

Heard, Gerald: The Ascent of Humanity (London 1929 Cape) p 260

In general terms we can say that all evolution is from the complex to the expressed, from the diffuse to the intense and back again to the reduced. Life is a constant process of focus + expansion. This is the systole and the diastole of Time itself, the alternating current that drives the universe. From co-consciousness has been evolved self-consciousness, individuality, and from its individuality ought there not to be developed, in the course of evolution, a super-consciousness, a common self-consciousness?

### Mystical Body

