



From the best-selling author of
Power vs. Force

Along
the Path to
ENLIGHTENMENT

365 Daily Reflections from

DAVID R. HAWKINS, M.D., PH.D.

EDITED BY SCOTT JEFFREY

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PREFACE

Each step along the way to enlightenment is exciting and rewarding when its essence is revealed. Taken out of context, any critical insight can seem baffling, yet intriguing. For each seeker, there are important key understandings that light the way and facilitate success. This is a collection of such truths that serve as fulcrums for major leaps forward. Although there are many doorways to heaven, each seeker must find his or her own route.

Comprehension at great depths unravels the essential truth of seeming complexity. It is said that there are 10,000 ways to God, yet they can all be reduced to certain critical elements common to all successful pathways. Therefore, each of the accompanying quotes is proven to be of great value.

— Bon voyage!

David R. Hawkins, M.D., Ph.D.



INTRODUCTION

Students of David R. Hawkins's work have realized that the truths revealed are ideally suited for spiritual aspirants of the Western world. The teachings are both in accord with the greatest mystics throughout history, and immensely practical in their application to daily life. Just one of these quotes or passages can transform a person's life and catapult him or her ahead on the spiritual journey.

The selections herein were chosen to help you focus on a single quote, idea, or passage on a daily basis. No prior experience or exposure to Dr. Hawkins's work is required to extract benefits from these powerful truths. You may wish to challenge yourself to apply the thought to your life circumstances or merely contemplate or hold the quote in mind throughout the day.

Place this book in a convenient location: on your nightstand, on your desk, in your car, or in your handbag or briefcase. Select a set time each day to read the Divine wisdom of Dr. Hawkins's teachings.

Quotes and passages have been handpicked from Dr. Hawkins's writings, including *Power vs. Force*; *The Eye of the I*; *I: Reality and Subjectivity*; *Truth vs. Falsehood*; *Transcending the Levels of Consciousness*; *Discovery of the Presence of God*; and *Reality, Spirituality, and Modern Man*. The passages are presented as they are in Dr. Hawkins's original work; only minor alterations have been made where appropriate. (If you find any of the terms used herein to be unfamiliar, please consult the Glossary at the back of the book.)

I leave you with Dr. Hawkins's words from *The Eye of the I*: "At some point, the illusion breaks down and the opening for the start of the spiritual quest commences. The quest turns from without to within, and the search for answers begins."

May you find the answers you seek within. . . .

— Blessings,
Scott Jeffrey



A high-angle, black and white photograph of a sandy beach. A series of footprints leads from the bottom center towards the top right, where the ocean waves are visible. The text "DAILY REFLECTIONS" is centered in the middle of the image.

DAILY REFLECTIONS

January 1

Q: Where does one begin the search for spiritual truth and self-realization called enlightenment?

A: It is simple. Begin with who and what you are. All truth is found within. Use verified teachings as a guide.

January 2

The world of the ego is like a house of mirrors through which the ego wanders, lost and confused, as it chases the images in one mirror after another. Human life is characterized by endless trials and errors to escape the maze. At times, for many people (and possibly for most), the world of mirrors becomes a house of horrors that gets worse and worse. The only way out of the circuitous wanderings is through the pursuit of spiritual truth.

January 3

All life ebbs and flows. Everyone is born, suffers afflictions, and dies. There is happiness and sadness, catastrophe and success, increase and decrease. The stock market rises and falls. Diseases and accidents come and go. The karmic dance of life unfolds in the karmic theater of the universe.

January 4

To become more conscious is the greatest gift anyone can give to the world; moreover, in a ripple effect, the gift comes back to its source.

January 5

The infinite field of consciousness is All Present, All Powerful, and includes All of Existence. Thus, nothing can possibly happen outside its infinite domain because it is the Source of Existence. Within this infinite field of power, there are decreasing levels of energy fields. As they are expressed progressively in form (linearity), their relative power decreases all the way down to the individual.

The giant field could be compared to an immense electrostatic field in which the individual is like a charged particle that, because of the infinite power of the field, is automatically aligned within the field according to its individual “charge.” The charge of the karmic spiritual body is set by intention, decision, and alignment by intention.

It appears to naïve perception that what is not intellectually explainable seems to be “accidental,” especially when the event is unpredictable. Inasmuch as the infinite field of consciousness is unlimited in dimension, nothing can happen outside of it. All that occurs within it is under its influence, and therefore, nothing “accidental” is possible in reality.

January 6

The goal of society in general is to succeed in the world, whereas the goal of enlightenment is to transcend beyond it.

January 7

By inner humility plus wisdom, the seeker of truth takes serious note of the inherent limitations of the human psyche itself and no longer relies on the impressionable personal ego as its sole arbiter of truth.

January 8

Spiritual development is not an accomplishment but a way of life. It is an orientation that brings its own rewards, and what is important is the direction of one's motives.

January 9

To merely hear a great teaching is itself the consequence of spiritual merit. To act on it is of even greater benefit.

January 10

Q: What can we actually do to be helpful to the world?

A: Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. That is the greatest gift anyone can give.

January 11

Spiritual learning does not occur in a linear progression like logic. It is more that familiarity with spiritual principles and disciplines opens awareness and self-realization. Nothing “new” is learned; instead, what already exists presents itself as completely obvious.

January 12

All spiritual truth is contained in every spiritual concept. It is only necessary to completely and totally understand *one single concept* to understand all of them in order to arrive at the realization of the Real.

January 13

All avenues of questioning lead to the same ultimate answer. The discovery that nothing is hidden and truth stands everywhere revealed is the key to enlightenment about the simplest practical affairs and the destiny of mankind. In the process of examining our everyday lives, we can find that all our fears have been based on falsehood. The displacement of the false by the true is the essence of the healing of all things visible and invisible.

January 14

Classically, the readiness for serious spiritual work is referred to as “ripeness,” at which point even hearing a single word, phrase, or name may trigger a sudden decision and commitment to truth. The advent of spiritual dedication may thus be subtle, slow, and gradual, and then take a very sudden and major jump. By whatever route, once the seed falls on ready ground, the journey begins in earnest. Commonly, the turning point can be triggered by an unexpected flash of insight, and from that moment on, life changes.

January 15

Out of all-inclusive, unconditional compassion comes the healing of all mankind.

January 16

In a universe where “like goes to like” and “birds of a feather fly together,” we attract to us that which we emanate.

January 17

The will is activated and empowered by devotion, and it responds with inspiration, which leads to illumination by grace. The personal will dissolves into Divine Will, and the spark that leads to the spiritual search and inquiry is a Divine gift.

January 18

Every act or decision we make that supports life supports *all* life, including our own. The ripples we create return to us.

January 19

Everything in the universe constantly gives off an identifiable energy pattern of a specific frequency that remains for all time and can be read by those who know how. Every word, deed, and intention creates a permanent record; every thought is known and recorded forever. There are no secrets; nothing is hidden, nor can it be. Everyone lives in the public domain. Our spirits stand naked in time for all to see. Everyone's life, finally, is accountable to the universe.

January 20

Q: What should be the overall context of spiritual endeavor?

A: Selfless service out of love for all creatures and creation. To pursue enlightenment serves God and fellow humans. Be alert and attuned to the innate beauty of all that exists. See the charm and quaintness of even what the world would consider old, beat-up, and ugly.

January 21

It could be said that truth and reality represent an equivalence, and the validity of that equivalence can now be verified by reference to a calibrated scale of levels of truth that are objective, impersonal, and independent of the opinion of the observer. It is important to realize that *a statement of an alleged truth requires specification of context.*

January 22

One basic principle has the power to resolve the problems of the social marketplace: *Support the solution instead of attacking the supposed causes.*

January 23

Humanity is an “affliction” we’re all burdened with. We don’t remember asking to be born, and we subsequently inherited a mind so limited it is hardly capable of distinguishing what enhances life from what leads to death. The whole struggle of life is in transcending this myopia.

January 24

The living proof of God's love and will for you is the gift of your own existence.

January 25

Life itself has no opinion; it just is. Life effortlessly diverts quickly from one form to another without innate reaction or resistance. It does not even register a reaction to change of form. Life, like light, is innately formless and beyond preference, resistance, or reaction.

January 26

The human world represents a purgatorial-like range of opportunities and choices, from the most grim to the exalted, from criminality to nobility, from fear to courage, from despair to hope, and from greed to charity. Thus, if the purpose of the human experience is to evolve, then this world is perfect just as it is.

January 27

Life unfolds of its own and does not need commentary. The habit of editorializing about what is witnessed needs to be voluntarily surrendered to God.

January 28

Although the human mind likes to believe that it is “of course” dedicated to truth, in reality, what it really seeks is confirmation of what it already believes. The ego is innately prideful and does not welcome the revelation that much of its beliefs are merely perceptual illusions.

January 29

Dedication to truth itself is the rapid road to its discovery.

January 30

The mature spiritual aspirant is one who has explored the ego's options and false promises of happiness.

January 31

Do not compare yourself with others regarding "holiness," merit, goodness, deservingness, sinlessness, and so on. These are all human notions, and God is not limited by human notions.

February 1

In truth, we exist and survive, not because of the ego, but in spite of it.

February 2

Q: Where is the reality of eternal truth to be found?

A: Begin by accepting the very important statement that all truth is subjective. Do not waste lifetimes looking for an objective truth because no such thing exists. Even if it did, it could not be found except by the purely subjective experience of it. All knowledge and wisdom are subjective. Nothing can be said to exist unless it is subjectively experienced.

February 3

To best serve the world, seek enlightenment and transcend illusions rather than contribute to them.

February 4

The capacity to recognize the truth is a potential within human consciousness, and the combined intention of the consciousness of all people in that direction intensifies the overall field. At some intuitive level, everyone knows that truth supports life and falsity brings death.

February 5

Human progress is evolutionary, and therefore, mistakes and errors are inevitable. The only real tragedy is to become older but not wiser.

February 6

Acceptance is the great healer of strife, conflict, and upset. It also corrects major imbalances of perception and precludes the dominance of negative feelings. Everything serves a purpose. Humility means that we will not understand all events or occurrences. Acceptance is not passivity, but non-positionality.

February 7

To even hear of enlightenment is already the rarest of gifts. Anyone who has ever heard of enlightenment will never be satisfied with anything else.

February 8

The benefit of accepting one's defects instead of denying them is an increase in an inner sense of self-honesty, security, and higher self-esteem, accompanied by greatly diminished defensiveness. A self-honest person is not prone to having his or her feelings hurt by others; therefore, honest insight has an immediate benefit in the reduction of actual, as well as potential, emotional pain.

February 9

Realize that the depiction of God as a “judge” is a delusion of the ego that arises as a projection of guilt from the punishment of childhood. Realize that God is not a parent.

February 10

How best to “serve the highest good” is in accordance with the prevailing level of consciousness of the observer. There is no single answer for everyone.

February 11

Spiritual progress ensues automatically from choosing goodwill, forgiveness, and lovingness as a way of being in the world at large rather than viewing it as a gain-seeking transaction.

February 12

Spiritual evolution is the automatic consequence of watching the mind—and its proclivities as an “it”—from the general viewpoint of the paradigm of context rather than content. Instead of trying to force change, it is merely necessary to allow Divinity to do so by deeply surrendering all control, resistance, and illusions of gain or loss. It is not necessary to destroy or attack illusions but merely to allow them to fall away.

February 13

To transcend the world requires compassion and acceptance, the result of inner humility, by which the world is surrendered to God with increased peace of mind.

February 14

It is not the world that is a trap, but one's attachment to it, along with one's observations that cloud the search for Truth.

February 15

Attachment is a very peculiar quality of the ego. It can be totally undone in all of its pervasive and multitudinous forms of clinging by simply letting go of one's faith in it, or belief in its value as a reality. The attachment to "self" or "me" or "I" is a basic trap. One can seek out its fantasy value—the self gets attached to what it values.

Note that attachment requires and is sustained by an energy and an intention. The mind is attached to the very process of attachment itself as a survival tool. Letting go of the ego is based on the willingness to surrender attachment to it as a substitute for God.

February 16

What the ego cannot lift with all its might is like a feather to the grace of God.

February 17

The best attitude is one of devotion to truth rather than being contentious toward falsehood. Open-minded curiosity leads to progressive discovery of information never before available, which may therefore seem confrontational upon first exposure.

February 18

Appearance is not essence, perception is not reality, and the cover is not the book. Error is quite often convincing, which is an unpleasant fact to consider and accept. Everyone secretly believes that his or her own personal view of the world is real, factual, and true.

February 19

Spiritual progress is based on acceptance as a matter of free will and choice, and thus everyone experiences only the world of his or her own choosing. The universe is totally free of victims, and all eventualities are the unfolding of inner choices and decisions.

February 20

The less the “wants” prevail, the greater the experience of freedom.

February 21

It is helpful to remember that value and attraction are in the eye of the beholder and are not qualities of the world itself. What is imagined to be “out there” stems from “in here.” The same applies to cherished positionalities and seductive presumptions. There are no temptations “out there,” and their attraction diminishes by simple refusal and renunciation.

February 22

Accept that the concept of “the fear of God” is ignorance. God is peace and love, and nothing else.

February 23

Traditionally, the pathways to God have been through the heart (love, devotion, selfless service, surrender, worship, and adoration) or through the mind (*Advaita*, or the pathway of nonduality). Each way may seem more comfortable at one stage or another, or they alternate in emphasis.

Whether you take the pathway of the heart or the mind, it is a hindrance to consider that there is a personal self or an “I” or an ego that is doing the striving or seeking or which will become enlightened. It is much easier to realize there is no such thing as the ego or an “I” identity that is doing any seeking; instead, it is an impersonal aspect of consciousness that is doing the exploring and seeking.

February 24

To strive to know God is in itself pristine and the ultimate aspiration.

February 25

A useful approach is to let the love for God replace the willfulness that is driving the seeking. One can release all desire to seek, and realize that the thought that there is anything else but God is a baseless vanity. This is the same vanity that claims authorship for one's experiences, thoughts, and actions. With reflection, it can be seen that both the body and the mind are the result of the innumerable conditions of the universe, and that one is at best the witness of this concordance.

Out of an unrestricted love for God arises the willingness to surrender all motives except to serve God completely. To be the servant of God becomes one's goal rather than enlightenment. To be a perfect channel for God's love is to surrender completely and to eliminate the goal seeking of the spiritual ego. Joy itself becomes the initiator of further spiritual work.

February 26

One is not “forced” to feel resentment by a negative memory, nor does one have to buy into a fearful thought about the future. These are only options. The mind is like a television set running its various channels for selection, and one does not have to follow any particular temptation of thought. One can fall into the temptation of feeling sorry for oneself, or feeling angry or worried. The secret attraction of all these options is that they offer an inner payoff or a secret satisfaction that is the source of the attraction of the mind’s thoughts.

February 27

Within limits, we tend to experience the reflection of what we have become.

February 28

The source of joy is always present, always available, and not dependent on circumstances. There are only two obstacles: (1) the ignorance that it is always available and present; and (2) valuing something other than peace and joy above that peace and joy because of the secret pleasure of the payoff.

(BONUS REFLECTION FOR LEAP YEAR DAY)

February 29

The teeth of spiritual work occur when we are confronted with that which we cannot avoid. It is the direct confrontation that requires a leap in consciousness.

March 1

The experience of the presence of God is available and within at all times, but awaits choice. That choice is made only by surrendering everything other than peace and love to God. In return, the Divinity of the Self reveals Itself as ever present—but not experienced—because it has been ignored or forgotten, or one has chosen otherwise.

March 2

Q: What characteristics facilitate comprehension and transformation?

A: Dedication, devotion, faith, prayer, surrender, and inspiration. When the barriers are relinquished, Truth reveals itself spontaneously.

March 3

Disruption of life by the unexpected also creates anxiety at the forced readjustment, which may require major decision making. It is important to know that spiritual research indicates that all suffering and emotional pain result from resistance. Its cure is via surrender and acceptance, which relieve the pain.

March 4

The realization that there is a source of joy and happiness that is beyond the ego is a major step. Then curiosity and an interest in how to reach spiritual goals arises. Belief also arises, which is then bolstered by faith, and eventually by experience. Next follows the acquisition of instruction, information, and the practice of what has been learned. By invitation, the spiritual energy increases, followed by dedication and the willingness to surrender all obstacles.

Even the decision to turn one's life over to God brings joy and gives life a whole new meaning. It becomes uplifting, and the greater context gives life more significance and reward. One eventually becomes unwilling to support negativity, within or without. This is not because it is wrong, but merely futile. Although the journey to God begins with failure and doubt, it progresses into certainty. The way is really quite simple.