

# U CAN DO IT

WITH MICHAEL MCGINNIS

INSPIRING GROWTH  
IGNITING POTENTIAL

2ND & 4TH FRIDAYS  
9:30 PT / 12:30 ET

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# Human Potential

*Hope for Humanity*

By Michael McGinnis

Season 1 | Episode 5

“U Can Do It” Podcast  
[growthhumanpotential.com](http://growthhumanpotential.com)

# HUMAN POTENTIAL, GROWTH, & HOPE FOR HUMANITY

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A Profound Realization About the History of Humanity as it Pertains to Growth and Human Potential

First, a few questions for your consideration and reflection:

1. Are you concerned about the state of life on Earth today?
2. Do you seek enlightenment or further enlightenment?
3. Are you inspired to embody roles such as a "spiritual warrior," "point of light," or "healer" to contribute to the betterment of humanity and our planet Earth?
4. Are you prepared to address your past, alleviate your pain and suffering, and/or overcome obstacles hindering your realization of your full potential?

Amid today's tumultuous events and the relentless barrage of troubling news and seemingly insurmountable challenges, it's understandable why so many may feel apathetic, disillusioned, overwhelmed, concerned, sad, angry, depressed, and scared. Finding motivation to grow personally and spiritually in these times can be difficult, we resort to apathy, survival, and a victim mindset. But for some, people like you and me, we make a conscious choice to rise to the occasion, to be part of the solution, not to further exacerbate the issues. We are at such a time in our continued evolution of humanity. Many of you may feel a calling within, being called to be a "spiritual warrior," "point of light", "healer", "leader" or other role, along with a semblance of purpose related to the continued awakening of humanity.

Consider this profound realization. Since Homo sapiens origins some 300,000 years ago, we have navigated through countless trials and tribulations, emerging resilient and triumphant against all odds. Despite the persistent challenges that have confronted each generation, along with sentiments of doom and gloom in their time, civilizations have persisted and even flourished. **It is our nature to grow to initially survive and then thrive.**

There shines hope—a beacon of possibility that beckons us forward. The best predictor of future human potential and development is what we have already demonstrated. The proof is, and we are each living proof of this, is that we are here today, 300,000 years later and despite the many challenges we face, we continue to learn how to survive and thrive. We are indeed better off in SO MANY ways than we were at any point in our history. **This is powerful proof of our ability to be resilient and continue to grow.**

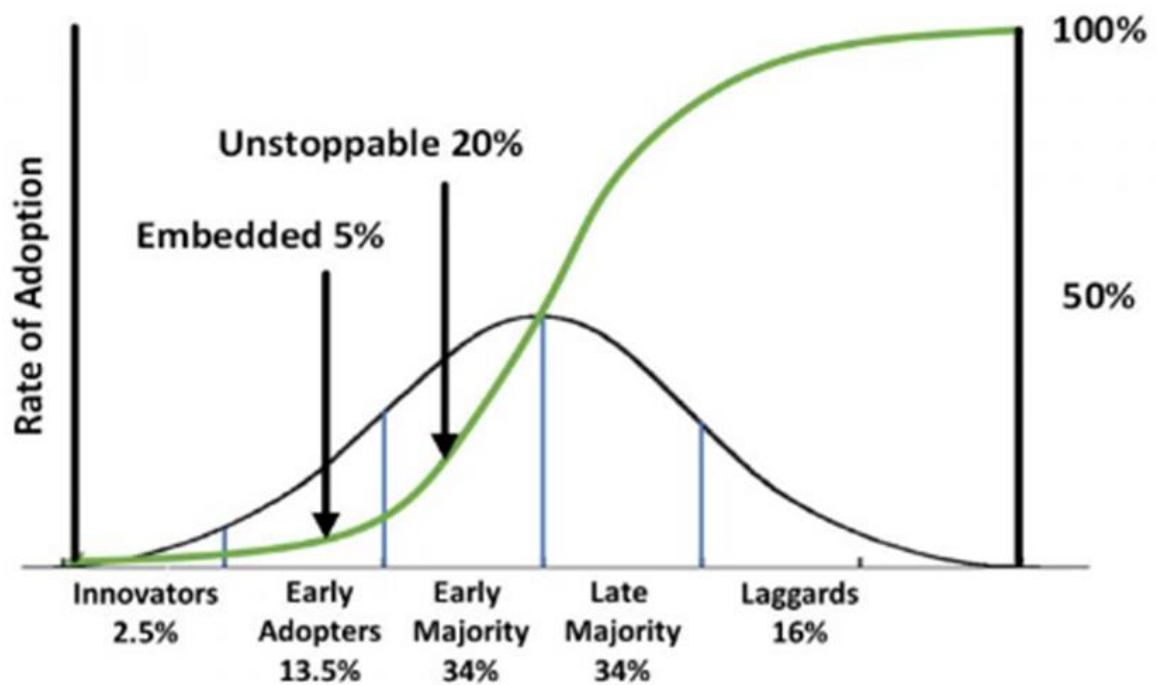
In fact, what propels change is often rooted in pain and suffering. As the adage goes, "No Pain, No Gain." Every life form on Earth relies on growth to not only survive but also thrive. **Is it possible that the very thing we dislike, pain & suffering, has been the stimulus, and will continue to be the stimulus, for humanity and our continued growth?** This reality became abundantly clear to me as I traveled and volunteered across the globe. I witnessed firsthand the extreme pain and suffering endured in various regions. Though the experience was often harrowing and left me feeling helpless and despondent at first, but then as I learned to step back and see life through a more enlightened lens, it also highlighted the potential for transformation.

Consider the evolution of South Africa, where the dismantling of an inhumane system to native Africans, known as "apartheid," has led to the establishment of a new government structure. Similarly, consider the destruction, devastation and deaths associated with World Wars. The interval between World War I and World War II spanned 25 years, yet today, we find ourselves 80 years removed from the conclusion of World War II, with no World War III in sight. Also, we are living longer due to the emphasis of reducing pain and suffering from disease and other health and age-related disorders. The average life expectancy, which stood at 32 years in 1900, has more than doubled, reaching 71 years today and increasing. The number of centenarians (individuals aged 100 years and above) has doubled since 1990, with indications suggesting that this trend is poised to persist. And these examples are just the tip of the iceberg when it comes to data supporting humanity's continual growth and path forward!

Drawing from my extensive background as an author, speaker, researcher, volunteer, and educator focused on human potential, my life's journey has revolved around comprehending and unraveling the reasons behind the profound pain and suffering I have encountered. Through this exploration, **I have arrived at a transformative realization: adversity, far from being a mere burden, has served as a catalyst for profound growth and evolution. It presented me with a crucial choice — to succumb as a victim or rise as a victor.** Opting for the latter path has not only paved the way for my personal development but has also facilitated profound moments of self-discovery and, my enlightenment. It was the ability to step back from all the fear and negativity to see the true potential in humanity and within myself. It was hope that drew me forward and which continued to Ignite a New Meaning & Purpose in My Life & Beyond. This is why I am so excited to be an inspiration in your life, for your own continued growth, along with guiding you through this amazing journey of personal growth, self-discovery, and enlightenment.

But it goes beyond hope, we are talking personal transformation along with the transformation of humanity here! It is a time when we recognize the severity of the challenges, yet for those seeking to grow spiritually we see these opportunities along with the need for, hope to conquer despair, personal growth to conquer negativity, and purpose to take an active part in the change. We are entering the age of Enlightenment, where science, religion, philosophy, and spirituality are all converging on new beliefs such as consciousness, which are propelling us forward. We are deliberately learning how to shift and broaden our perspective, widen our gaze through a more enlightened focus, to see the most amazing opportunity that lies ahead for humanity and for ourselves.

Humanity is well on our way towards Enlightenment which is supported as follows.



The evidence of spiritual growth today suggests that millions of people are on the path of Enlightenment. Just look at the numbers of those having Near-Death Experiences, those pursuing spiritual growth, the convergence of science, religion, philosophy, and spirituality, and more. Malcolm Gladwell discusses in his book "The Tipping Point" when change will permanently take place. The research shows that when 5% (of the target population, in our case humanity) embraces the change, the change is classified as "embedded". This is a turning point since the continued growth in adoption shifts from a slower more geometric growth to a much faster exponential shift in adoption. Once the adoption rate reaches 20% of the target population it is termed, and get this, "Unstoppable."

So, let us consider this with respect to humanity's shift towards Enlightenment. As we near 8 billion human beings, achieving 5% would equal 400 million people. **I would surmise that we are at the embedded point NOW and beginning to witness the acceleration and shortly will achieve the "Unstoppable" stage in adoption.**

Now is the time to ignite and jump onboard. It will not be easy, but it will be easier since the challenging work has already been done. What an amazing opportunity to discover your potential and then to use these gifts to help others grow!

We are at an amazing point in time, a genesis, for humanity to ignite and evolve to higher levels of self-esteem & image, self-awareness, understanding, collaboration, resilience, and consciousness. The worlds of science, religion, philosophy, and spirituality are beginning to sing from the same hymnal. This collective growth, combined with our innate capacity for creation, will propel us forward, enabling us to surmount challenges and forge paths toward coexistence marked by elevated levels of peace, love, and joy, accessible to all.

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**“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”**

— Martin Luther King Jr.

**“Be certain that you do not die without having done something wonderful for humanity.”**

— Maya Angelou

**“We cannot despair of humanity, since we ourselves are human beings.”**

— Albert Einstein