

# MAP OF CONSCIOUSNESS

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God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	600	Bliss	Illumination
One	Complete	Joy	540	Serenity	Transfiguration
Loving	Benign	Love	500	Reverence	Revelation
Wise	Meaningful	Reason	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness		Humility	Intention
Enabling	Satisfactory	Neutrality			Release
Permitting	Feasible	Courage			
Indifferent	Demanding	Pride			
Vengeful	Antagonistic	Anger			
Denying	Disappointing	Desire			
Punitive	Frightening	Fear			
Disdainful	Tragic	Grief			
Condemning	Hopeless	Apathy			
Vindictive	Evil	Guilt			
Despising	Miserable	Shame			

## Map of Consciousness

Over 250,000 Kneassco calibrations spanning a 20 year study conducted by the Institute of Advanced Spiritual Research have defined a range of values corresponding to well-recognized attitudes and emotions. (Created by specific attractor energy fields, such as electromagnetic fields gather ion filaments). With an arbitrary scale of 1-1,000 and the Map of Consciousness format, Dr. David H. Hawkins displays the classification of these energy fields to make them easily comprehensible.

It is important to realize that the calibration figures do not represent an arithmetic but a logarithmic progression. Thus, the level 300 is not twice the amplitude of 150, it is 300 to the tenth power. An increase of even a few points therefore represents a major advance in power. The rate of increase in power as we move up the scale is enormous.

It maps the various levels of human con-

sciousness express themselves as profound and far reaching, their effects are both gross and subtle. Levels below 200 are detrimental to life in both the individual and society at large; those above 200 are constructive expressions of power. The decisive level of 200 is the fulcrum that divides the general areas of force and power—Truth from falsehood. Emotional complexes of the energy fields of consciousness, quoted from Dr. Hawkins' best selling book *Power vs. Force*, note that they rarely are manifested as pure states in an individual.

*Dr. Hawkins' "anatomy of consciousness" is a profile of the entire human condition, allowing a comprehensive analysis of the emotional and spiritual development of individuals, societies, and the race in general... a guide to all of us as to where we and our neighbors are on the ladder of spiritual enlightenment.*

Levels of consciousness are always mixed; a person may operate on one level in a given area of life and on quite another level in another area. An individual's overall level of consciousness and how it demonstrates is the sum total effect of these various levels. A brief elaboration of the "words" and numerical "log" columns is presented here to establish the general overall experience of an individual in

### Energy Level 20 Shame

People at this emotional level are vulnerable to all the other negative emotions. They wish they were invisible. Shame is a traditional accompaniment. It is destructive to health. Shame leads to cruelty to self and others and often results in paranoia, delusions and psychosis.

### Energy Level 30 Guilt

Guilt manifests itself in a variety of expressions such as remorse, meanness, and wickedness. It results in psychosomatic disease, accident-proneness, and suicidal behaviors. Projection and denial are prevalent in these people.

### Energy Level 50 Apathy

Apathy is the level characterized by poverty, despair, and hopelessness. The world and the future look bleak. Death through passive suicide may result. Individuals on this level are seen by the world as drains of resources.

### Energy Level 75 Grief

This level sees sadness everywhere. Here we find habitual losers and chronic gamblers. There is constant loss and depression. Often there is bitterness, mourning and remorse. Regret and dependency prevail.

### Energy Level 100 Fear

Fear runs much of the world and spins restless activity. Fears become basic motivators in people's lives. The world looks hazardous and threatening. Insecurity results in manipulation, jealousy, totalitarianism, and inhibition.

### Energy Level 125 Desire

There is a great deal of energy available at this level motivating a major portion of human activity, including the economy. This level is insatiable. It is an addiction: money, prestige, or power runs the lives of the many finding value in "things" outside themselves.

### Energy Level 150 Anger

Desire leads to Frustration which in turn leads to anger. It is the fulcrum by which the oppressed eventually catapult to freedom. These individuals are volatile, dangerous, intangible and explosive. They feel violence.

### Energy Level 175 Pride

Pride is the level aspired to by the majority of mankind today. People feel good at this level, and can move away from shame, guilt and fear by moving in the contrast from these lower levels. Pride is the basis of religious wars, political terrorism, and sexuality. It is divisive and blocks recovery from addiction.

### Energy Level 200 Courage

This is the level of empowerment. Courage brings exploration, accomplishment, fortune and determination. Life is seen to be exciting, challenging

and stimulating. Productivity begins.

### Energy Level 250 Neutrality

The ability to transcend polarization and rigid positions about life begins. There is communication against experiences of defeat, fight, and frustration. Inner confidence blooms. There is no longer internal conflict, competition, or guilt. The attitude is non-polarization.

### Energy Level 300 Willingness

The gateway to the higher levels of excellence and success opens. Growth is rapid. Willingness brings commitment to participate, open-mindedness, a genuine friendliness and helpful nature. These people face inner issues, do not have major learning blocks and are self-correcting.

### Energy Level 350 Acceptance

At this level, the individual stops seeing themselves as victims. A major transformation takes place. They take responsibility for themselves and have a capacity to live harmoniously with the forces of life—meeting life on life's terms. Emotionally calm, they are flexible and inclusive.

### Energy Level 400 Reason

Intelligence and rationality come to the forefront when the emotionalization of the other levels is transcended. Here the individual is capable of handling large, complex amounts of data and making rapid, correct decisions. This is the level of science and medicine. There is an increased capacity for conceptualization and comprehension. This is where Einstein and Freud influenced society. A shortcoming is confusion between objective and subjective words—the duality of the Newtonian paradigm.

### Energy Level 500 Love

Love at this level is characterized by love which is unconditional, unchanging, and permanent. It is not dependent on external factors. These individuals have a way of relating to the world which is forgiving, nurturing, and supporting. They experience the positive rather than attacking the negative.

### Energy Level 540 Joy

As love becomes more unconditional, it begins to be experienced as inner joy. This is the region of consciousness of saints, spiritual healers, and advanced spiritual students. There is an enormous capacity for patience. The hallmark of this state is compassion. They merge with divine will.

### Energy Level 600 Peace

The energy field is associated with the state designated by such terms as illumination, enlightenment, self-organization, and God consciousness. Distinction between subject and object disappears, and there is no specific focal point of perception. Some individuals at this level remove themselves from the world as the state of bliss concludes ordinary activity.