price of petroleum products around the world, though I do not want to downplay the significance of activities like the No Kings rallies yesterday in the United States. The problem is that human culture is reflecting something else—human consciousness. Consciousness is both a matter of the mind and a matter of the heart. And while it is a matter of the conscious mind, it is affected by the subconscious mind of people.

We would probably love to wave a magic wand and change things about world culture. But that's not how we're approaching it here. We're approaching it on a different basis. We are coming together in a circle, holding a vibrational space together, and charging that space.

You can change elements of culture, but if consciousness doesn't change, we are back on the

merry-go-round. Culture reverts back to consciousness. And if there is a consciousness of separation—of smallness, competitiveness, conflict, and battle—then as much as we might try to create a culture that goes differently, it reverts back to what is in consciousness.

That is why we—people who are taking part in this *Pulse of Spirit*—are not focusing on an attempt to directly change culture. We are here to establish a new field of consciousness, and with consciousness there is a field of energy.

In the Creative Field session we held at Gate House Spiritual Centre here in Cape Town yesterday, and again today in our Interfaith Dialogue session, we often sat in one large circle. Today there were 28 of us in that circle—Muslims, Christians, Buddhists, Hindus, and more.

A circle is a geometric figure with an enclosed space. When people sit in a circle, it is an opportunity to charge that space with vibrational power. There is a field of consciousness that we have the opportunity to develop while in a circle, and that field of consciousness and power becomes the basis for a new experience of culture for the people involved. That was certainly true for us yesterday and today.

There was an immediate field of consciousness and energy. We call it *the creative field*—the field of consciousness and energy. And meeting as we were in a circle, we were allowing that field to be charged. We were allowing our consciousness to open to something that changes the field. We were becoming consciously aware. We were not just participating subconsciously in this field. We were alert, awake, and allowing consciousness to light up the field.

Something happens when that is occurring. The circle in which we are participating experiences the fusion that is transpiring between us, and it begins to radiate. It becomes like a sun.

Our physical presence together in a circle helps our minds see the opportunity before us to do this work. There is a physical manifestation of the principle ²

of the circle right before our eyes. That is less true in the process of writing this article and in your reading of it. The same is true in Zoom calls in which something of this nature is being shared.

What is evident is that there is a message now going from me to you. Perhaps you enjoy the message, and perhaps you do not. But whether we are participating in a reading such as this, a Zoom call, or sitting in a circle in the same physical location, there is another opportunity.

In this case, the words of this article are like the spokes of a bicycle wheel. There is a line of connection between you and me. But there is something else that you and I participate in. There are people participating in this message around the world. We are circling the world. So there is what is represented by the rim of the wheel. There is the space we are holding with all those people, just as if we were in the same room together.

It is my goal to create that in any talk I give, in any Zoom call I am on, or in anything I write. What is obvious about all that is the communication from me to you, and the opportunity you have to communicate back. But that is only the beginning of the process. And for me, it is disappointing if that is all that is happening. What is less obvious is the circle we have the opportunity to hold together. Here is a picture of the principle of the line—the *spoke*—and the circle—the *rim*—working together.

Imagine yourself sitting in a circle with the entire readership of this article from around the world. Imagine us charging the vibrational space inside that circle. In that charged space, there can be shifts in consciousness—in thought and feeling, and in the subconscious structures of the mind.

As that happens, the circle takes on the qualities of a sun. There is the generation of vibrational warmth and light. We are not attempting to arbitrarily change the culture of the world in which we live. But like the physical sun, there are rays of light emanating from our circle. There is the radiation of warmth.

Here again, the principle of the line is at work. If the circle is truly operational, there are lines proceeding from it—rays of vibrational power. We are functioning as a sun in our world.

We think of the sun as circular, and we see it as the great orb up in the sky. But there is something more to the sun than its circular nature. The sun is radiating out into the solar system from its center in straight lines. As we truly become a sun—as there is ignition and fusion among us—there is heat.

There is heat from our literal sun. It keeps our planet warm. There is a radiation of the fire of Love from this sun when fusion is really happening among us. There is also a radiation of light. We are lighting up the world. The field that we are sharing is now radiating into the larger field.

The more we become aware of what is happening, the more we become conscious participants in the process. It's not just happening to us. We are allowing our own consciousness to change, knowing that our personal vibrational field changes when our consciousness changes, and our collective field changes as our consciousness of ourselves, of our world, and of each other changes. We are no longer caught in constructs of consciousness that are based in separateness, fear, conflict, greed, and enmity. We understand that we all come from a common source.

I sat in a group of five of us today in our interfaith dialogue with a Muslim woman. She said to the rest of the group, *Don't you know that behind every faith is the same thing?* She knew the secret code behind all faith, all religion, all spiritual practice.

The secret code is the code of Source, which is universal. It expresses uniquely and sometimes beautifully through the faiths of the world. The forms through which it expresses are different. The practices are different. The stories are different. Maybe the headgear is different. But the Source behind it is the same—and she knew. We know.

In embracing our own faith as a person—and perhaps as a collective—we are not doing so to separate ³

ourselves from anybody else. We are doing it to claim our humanity from the standpoint of Source and invite anyone to do the same.

It is remarkable when you realize that the flow of energy you are experiencing as an individual is tied to consciousness. And you can shift that energy by shifting your consciousness.

That's a fun experiment. Shift what you are allowing yourself to entertain in consciousness. Think of something wonderful and see what happens to your energy. That is, in essence, what this *Pulse of Spirit* is about. We are entertaining something in consciousness, knowing that our vibrational field is tied to what we are thinking and feeling.

So if you're not feeling good energy, think of something different. Allow yourself to feel something different. That can be a conscious act.

We are entering this field of awareness and energy consciously. I am right now. I am entering the field of consciousness that we share together around the world. I am stepping into it and experiencing myself as the consciousness of this field, allowing myself to think thoughts that are born of the consciousness of this field. And in thinking those thoughts, I allow myself—and all of us—to experience the energy that is natural when the consciousness of the field becomes aware and open.

It may sound fantastic or imaginative to say such a thing, but in reality, the truest thing about us as humankind is that we are the consciousness of planet Earth. We are the planet being conscious of itself. We are the spirit of the Creator in the Creation, being aware of ourselves as the body of the Creator and the consciousness for the Creation. We're not saying that nothing else in the Creation is conscious, but there is a focus of consciousness that we as humanity naturally bring.

Stepping into the field of consciousness, we have a magical ability to allow the field of consciousness to open to what powers it—to what activates it, which is higher than the field itself.

There are many names for that. Some of them have a religious ring, whether you call it God or Allah or any other name. But whatever you call it, there is the source of power—the very essence of the highest Love—that activates this field. And this field is here to be a vessel for that activating power to come into the world.

It comes through the field of consciousness and energy that we are meant to know.

We are the stewards who allow this field of consciousness and power to open to the Presence of the Creator that is above it. And so that Presence comes into it and activates it. And then we have the awareness and the energy of that to bring to human culture.

Lofty? It is what we're made to do. With feet planted firmly on the ground, we are meant to be stewards of a body of consciousness and energy—of this creative field that we share as humankind. Entertaining the Most High, the energies of the Most High come into the field and shift human culture.

No, we are not just going around in circles. We are hurtling through space. We are voyaging through space and time in the patterns of evolution, becoming all that we have the capacity to be—as a planet, as a species, as a race destined to be a vessel for creative activity.

It's good to be friends in that, around the world—to hold hands around the world, to be heart to heart around the world—allowing the Spirit of the Most High into this space.

Come, Spirit, come.

You can say it in whatever words you want to say it. I don't mind if you say it as a Hindu, a Buddhist, a Muslim, a Christian. And I'll say it in my own way, if you will allow me.

*Come, my Lord, come. Enter this space.
Your Spirit, your Love, your Light—you
are welcome here. Illuminate this space of
consciousness that we share. Bring the fire*

*of your love here. Let this be a place of
ignition in the field of consciousness for all
of humankind, that we may become what it
is our destiny to become as a race.*

We are becoming a sun.
So may it be. And so it is.

We are not standing still. We are not moving in
circles. We are evolving and changing and becoming.
We are following our destiny.

We do not live in a hopeless world. We have hope
based in the truth that we are moving in a spiral
through space and time to become all that we are
destined to be.

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April 1, 2026*



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