

THE MAP OF CONSCIOUSNESS EXPLAINED

A PROVEN
ENERGY SCALE
TO ACTUALIZE YOUR
ULTIMATE POTENTIAL

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

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Edited by Fran Grace, Ph.D.



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Map of Consciousness®

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	↑	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑	250	Trust	Release
Permitting	Feasible	Courage	↕	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓	150	Hate	Aggression
Denying	Disappointing	Desire	↓	125	Craving	Enslavement
Punitive	Frightening	Fear	↓	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓	75	Regret	Despondency
Condemning	Hopeless	Apathy	↓	50	Despair	Abdication
Vindictive	Evil	Guilt	↓	30	Blame	Destruction
Despising	Miserable	Shame	↓	20	Humiliation	Elimination

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PREFACE

The first time I saw my husband's Map of Consciousness, it was on a chalkboard in the hallway at home. I asked him, "What's that?"

He said, "Oh, that's the Map of Consciousness." He explained to me that he'd created it to help people understand the world. "Each level of consciousness has its own view of life, view of God, view of self, emotion, and process. On a single chart, you see the entire world. It shows a path out of the pits of despair all the way to the state of Enlightenment."

As soon as David explained the Map to me, I saw how it could bring hope to humanity. For decades he had worked as a psychiatrist with all kinds of people who were suffering, even cases of extreme mental illness. He knew the importance in psychiatry of giving someone a tool to inspire them to come out of their despair. He created the Map as a tool for learning and inspiration.

I said, "You've got to share this with people!"

He told me he wasn't sure he wanted to go out into the public, so I spoke the words I knew he couldn't refute: "David, this Map would really help people!" After that, he published his first book about the Map, *Power vs. Force: The Hidden Determinants of Human Behavior*. Little did I know that we'd spend the next 20 years traveling the world, sharing the Map of Consciousness.

When I was onstage with him, I witnessed how he would say things in a powerful way and suddenly people's faces would light up—they got it! It was so fulfilling to see that response and to know that someone's life was changed. For Dave, it was never about himself—he cared only about the message and its impact on others. He had a contagious sense of humor; it was impossible not to laugh whenever he was laughing. He didn't care about appearances or getting approval from others, because he knew who and what he was.

THE BENEFITS OF THE MAP OF CONSCIOUSNESS

The Map that David created has a scale of consciousness from the bottom of human experience to the top. He developed it so we would understand why there are both low and high energies in the world, and why some people do horrible things while other people are purely loving. The scale goes from 0 to 1,000, and it's logarithmic. Dave hired a statistician to make sure the logarithms were correct. Then he put the emotions and other elements that go along with each level of consciousness so we would understand what it feels like to be in Shame (20) versus Love (500). Some people go for the numbers, others for the words. Dave presented his work in different ways to reach people with different learning styles.

David wanted to reassure those who are suffering that there's something better ahead. As you'll read later, he himself experienced the whole Map, from the very bottom to the top. He lived by the Map and demonstrated it in his life, in his lectures, and through his

sense of humor. I've never met anyone as driven as he was to do anything he could to help others. That's why he created the Map. He used it as a tool to inspire people to become more loving and compassionate.

Nearly every day, I hear from someone who says the Map changed their life. Some people have gotten free from the grips of heroin, alcohol, and other hopeless addictions. Others have healed from various illnesses and emotional struggles. Whatever the life problem, the Map gave them a pathway out of their suffering.

Courage

If this is your first book on this subject, you don't need to feel intimidated. The Map is a simple, common-sense tool, and you don't have to be a genius to understand it. The pages ahead have everything you need to know to move forward in your life, explaining how the world works, why things happen as they do, and how you can realize your fullest potential. The Map can explain some of your life's problems and also remind you of your highest calling. Just read and see for yourself how it applies to you.

Anyone can use the Map, from any religion or no religion. When I was in high school, one of my best friends, who happened to be Jewish, asked me, "If there's a God, why do we have all the wars?" The Map tells us why. It puts the world into perspective. Wars allow millions of people to die for something larger than themselves. At the moment that they walk into a hail of bullets, they cross over the critical line of Courage on the Map.

Dave said that our biggest problem, spiritually, is the self-centered ego, and it takes courage and dedication to overcome it. That's the courage we see in soldiers who risk their lives for something higher than their egos—their country or God or fellows. Athletes do it in their way when they seek to win for their team or their country, instead of wanting fame for themselves. Or they dedicate their efforts to someone suffering from cancer or another illness. When we dedicate what we're doing to something larger than ourselves, then we are coming from a higher place. The Map shows us that terrible things, such as war, actually serve a purpose. They help us to evolve spiritually.

Hope

When people are down, they need hope. The Map gives hope. It shows us that if we are down in self-hatred or hopelessness, we can turn our lives around by aiming for a higher level. We see this turning point every day in groups like Alcoholics Anonymous, with people recovering from addiction. From a place of total despair, their life turns around. When they reach the level of Courage (200) on the Map, that's the point when their lives change, because they've found the courage to tell the truth about themselves instead of blaming someone else. From there, the level of Willingness (310) is important. That's the level of being willing to learn, willing to be helpful to others, willing to grow, willing to be kind, willing to work at something.

There's always hope, even on the worst days. Some days are so hard, I say to myself, "I don't ever want to

redo today!” The Map helps us know that one bad day isn’t the end of life. As Scarlett O’Hara said in *Gone with the Wind*, “I’ll think about it tomorrow!” The Map shows that we are all on a journey. Just because we don’t like the scenery where we are now doesn’t mean the whole journey will look bad; beautiful scenery lies ahead if we have the willingness to trust the process.

Overcoming Difficulties

People say that the Map helps them have compassion for humankind. They see that a lot of the world lives on the lower levels of consciousness such as Guilt, Fear, and Anger, and this means that such people can’t help but lie, kill, and steal. Each level has its own reality. If you live on the level of Fear or Anger, that’s how you act. Just knowing this helps us not to judge those who act in ways that seem strange to us.

Even if you’re at the level of Courage or above, you probably don’t stay there all the time. Something comes up to test you. Everyone goes through episodes of the lower levels. For instance, after the death of a loved one, you might have a lot of Grief to process, or Fear of the unknown. In the case of divorce, you might be angry for a while—until it dawns on you that you’re actually better off without that person and situation!

As Dave writes in this book: life gives us trials. We are going through difficulties for a purpose. When we’re right in the throes of a struggle, it’s hard to see the meaning of it, so we have to have faith that there is an overall purpose to it. David taught me that we can ask, “What’s the purpose of this?” We come to know that we’re not

alone in it; there's a Higher Power looking out for us to help us grow. For example, when we really want something but don't get it, then we may realize later, "I'm so glad I didn't get that!"

Dave often said, "Love brings up its opposite." This means that when we commit to becoming more loving, life will bring us people who are difficult to love! Every action brings forth an equal and opposite reaction. I'm tested every day by people and situations. Dave taught me that you can't please everyone, and that's a hard lesson to learn. Sometimes it's necessary to say no. Sometimes, when someone snaps at you, it's better to walk away rather than stand there and argue with a negative person. If you walk away, this gives them the chance to feel the impact of their negativity. It can be a teaching moment if they are willing. In all life's moments, learning occurs. Sometimes we're the teacher, and sometimes we're the student.

EMBRACE WHAT YOU ARE

A wonderful goal is to live at the level of Love (500), but this isn't easy. Many people come to me and say, "I'm in the 500s." They think they live at the level of Love, but it's more fantasy than fact. When you read about that level of Love in this book, you'll see that there's almost no one who lives at it! You'd have to be close to a saint. If you're in the 400s, which is the level of Reason, high functioning, and seeking the Truth for its own sake, then you're doing well. You might have glimpses of a higher level, but it takes constant devotion to live there, and no one can *take* you there. You can experience it, and then you have to do the inner work

to get there and stay there. You can't force yourself to "achieve" a higher level; that's ego. It has to come from willingness, essence, and heart.

David says in this book that basic kindness to others plays a major role in daily life and spiritual progress. For instance, if you see an old lady having trouble with her grocery cart, let her go in front of you. Maybe she's tired of standing. Be kind to the pregnant mom with a screaming kid in her cart. Instead of giving her a dirty look and judging her as a "bad mother," let her go in front of you. What's 10 more minutes? If your goal is to evolve, then kindness is a vital tool.

Another point that Dave emphasizes is that one level is not better than another, because each level has its own responsibility. Just try to be as good a person as you can be, and to live in that space for as long as you can. When you reach the level of Acceptance (350), then you have embraced who and what you are. We all come in at different levels, and it takes total commitment to evolve to a higher level. Wearing white robes and saying the right words doesn't mean you're on a higher level; it means your ego thinks you are!

If you have the capacity to be honest and not judge anything as "high" or "low," then you'll have a good self-understanding, an inner sense of where you are on the Map. If you want to evolve, just look at where you can improve yourself. Be honest about your weaknesses. Maybe you are impatient and need to be kinder. Maybe you're attached or addicted to something and need to have the courage to surrender it. Maybe you're a doormat and need to stop letting people walk all over you. I like the saying "First time, shame on you; second time, shame on me!" Just because someone is a family

member or colleague doesn't mean you allow them to mistreat you.

Sometimes people think they will evolve by immersing themselves in the highest energy fields. They tell me, "I'm only going to listen to music and read books that are at the very top of the Map!" They judge everything in the world as "lower." This is the spiritual ego's holier-than-thou attitude. If they were at the level they think they are, they would see their error.

The ego likes to be special. The ego says, "I'm here, and you're there." That's not what the Map is for. It's a tool for you to learn and grow. If you're honest about what you struggle with, you'll see how to overcome it and automatically move up the Map.

Dave never once said, "I am an enlightened teacher," yet I saw him live at that level. He was very humble and down-to-earth. He didn't see himself as any better than anyone else. He just knew he had a responsibility to share what he was and help the world any way he could. When you *are* it, you don't have to say anything about yourself. At the higher levels, you have no interest in promoting yourself. I saw Dave meet with people who needed his help as a doctor, and all they gave him in return was a sack of coffee. After he passed away, it took me two years to do something with all of that coffee!

This book is dedicated to his memory, because his life gives us a wonderful example of selfless service for the betterment of humankind. I hope and pray you find this book helpful for your journey. As Dave told us: "Straight and narrow is the path. Waste no time!"

—Susan J. Hawkins,
President of the Institute of Spiritual Research,
founded by Dr. David R. Hawkins

INTRODUCTION

A few months before he passed away, I was sitting with Dr. Hawkins at his home and pointed to the long shelf of books he had written. “What’s it like to know you wrote all those books?” He said, “I don’t see the books as mine. It wasn’t the personal self that wrote the books. God was looking around for a mind that wasn’t thinking. I was just a channel, a space that was empty. People see a body and a person, and they think that the person wrote the books. But that wasn’t the case. It was like a violin—it can’t play itself; it has to be played.” Long silence. And then he said, chuckling, “I stopped thinking years ago. I don’t need to think. It’s like a saw . . . too much noise!”¹

Dr. David R. Hawkins (“Doc”) was a rare combination of genius and humility. His life was unusual. I mean, who can imagine a mind empty of all thoughts? “Misfit,” he liked to say, with a hearty laugh. It was a play on words. We were talking about mystics, and he said, “Yes, that’s what people call me—one of those ‘misfits!’”²

The details of his personal life were not important to him after certain spiritual experiences extinguished his personal self. “The Presence itself is all that’s here in this moment” is how he began his daylong lecture at the Institute of Noetic Sciences in 2003. Indeed, he rarely used personal pronouns, a style that makes his

writings unusual in modern times but is very similar to the expression of historical mystics. Since today's readers like to know who an author is and what led to the unique discoveries in a book such as this, the following is a brief narrative introduction to the author and his trademark Map of Consciousness®.

ABOUT DR. HAWKINS

Dr. Hawkins was born in 1927 in Wisconsin and grew up during the Great Depression. Religiously, his family was Episcopalian, and he served as an altar boy and sang in the boys' choir. However, his profound spiritual experiences occurred outside of any religious context.

At age three, sitting in a little wagon, he had a stunning awareness of existence. Reflecting on that moment from childhood, he told a group of us: "It was as if there had been total darkness, oblivion, and then suddenly giant cleave lights came on. I saw I was back in a body and I was not happy!" He explained that in previous lifetimes he had been a devout Hinayana Buddhist and followed a pathway of negation to the Void ("Nothingness"), believing it to be the ultimate spiritual goal. But it was not, or else he wouldn't have ended up back here in a body! Instantly, with the realization of existence, there was the fear of nonexistence. It was a preverbal confrontation with the paradox of Nothingness versus Allness, a highly advanced spiritual gateway ("conundrum" was another word he used to describe the confrontation with seeming opposites) that he did not resolve until decades later, and his teaching on the Void

is one of his most important contributions to spiritual aspirants. (See Chapter 8.)

“With that kind of a childhood, this was a strange life to begin with!” He often chuckled at the oddities of his life. “Frankly, other children seemed extremely boring, and so I escaped into Plato and Socrates. While other boys were playing stickball, I was reading Aristotle and listening to the weekly opera program!”³

He was also very industrious. By age 12, he had the longest newspaper route (17 miles) in the region; with no electricity along the highway, everything was pitch black. One time a winter storm hit, and gusting subzero winds toppled over his bicycle, scattering all the newspapers. As he describes in Chapter 8, he punched his way into a crusted snowbank on the side of the road to get out of the freezing wind. No sooner had he burrowed into the snowbank than he melted into the Infinite Presence of Love. The experience was so unforgettable that 70 years later, when I asked him to describe that state of Infinite Love, he didn’t miss a beat: “All negative emotion—fear, impatience, frustration—disappeared. Instead there was only the Radiance of Infinite, timeless, everlasting, all-encompassing Love, which was not different than the Reality of what I was, what I am.”⁴

Compared to this Infinite Love, the “God” of religion now seemed irrelevant to the young David. At age 16, his belief in religion disappeared altogether. One day, while walking in the woods, an awareness of human suffering throughout the ages suddenly overwhelmed him, like a massive dark cloud. In that moment, he blamed God for all the suffering in the world and became an atheist.

Yet, despite the collapse of religious belief in God, he had a relentless inner drive to get to the truth of

existence: “There was an inner core within consciousness that was desperate to reach some greater truth.”⁵ Born with an exceptionally high IQ, he easily mastered the world of science, theology, medicine, and psychiatry, through the intellect. After service on a minesweeper in the U.S. Navy during World War II, he completed medical school while holding three jobs and soon became the head psychiatrist, running a large hospital in New York and publishing a plethora of scientific articles based on his clinical research. He went through many years of psychoanalysis with one of the leading Freudians at that time. He was a dedicated Zen Buddhist meditator, sitting for an hour in the morning and an hour in the evening. Yet all of these investigations only brought deeper despair. Though he had reached the pinnacle of worldly success, he was confronted with a vast and wayless inner darkness.

The crisis culminated in 1965 when he was 38 and at the point of death due to a progressive and fatal illness. All his efforts to pursue the truth of existence via the intellect had failed, and he found himself in a state of extreme anguish and despair. Just before he was about to die, the thought flashed through his mind, *What if there is a God?* And with that, he called out a prayer—“If there is a God, I ask Him to help me now”—and he surrendered totally to “whatever God there might be,” not expecting much. Immediately he went into “oblivion.” It took him 30 years to recount the earth-shattering aftermath: “[T]he oblivion suddenly disappeared and was replaced by the stunning splendor of the Light of Divinity that shone forth as the radiance and essence of Allness.”⁶

His consciousness had been completely and suddenly transfigured. The mind and its mental patterns were gone forever, replaced by the Presence, “an infinite, all-encompassing awareness which is radiant, complete, total, silent and still.”⁷ A peaceful inner silence prevailed, as there were no images, concepts, or thoughts. In fact, there was no “person” left to think; all separateness between him and others dissolved, and he saw the same beautiful, timeless perfection in everyone around him: “A radiance shines forth from everyone’s face; everyone is equally beautiful.”⁸ In this state of nonduality, each living thing “is aware of every other, and all things are interconnected and in communication and harmony by means of awareness and by sharing the basic quality of the essence of existence itself.”⁹ Nothing is better or worse, higher or lower than anything else. “All sentient beings are equal . . . All things are intrinsically holy in the divinity of their creation.”¹⁰

Dr. Hawkins, in *Power vs. Force*, says that the work on the Map of Consciousness “began in 1965,” by which he means this transfiguration of his own consciousness. He may well be the first person trained as a clinical scientist/physician to undergo the transformation classically termed “Enlightenment,” or *unio mystica*—and then been able to contextualize the condition in lectures and books. While many of us have transient moments of “flow,” intense joy, or self-transcendence at certain peak experiences (the birth of a child, athletic feats, stage performance, creative work, mountain climbing, or lovemaking, to name a few) or even life-altering spiritual transformations (near-death experiences, for example, or beatific visions), it is exceedingly rare for a person’s consciousness to be transfigured suddenly and

permanently into a nondual state. Historically, most such people either leave the body (death) or remain in “God-shock,” unable to speak about the state of ego dissolution, when all sense of a personal self dissolves—like sugar melting into warm water. As William James tells us in his classic *The Varieties of Religious Experience*, the mystic experience is “ineffable”—impossible to describe.¹¹

In the wake of this transfiguration of consciousness, Dr. Hawkins’s life was never the same, and it took years to adjust to the changes. The nervous system felt strained, like “high-tension wires burning with high-voltage energy.” In social interactions, he felt bewildered when people referred to his body as “David,” because he knew himself to be everywhere and one with everything: “Somebody would ask me a question and I would wonder who they were talking to!” When he looked into the eyes of others, he saw only “the one Self. . . . There isn’t any separate you, there, and me, here.”¹² The blissfulness and self-completion made it difficult to summon interest in normal functioning. The old motivations of income and success were irrelevant. The only motivation strong enough to pull him back into the body and the world of form, he said, was love: “Love becomes the sole motivator of the continuance of physical existence.”

Each time it is extremely difficult to come back into the body. . . . You feel homesick . . . like one has left one’s home for some kind of a task one has agreed to. Whenever I go into that state, there is no form. One just dissolves into infinite, golden love. It is so exquisite that it makes one cry to have to come back into the body again. The only reason you can leave it is because you know it is there forever, and that you will return forever.¹³

One time, he told me, he was alone in the woods and a bliss state took over. He was aware that vultures were circling his body, poised to descend as soon as the last breath left his body. But he realized he might as well stay in the body if it helped others, because the bliss was forever and always. He surrendered the body completely to be an instrument of service in the world, allowing it to be reenergized. As soon as this happened, the vultures flew away.

He gradually acclimated to the new state of consciousness and returned to his psychiatric practice, which became the largest in the United States. His expanded spiritual state led him to see beyond the limits of conventional treatments to the inner humanness of his patients. He was unstoppable in trying every avenue of treatment for his patients, no matter what his more conventional peers had to say about it. Because of the dramatic healing of hopeless patients, Dr. Hawkins appeared on major network television shows during the 1970s and '80s. His pioneering work in many areas of human suffering resulted in numerous national and international recognitions, listed in the About the Author section at the back of the book.

Despite these successes, his “one patient at a time” efforts as a doctor seemed like a drop in the bucket to him: “There was enormous frustration in that the human suffering could be countered in only one patient at a time. It was like bailing out the sea.”¹⁴ He was dedicated to find a means of inner transformation that could help multitudes. Here we think of the Buddha, who, after his awakening, laid out the Eightfold Path. Or we think of Bill Wilson, who, having had his fatal and hopeless

alcoholism relieved by a suffusion of Light, developed the Twelve Steps for recovery.

As Dr. Hawkins probed the process of healing among patients in his hospitals, he noticed that it had little to do with what he actually did or prescribed as a doctor, and more to do with the inner consciousness that radiated love. He noticed also that patients of certain doctors tended to improve, while the patients of other doctors mostly declined or stayed the same—even when the drug and treatment protocol was the same in all cases.

In his address for the annual Landberg Lecture at the University of California at San Francisco (UCSF) Health Sciences Center on April 25, 1997, he recollected some observations from his time of clinical practice in New York when physicians were prescribing various vitamins as part of the treatment for schizophrenia: “[T]he amount of side effects that a doctor’s patients have depends on the consciousness of the doctor. It doesn’t depend on the medicine.”¹⁵ The patients of one particular doctor in New Jersey, for example, manifested a type of skin discoloration with the use of vitamin B₃. However, the patients of other doctors had no side effects at all and, in fact, responded well to the treatment. What was the secret of the successful doctors? He saw that the healing effect related to their level of consciousness. The higher the physician’s level of consciousness, the more likely the patients were to heal. This would make sense to spiritually oriented people. But how to present it to a society steeped in a rational, linear mind-set? How to demonstrate that it’s the inner consciousness that determines outcome and not the outer actions?

Inner Discoveries

Pointing to himself, laughing, Dr. Hawkins recounted, “This was always a misfit and a peculiar entity on the planet here! Suddenly without warning the levels of consciousness would advance and I would be stunned out of a capacity to function. That’s why it was necessary to leave the psychiatric practice in New York. Just walked away from it, because in that profound inner silence, there’s nothing you can say to anybody. You load your favorite tools into the old truck and drive to a small town in Arizona. You have a cot, a piece of cheese, a candle, and a cat—what else do you need? Everyone was thinking, *You’ve lost your mind*. So, when all your friends think you’ve lost your mind, you’re probably in a good space!”¹⁶

He left his huge clinical practice and multimillion-dollar life in New York and moved across the country to Sedona, a small town in Arizona. For many years, he lived the life of a hermit, detached from the world. This period was crucial in that it gave him space to explore the nature of consciousness from the inside out. Out of these subjective realizations emerged the discoveries that are the basis for the Map of Consciousness and his subsequent body of work, which came to be called *Devotional Nonduality*. As he writes in *Power vs. Force*: “While the truths reported in this book were scientifically derived and objectively organized, like all truths, they were first experienced personally.”¹⁷

This has been true of all great teachers and pioneers of consciousness, has it not? In recent history, we think of the famous Swiss psychiatrist C. G. Jung, who, after his break with Sigmund Freud, spent many years detached

from the world, exploring his own inner depths, out of which he created the body of work that gifted the world with knowledge of the “shadow,” “archetypes,” “collective unconscious,” “complexes” (for example, inferiority), and dream interpretation. He said that his whole lifetime’s work stemmed from those years of inner investigation.

Dr. Hawkins, during his “hermit” years, was often in a formless state, even forgetting he had a body. He tells the humorous story of how he was shocked when his “spirit” was going freely throughout the house, walking through walls, and then suddenly his body slammed into a wall! And another time he caught a glimpse of a “person” in the mirror, surprised that someone else was in the house—then realized it was none other than himself! His goal of exploring states of consciousness was to refine the healing mechanisms within consciousness itself and to “perfect” himself as an instrument. For example, he discovered that the “body tends to obey the mind,” and he was able to heal his body of many serious diseases through the consciousness method described in Chapter 4. He wrote a letter to his famous friend and co-author in science, the Nobel Prize-winning chemist and peacemaker Linus Pauling, exuberant about discoveries in “right-brain consciousness” and the “healing of 15 different diseases” within himself.¹⁸

Dr. Hawkins was propelled by the question: *What is the missing link between the body and mind, the seen and the unseen?*

Breakthrough

The crucial discovery came in the 1970s, when he witnessed psychiatrist John Diamond demonstrating *behavioral kinesiology*—that is, using the muscle-testing response to evaluate the differential impact of positive and negative stimuli upon the body. In a widely used method, the patient holds out an arm in horizontal fashion, while the medical practitioner gently presses down at the wrist. The patient's arm (deltoid muscle) doesn't budge in the presence of truth and positive stimuli, but the arm instantly falls in the presence of nontruth or negativity. For example, in Dr. Diamond's research, a smile made people go strong, as did classical music and truthful statements; that is, the deltoid muscle stayed strong and their arm remained horizontal. Negative stimuli, such as "I hate you," or recordings of politicians committing a known deception, made people go weak; their deltoid muscle instantly weakened, and their arm dropped. "The body doesn't lie," Dr. Diamond concluded.

Unlike other doctors who saw kinesiology as a localized phenomenon, Dr. Hawkins saw it through the lens of his own expanded awareness of the interconnectedness of consciousness itself. "The Map of Consciousness came about because I was witnessing a class in kinesiology and the explanation that was given for the kinesiology response was one of local causality. Through my own inner experiences, I'd gone way beyond local causality as an explanation for phenomena, and I saw it was the response of consciousness itself, which is nonlocal and nonpersonal."¹⁹

Dr. Hawkins referred to the “database of consciousness” as the source for this knowledge beyond time and place. Jung called it the “collective unconscious.” Who hasn’t experienced suddenly tapping into this database via intuition, synchronicity, dreams, or premonition? Clearly there is a repository of shared knowledge, part and parcel of our interconnected consciousness, that is different from the information we retrieve through intellectual study. How is it that a dog knows when his owner is leaving work? Video footage shows that the dog goes to the door at precisely the time when the owner starts to head for home, from miles away. To give an example from recent experience: How is it that one’s deceased grandfather appears in a dream to say that a relative has throat cancer, and it turns out to be true, down to the precise location, stage of disease, and response of the relative?

Dr. Hawkins instantly saw that kinesiology was a mechanism by which to access this unseen database of consciousness, “revealing the missing link and bridge between the mind and the body”; it was the interface between the visible dimension of the material world and the unseen (yet very real) dimension of mind and spirit, with the human body serving as the instrument of truth detection. How could this work? Because protoplasm has always differentiated between life-affirming and life-threatening stimuli as a matter of survival. The body goes strong toward that which supports life (truth) and turns away from that which negates life (nontruth). The muscle response is involuntary, not determined by one’s beliefs or biases.

For example, when our consciousness focuses on a benign subject matter such as Mother Teresa, our pupils

constrict, and other muscles instantly and involuntarily go strong; we have no control over it, and our personal feeling about her doesn't matter. One of Dr. Hawkins's colleagues, Dr. David McClelland, did a fascinating study on his medical students at Harvard, demonstrating that even those who ridiculed Mother Teresa showed an immune-enhancing physiological response to *Mother Teresa*, a film depicting her everyday work with the poor.²⁰

Dr. Hawkins found that "everything in the world, including thoughts, concepts, substances, and images, calls forth a response that can be demonstrated as positive or negative. . . . All that ever is or was, without exception, radiates forth a frequency and a vibration as a permanent imprint in the impersonal field of consciousness and can be retrieved by this test through consciousness itself."²¹

Having seen that the world's suffering stemmed from ignorance, due to the lack of means to tell truth from falsehood, he poured all his energy into researching the method of clinical kinesiology as a tool for discerning truth. He conducted the muscle-testing procedure on thousands of test subjects, both individually and in groups, of people of all ages and backgrounds. The results were universally the same. One of the favorite demonstrations in lectures of 1,000 people was to pass out 500 unmarked envelopes containing artificial sweetener, along with 500 identical envelopes containing organic vitamin C. The audience was divided up into pairs to test the two different envelopes, not knowing what was in them. It was an electric moment when the envelopes were opened and the audience realized that everyone had gone strong in response to the organic vitamin C and weak in response to the artificial sweetener.

That kind of actual experience with the method is very helpful. Because the test is a nonlinear method that bypasses the mind, an ordinary person, looking at it from the outside, would be prone to doubt it. But if, experientially, their arm goes weak while holding in mind the energy of a closed envelope (for example, Hitler's photo inside) and strong with a different closed envelope (for example, Mother Teresa's photo inside), and this is done in many subsequent tests with different items, that person then experientially knows that the method "works" even if they don't understand its mechanics. Indeed, there are many things we use in daily life, fully trusting them just because they "work" yet with no intellectual understanding of their mechanics; for example, who among us totally understands how the Internet works, and yet don't we rely on it constantly as a source of guidance?

Dr. Hawkins found he could use this method to calibrate the levels of consciousness, as he describes in Chapter 1. He thus put into our hands a "map" that shows the entire terrain of human experience. Throughout his many endeavors, as a psychiatrist, physician, clinician, consciousness researcher, animal lover, and spiritual teacher, Dr. Hawkins's goal has always been to alleviate suffering. When asked to define his "function in the world," he responded: "To be that which I am to the world and explain it as clearly as possible in order to facilitate spiritual awareness and thus contribute to the relief of the suffering of mankind."²² The Map of Consciousness emerged as the primary teaching tool to facilitate spiritual awareness and thereby alleviate suffering.

He said the purpose of the work was to comprehend the sudden transformation of consciousness he

had undergone, classically termed Enlightenment, to integrate it with scientific discovery, and then to put it in a format that was understandable to the left brain of Western readers. He said, "It is the realm of the mystic communicated to the left brain."²³

The Map of Consciousness, in brief, lays out the whole spectrum of consciousness from the "lower" levels of Shame, Guilt, Apathy, Grief, Fear, Desire, Anger, Pride (that is, levels of *force* dominated by egotistical drives), to the median levels of Courage, Willingness, Acceptance, Reason (that is, levels of *power* dominated by personal integrity), to the more expanded levels of Love, Unconditional Love/Joy/Healing, Ecstasy, Peace, and Enlightenment. These "higher" energy fields are a carrier wave of immense life energy. They are increasingly free of personal goals and are the domain of saints, mystics, arhats, and avatars.

Note: "higher" and "lower" are terms of convenience for the linear mind and do not express actual reality. In Reality, there is no such thing as higher or lower, for all life serves the whole by virtue of what it is. Is a tall tree better than a short tree? A cat better than a squirrel? As Dr. Hawkins writes, "Everything reveals the miracle of existence and, therefore, everything, without exception, is equal to everything else by virtue of its existence."²⁴

Marriage with Susan: Sharing the Map with the World

Once Dr. Hawkins had developed the Map of Consciousness, he was not certain what to do with it. He shared it locally with addiction recovery communities.

(In New York, he had been close friends with Bill Wilson, the co-founder of Alcoholics Anonymous.) But beyond that, he was hesitant to discuss it, because he believed that the muscle-testing method could be used by anyone to find out the truth about anything, and what if it were put to nefarious ends? (Upon further research over the years, he discovered that only a person with integrity was allowed access to truth. See Appendix A for details on the method.)

The fortunate partnership with his wife, Susan J. Hawkins, made possible the publication of his findings and the sharing of his inner condition through books and lectures. “She was the fulcrum,” he often said, and he was never onstage without her. Her capacity for organization, joined with keen intuition and heartfelt expression, facilitated the interfacing of his inner knowledge with the world. When I asked Susan what it was like to marry him and then to share him with thousands of other people from around the world, she said: “It’s simple. When you love someone, you support their destiny. I loved my husband. That meant I had to share him with the world.”²⁵ It is in large thanks to her commitment and capacities that we have his body of work. I myself witnessed many times, in conversations at their home, when her encouragement was the fulcrum that empowered his energy to do another book, another lecture, another satsang.

Over time, people traveled from faraway places to attend his lectures and to be in his presence, saying that his aura had a catalytic, healing effect on them. He always insisted that what others witnessed in him was really their own true Self mirrored back to them. He said often, “The Self of the teacher and that of the student is one and the same.” People of all ages, all walks of life,

came from every continent. The essence, one's true Self, was fully welcomed. As one person described it, "After a lifetime of searching, my soul finally felt at home." In my experience: it was finally in his presence that the "ugly duckling" was recognized as a "swan" (referring to the well-known children's story). And this mirroring of soul makes all the difference in a person's life—to realize the truth of what we are.

He said that what he teaches is not different from the core principles of the world's religions—unconditional love, compassion, humility, and kindness for all beings: "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."²⁶

In 1995, the Hawkinses' publishing company, Veritas Publishing (Sedona, Arizona), printed the first copies of *Power vs. Force: The Hidden Determinants of Human Behavior*, the groundbreaking book that first introduced the Map of Consciousness to the world. The impact has been profound. Eventually also published through Hay House, it has reached over a million people in more than 25 languages. I count myself as one among the many individuals whose lives were completely transformed by that book and finding the Map.

His body of work now includes 16 books and more than 100 recorded lectures, as well as countless articles and interviews. All of this emerged in the last part of his life, when most people are enjoying retirement and "taking it easy." From ages 68 to 84, he traveled extensively and worked nonstop until the very end. In the last year of his life, I worked with him to complete his

Author's Official Revised Edition of *Power vs. Force* (2012, repub. 2013) and *Letting Go* (2012). On some days when I went over to the house to work with him, he was tired or not feeling well, but a couple of shots of espresso and a funny joke to get us laughing and we were on our way, working nonstop for hours. I saw up close his inexhaustible commitment to fulfilling his destiny and helping his fellows.

As a university professor, I assign his books to students. An interesting fact is that students observe something about his books that they don't about any others: "He expresses exactly what I knew to be true, only I didn't know how to say it." Dr. Hawkins, in his Preface to *Power vs. Force*, affirms that he is merely saying what we already know deep inside: "This book will have been successful if by the end of it you exclaim, 'I always knew that!' What is contained herein is only a reflection of that which you already know, but do not know that you know. All that I have hoped to do here is to connect the dots to let the hidden picture emerge."

He never claimed to have discovered a secret code or to have unearthed some special gnostic mystery "from the nose hairs of a camel" (as he liked to joke). As you'll read in Chapter 8, he simply reminded us of the "universality" of Truth, that it "is true at all times and places, independent of culture, personalities, or circumstances," and he gave us a Map to find it. Beyond the light it sheds on ordinary human pursuits of health, art, livelihood, relationships, and politics, the Map provides one of the first modern demarcations of the highest levels of human consciousness (Self-realization, the Void, Nothingness versus Allness, Full Enlightenment) and their differential phenomena. The autobiographical

essay at the end of this book substantiates the advanced consciousness of its author. Dr. Hawkins describes the gradations of Enlightenment with a level of clarity that indicates the experiential realization of them. We cannot, after all, draw a map to a place we haven't been.

Swami Chidatmananda, highly respected Vedanta teacher of India, told me that Dr. Hawkins's books contain essentially the same perennial truth as the ancient Upanishads (Vedanta), only written in our modern idiom: "There is no difference between what he has experienced and discussed, and what was said by the greatest sages and saints of India."²⁷

ABOUT THIS BOOK

Before Dr. Hawkins passed away in 2012, I asked him and Susan to muscle-test a list of future projects, whether to be done or not. On that list was a "primer" of his work, and the answer was yes. The book you hold in your hands is a fulfillment of that intention.

This is a unique book within his body of work because it gives readers a taste of his teachings across a spectrum of topics: an explication of the Map of Consciousness, our connection with animals, the evolution of consciousness, personal growth, enlightened leadership, physical healing, successful business, addiction recovery, transcending ego barriers, high spiritual states, to name a few.

Unlike his other books, it exposes the reader to his various styles of communication: formal published works, conversational, and live lecture. The content is drawn from all his books, some lectures, and some

informal conversations. Editing was done to facilitate reader comprehension and condensation of the material into a primer volume. The book is a solid introduction of Hawkins's body of work to new readers and an edifying recapitulation for long-time students. All the calibrations given in this book were done by Dr. Hawkins and Susan Hawkins before his passing in 2012. *Calibration* is the term that Dr. Hawkins used to designate his use of the kinesiologic method to verify the level of consciousness (that is, energy field) of something on his Map of Consciousness.

The chapters in the book are meant to complement the compilation of Dr. Hawkins's lectures also titled *The Map of Consciousness Explained* (Hay House 2019), with charts included here so that listeners can see what he is referring to on the audio program. Bibliographical references are not included. Instead, the sources for each chapter are in the Resources section at the end of the book; the reader who wishes to can follow up in those books to find Dr. Hawkins's extensive bibliography references. Questions for discussion in study groups and a Glossary of terms used can also be found in the back.

Each of the three sections dividing this book—"Foundations," "Practical Applications," and "Advancing Consciousness"—is preceded by a brief editorial comment, along with a vignette from Dr. Hawkins's clinical experience. The "Foundations" section lays out the implications of the Map of Consciousness: How did the Map emerge? What is the scientific background? What are levels of consciousness and energy fields? How does one calibrate the levels of consciousness? How has consciousness evolved over the millennia? These are some of the questions answered in the first section.

The “Practical Applications” section shows how the Map of Consciousness applies to everyday life. Dr. Hawkins gives easy-to-understand steps to solving basic human problems, such as physical health, success in life’s endeavors, and overcoming addiction. Addiction, at its core, is the seeking of happiness outside oneself. Though Chapter 6 explicitly addresses substance addiction, the principles can be applied to any compulsion or addictive pattern. Addiction recovery is especially relevant due to the shocking upsurge in drug and alcohol deaths in current society. Dr. Hawkins relates the Map of Consciousness to the Twelve Steps in a way that is useful for addiction and other contexts. Notably, Dr. Hawkins encouraged his spiritual students to follow the Twelve Traditions of AA when meeting together in study groups, as the guidelines on anonymity and service reduce the tendency of spiritual groups to make a special “teacher” out of someone.

In the third section of the book, “Advancing Consciousness,” Dr. Hawkins lays out the characteristics of true teachers and teachings with exceptional clarity. Until now, humankind has lacked a gold standard by which to test the trustworthiness of spiritual teachers. Countless earnest seekers have fallen to their death or into suicidal despair at the hand of false gurus or messiahs. This section of the book gives specific guidance for how to avoid spiritual traps, as well as how to expand one’s level of consciousness. The steps are simple, yet Dr. Hawkins says that not many people follow them because the ego secretly believes that it already “knows.” You might ask yourself: Are you ready to let go of what you think you know? He shares from his own experience that unimaginable bliss awaits those who surrender at

great depth. Paradoxically, he says, the journey is more about surrender than attainment: “When the clouds are removed, the sun shines forth.” In other words, when we let go of what we’re not, we become what we truly are. He told me one time, “Inherently you are Buddha-nature; you just haven’t realized it yet.”

Understanding the Levels of Consciousness

In 2003 when I first encountered the Map, I had been a scholar of mystics and professor of religious studies for many years. I immediately recognized Dr. Hawkins’s “Levels of Consciousness” as the classic stages of human inner evolution found in the world’s sacred literature and suggested by philosophers, sages, and mystics throughout the centuries. For example, from Christian tradition there is *The Ladder of Divine Ascent*, by Eastern Orthodox desert monk John Climacus (c. 579–649) of Mount Sinai, in Egypt, and the *Interior Castle (The Mansions)*, by Catholic mystic St. Teresa of Ávila (1515–1582 A.D.), in Spain.

Whether it’s climbing a ladder of virtues to reach the top rung, which is Love, or going inward to the innermost mansion of Divine Union, the seeker is taken through many stages. In Buddhist tradition, the 10 ox-herding pictures showing the steps on the path of awakening from ignorance to Enlightenment have been a staple teaching tool since their origin in 12th-century China. And, in Sufi tradition, there are numerous descriptions of the inner journey and its “stations,” from the famous poetic allegory *The Conference of the Birds*, by Persian mystic Farīd al-Dīn ‘Aṭṭār (c. 1142–1220), to the

Twelve Levels of Initiation, outlined by modern Sufi mystic Llewellyn Vaughan-Lee.

Though they may vary in wording and context, the essence of these teachings from diverse religions is the same: seekers of Truth go through many stages. Experientially, the stages are not linear, yet there is a definite evolution of consciousness for dedicated seekers. The initial stage occurs, for example, when a person realizes there's more to life than worldly pursuits. By turning inward, they enter what St. Teresa calls the "interior castle." Or perhaps they are like the "herder" in the ox-herding pictures, who stops to notice for the first time the tracks of the ox, a symbol for our innate Buddha-nature. They become aware of their spiritual life and are interested in cultivating the needed qualities of discipline, patience, humility, single-pointedness of mind, teachability, and service to others. Far along on the journey, if they continue on the sometimes arduous and pathless path, seekers are given an experience of the all-important reality of Love. It had always been there but only as a "hidden treasure buried within the heart" (as the Sufis say). The opening of the heart is a turning point, for now seekers have gone beyond the limits of logic and entered into the realm of selfless grace, synchronicity, and joy.

Though I had imbibed and taught this literature, the Map of Consciousness was the first time I had ever come across a scientific work that confirmed these classic levels of spiritual life as actual, measurable "attractor patterns" and "energy fields." It was a stunning verification of right-brain intuition through the means of left-brain knowledge.

I found the Map of Consciousness to be brilliant in its simplicity; one single-page chart reveals the entire

journey. Moreover, it is clinically sophisticated in its depiction of the emotional process, view of God, view of self, and view of life true to each level of consciousness. It is free of dogma and religious nominalization, so anyone can find their path in life illumined by studying the Map, regardless of religious belief. Perhaps the most intriguing aspect of the Map, which distinguishes it from the plethora of spiritual road maps presented by mystics throughout history, is the verification that, with each progressive level of consciousness, the “frequency” or “vibration” of energy measurably increases. In other words, the more conscious and loving a person becomes, the greater their impact on the world at large.

The whole premise of Hawkins’s work resonates with common sense. Negativity drains, positivity uplifts. Positive energy fields (Courage, Willingness, Acceptance, Reason, Love) are more powerful than negative ones (Shame, Apathy, Fear, Anger, Pride) because they are aligned with the energy of life itself. Love heals; Fear constricts. Courage moves us forward; Grief holds us back. Many of us know, for example, the courage it takes to let go of grief and to love again after we’ve lost our love mate to death or divorce.

Each energy field represents a view of life that makes sense to those at that level of consciousness. Endless arguments go on between people at different levels (even in the same family or workplace) because the world they are seeing is literally a different world. If one is wearing red-colored glasses, everything will appear red, no matter how strong is the case presented by those wearing green-colored glasses. Is the world green or red? The world you see depends on the lens you are looking through. A person stuck in Grief, for example, sees

nothing but the past; they talk about “what used to be.” A lot of frustration is eased when one realizes that people aren’t “bad”; they are simply seeing life the way they see it because of the lens they have. That lens is their level of consciousness.

Some people dislike a linear scale of “levels,” and the very idea of levels might be fodder for the ego. Dr. Hawkins himself bemoaned what the ego did with it, such as thinking oneself to be in the level of Love when in reality one hasn’t yet reached the self-resolution inherent to the level of Acceptance.

Here’s the catch: The Map may look linear, but it isn’t. Dr. Hawkins provided a numerical, logarithmic scale in order to assist our linear, logical mind in comprehending fields of consciousness, but the energy fields themselves are not linear; rather, they are *attractor fields*.

I once asked him, “What was the progression of your consciousness in this lifetime?” There was a long pause. When he dropped his head in his hands, I knew my question had no reality! “It can’t be described,” he finally said. “You don’t go from one level to the next in linear fashion. It’s more accurate to say it’s phasic, like the weather.”²⁸

Sincere seekers will find the Map eye-opening. When first encountering it, they are comforted to know there is a road map for the inner journey. Recently, a college student said to me, “It helps me a lot to see where Acceptance is, and that’s where Forgiveness occurs. That’s what I’m aiming for in my relationship with a particular person. Right now, I’m in Anger, holding the resentment, but the Map gives me a process to move through.”

Seekers are also validated by the Map in their quest for Love as the source and destiny of spiritual life. Much

of religious history has preached a distorted doctrine of guilt, self-punishment, austerity, and fear as the way to Truth. It can be relieving and a major course correction to see that Guilt and Fear are at the bottom of the scale and Love and Joy are at the top. Dr. Hawkins liked to say, "Guilt gets you an ulcer, not God!" God is Love, and thus the way to Truth is in Love and through Love.

Also informative is seeing that Reason, the most highly touted virtue in Western culture, is indeed refined energy, but it pales in comparison to the energy of the heart. True knowledge is experiential; it comes from the life lessons we have internalized into our hearts and whole being. Otherwise, people say, "They're just a talking head." As Dr. Hawkins says, "The pathway of the heart then bypasses the intellect and puts its faith in the perfection of love rather than the pursuit of the intellect and reason. To Love, the intellect and logic are merely tools; they are not 'who I am.'"²⁹

Dr. Hawkins's studies of nonlinear dynamics, quantum physics, and advanced mathematics allowed his Map of Consciousness to incorporate ideas not in other mystics' renderings of the stages of the inner journey. For instance, life energy can be likened to electrical circuitry. In other words, we might say that Divinity is the Infinite Field of Power stepped down through the levels of consciousness, similar to a step-down transformer. The human nervous system and protoplasm cannot handle the immense energy of the Infinite, except as it comes to us in the degrees that our circuitry can handle. By analogy, 50,000 volts is not very useful in the household, but 110 volts is workable. In a household, there is no judgment of the various appliances based on their electrical capacity or wattage. A refrigerator is

not “better than” a nightlight, is it? Just so, the various levels of consciousness do not indicate better or worse but simply different degrees of energy, each with its specific function.

Too much electricity can “break” a circumscribed circuit, but a circuit with wide voltage capacity can handle more power. The Dalai Lama, for example, has an energy field or level of consciousness that is expansive and loving enough to handle immense amounts of life energy, so he radiates out high levels of healing energy, we might say. His inner state of Joy and Love bubbles over with humor, laughter, kindness, and compassion. Most people, however, do not have the same capacity to be a high-energy conduit to others because their inner attention is routinely focused on their own needs, thoughts, feelings, and agendas. Their inner “circuitry” is constricted in its focus on self, and not capable of unconditional love for the world. Some people, in fact, are almost solely *self*-absorbed. Such negative levels of consciousness (for example, Shame, Guilt, Fear, Desire, Anger, and Pride) take, rather than contribute, energy. This book is a light unto the path of any individual who wants to become more effective in any area of life.

Approaching This Book

Dr. Hawkins’s style of writing and speaking was geared toward facilitating both so-called left- and right-brain comprehension. He explained it this way in his original preface to *Power vs. Force*:

In actuality, we know things by a holistic pattern-recognition. The easiest way to grasp an entirely new

concept is simply by familiarity. This kind of understanding is encouraged by a style of writing characterized as “closure.” Instead of using only sparse adjectives or examples to express thoughts, they are instead run out and completed by use of repetition. The concept is then “done,” and the mind is left at ease. Such an approach is also desirable because the mind that reads Chapter 3 will not be the same as the mind that reads Chapter 1.

For that matter, the idea of having to start from Chapter 1 and read progressively to the end is merely a fixed left-brain concept. This is the pedestrian path of Newtonian physics, based on a limited and limiting view of the world, in which all events supposedly happen in a linear sequence. This form of myopia arises from an outdated paradigm of reality. Our wider and far more comprehensive view draws not only on the essence of the most advanced physics, mathematics, and nonlinear theory but also on intuitions that can be experientially validated by anyone.

. . . I have therefore attempted, as much as possible, to present these subjects in nontechnical terms. There is no need to worry that some erudite intellectual capacity is required to digest this material. It is not; we will circle around the same concepts over and over until they are obvious. Each time we return to comment on an example, greater comprehension will occur. This kind of learning is like surveying new terrain in an airplane: on the first pass, it all looks unfamiliar; the second time around, we spot some points of reference; the third time, it starts to make sense, and we finally gain familiarity through simple exposure. The inborn pattern-recognition mechanism of the mind takes care of the rest.³⁰

Whether you start at the beginning or end, you'll find that the book circles around this center point: *We change the world not by what we say or do but as a consequence of what we have become.* Dr. Hawkins affirms that even the tiniest increase in our own consciousness benefits the world at large. Love is so powerful, he says, that one loving thought in a day cancels out all the negative ones. "If you notice a stray cat walking across the street and you send it love and hope for its existence, that undoes the cursing you did all morning at your mother-in-law or teacher or whomever you were mad at."³¹

The planet is full of people trying to "change the world" but doing so only at the level of symptom, not source. This kind of force creates counterforce, and we end up with gridlock rather than greatness. Greatness comes from within. It is the courage to change *oneself*. The message of this book is vital for our society: as *we* change, the world is changed.

If we are motivated by love, if love is what moves us, then everything we touch and everywhere we go and everyone we meet will be made better because of what we have *become* as a loving person. Love is the silent power that inspires, heals, uplifts, encourages, and improves everything. And because Love is a radiation within the interconnected energy of the universe, which is nonlocal and nonlinear, we make an impact wherever we are, no matter what we are doing. To love any single piece of life is to love all life, for everything is interconnected.

The gift of Dr. Hawkins's contribution to human evolution is beyond what words can express. Without a Map, the treasure cannot be found. This pathway is open to all who choose it. Everyone has a different

starting point, yet each of us guides the rudder of our future by our own hands. Each moment brings freedom to choose.

— **Fran Grace, Ph.D.**

Dr. Grace, Professor of Religious Studies and Founding Steward of the Meditation Program at the University of Redlands in California, is the author of several books, including The Power of Love: A Transformed Heart Changes the World (2019), dedicated to Dr. Hawkins and published by Inner Pathway Publishing, a 501(c)(3) nonprofit organization she founded in 2008, in accord with his guidance.

PART I

Foundations

In the first three chapters, Dr. Hawkins gives the background, science, and main components of the Map of Consciousness. Two of the key concepts you will encounter are attractor field and field of dominance. Here is a story from his clinical years as a psychiatrist that illustrates these concepts by showing that the attractor field of Love is more powerful (dominant) than that of Fear:

Betty was 34 years old, but she looked much older because she was thin and drawn. She entered the office carrying armloads of paper bags, which were later found to contain 56 different bottles of health-store preparations, vitamins, and nutritional supplements, plus several bags of special food. Her fear had started out as a germ phobia, and soon everything around her seemed to be possibly contaminated with germs. She had many fears of contracting contagious diseases, which had progressed now to a fear of

cancer. She believed every scare story she read, so she was afraid of nearly every food, the air she breathed, and getting sunshine on her skin. She wore white clothes because she was afraid of dyes in the materials.

In the office, she would never sit down because she was afraid that the chair might be contaminated. Whenever she needed a prescription, she asked that it be written from the middle of the prescription pad, which had not been touched. Furthermore, she wanted to tear the page from the pad herself; she didn't want me to touch it, because possibly I had gotten germs from shaking hands with the last patient. She wore white gloves at all times. Ultimately, she requested to be treated by telephone, as she was too afraid of making the trip to the office again.

The following week on the phone, she said that she was afraid to get up. She called from home while still in bed, because now she was afraid to go out on the streets. She had developed a fear of muggers, rapists, and air pollution. At the same time, she was afraid to stay home in bed and get worse, and to compound all her other fears, she was afraid that she was losing her mind. She was afraid that the medication wouldn't help her and that it might have side effects, but she was loath *not* to take it for fear that she would not get better. Now she said that she had a fear that she might choke on the pills and had stopped taking even her health supplements, much less the prescribed medication.

Her fears were so paralyzing that every therapeutic maneuver was totally stymied. She wouldn't allow me to talk to her family. She was afraid they would find out that she was seeing a psychiatrist and think she was crazy. I was totally baffled and racked my brain for weeks as to how I could possibly help her. Finally, I let go. I experienced the relief of surrender in that I just totally accepted this fact: *There is absolutely nothing I can do to help her. The only thing left to do is just to love her.*

And so, that's what I did. I just thought of her lovingly, and frequently I sent her loving thoughts. I gave her as much love as I could possibly give when we talked on the telephone, and finally, after a couple of months of "loving therapy," she got sufficiently better to come to the office. As time went on, she improved and her fears and inhibitions began to diminish, though she never did develop any insight. She was too afraid of talking about psychological matters, she said—so over the months and eventually years of treatment, the only thing I ever did was to love her.

This case illustrates the concept that a higher vibration such as Love has a healing effect on a lower vibration—in the patient's case, Fear. This Love is the mechanism of reassurance, and very often we can quiet another person's fears by our mere physical presence and by the loving energy that we project to them and with which we surround them. It is not what we say but the very fact of our presence that has the healing effect.

CHAPTER ONE

OVERVIEW OF THE MAP OF CONSCIOUSNESS

The Map of Consciousness documents the first time that levels of consciousness have ever been calibrated. On this chart we find the entire spectrum of human experience and how to align ourselves for greatest happiness and ultimate freedom. Simply to encounter the Map is an event of great fortune, for certain pieces of information jump our consciousness enormously just to hear about them.

UNDERSTANDING CONSCIOUSNESS CALIBRATION

Every person is born with a calibratable level of consciousness, which is an energy field within the infinite field of consciousness. Indeed, everything in the universe constantly gives off an energy pattern of a specific

frequency that remains for all time, and we now have a means by which to calibrate energy fields as to their relative strength, similar to what is done with a light meter.

Stratifications of consciousness have been well known, expressed throughout human history in various schematics (for example, Zen ox-herding pictures), yet this is the first time that the levels of consciousness have been scaled according to their actual energetic power and correlated with specific aspects of human experience. (The emergence of this clinical science of truth is described in *Power vs. Force: The Hidden Determinants of Human Behavior*.)

The technique we use for consciousness calibration is the living clinical science of muscle testing, which utilizes the human nervous system and the energy of life as expressed through the acupuncture energy system as the requisite sensitive biological measuring instrument. (The technique cannot be duplicated by nonliving scientific instruments.) Simply put, in the presence of truth, the body's musculature goes "strong." In contrast, it goes "weak" when confronted with falsehood (which is the absence of truth, not its opposite). This is a rapid response that quickly reveals the degree of truth of anything. Integrity of intention is required to conduct the test accurately.

The Map of Consciousness is a reference guide to the spectrum of consciousness, charting the calibrated levels of energy, similar to how a thermometer measures levels of heat, a barometer measures levels of atmospheric pressure, and an altimeter measures levels of elevation. The measurements are not based on personal opinion or relativistic perception. Because they are stationary, they form an absolute scale. Anything can be calibrated

and placed somewhere along the scale as a number. The number is not a judgment or a moral statement; it simply indicates the gradient of whatever is being measured. One important statement about the infinite field of consciousness is that it represents the Absolute relative to which all else can be calibrated by degrees. Calibrations do not establish truth; they merely confirm it.

Not surprisingly, for example, the energy of Mother Teresa (cal. 710) was very different from that of Adolf Hitler (cal. 40), and most people calibrate somewhere between them. This has been intuitively known, and now we can verify it on a scale. Music, movies, places, belief systems, books, political leaders, ideological positions, animals, intentions—all life—emit an energy that can be calibrated as to its essence and its degree of love and truth.

On the Map of Consciousness, each level of consciousness is calibrated on a logarithmic scale of energetic power (to the base of 10), ranging from 1 to 1,000, where 1 indicates existence, and 1,000, at the top of the Map, indicates the highest level that has ever graced the planet; it is the energy of Jesus Christ, the Buddha, and Krishna. The level of Shame (20) is at the bottom, close to death, and the level of Courage (200) is the critical point of truth and integrity. Love (500) is the gateway to the spiritual domain.

The level of Courage (200) marks the shift from negative to positive energy. It is the energy of integrity, self-honesty, and real empowerment. The levels of consciousness below Courage are antilife (*force*), whereas the levels above it are supportive of life (*power*). We tend to seek out people over the critical level of 200. We say they are “high,” and we appreciate their “positive”

energy. Their environment is safe and clean. Animals are attracted to them. They have a green thumb and positively influence everyone around them. At the level of Courage, the negative feelings have not all disappeared, but there is sufficient energy to handle them, because one has reowned self-adequacy. The fastest way to move from the bottom to the top is by aligning with truth and love.

Eighty-five percent of the world's population calibrates under 200, which accounts for the vast suffering on the planet. Humankind, thankfully, is saved from self-destruction by virtue of the fact that the minority calibrating at positive levels counterbalances the weight of negativity. For example, one individual at the level of Love (500) counterbalances 750,000 individuals below 200. The significance of each person's inner evolution, then, becomes obvious.

Another notable discovery is that family pets calibrate around 245–250, and their nature is benevolent overall, which means we are safer with a cat or dog than with the majority of people on the planet!

(Such findings may hit the reader with “truth shock,” so we will circle back to these data points throughout upcoming chapters by relating them to various contexts of our common human experience. Learning takes place as a result of familiarity, for each exposure allows for integration of information that may have been missed or not understood the first time.)

The average person (if they calibrate over 200, the level of integrity) can verify the numbers on our scale by using the simple method of muscle-testing. Someone can test you by pressing down on your arm while they say, “On a scale from 1 to 1,000, where 1,000 represents

the great Avatars, Courage/Truth is over 100? Over 150? Over 175? Over 200?" At 200, the arm will go weak. As noted in previous publications, these calibrations have been verified worldwide for decades in various countries, in clinical settings, and among different age and cultural groups. (A full explanation of the technique can be found in Appendix A.)

The gist is easy to experience and comprehend. Anything with an energy over 200 makes your muscles go strong, and anything under 200 makes you go weak. Thus we have an instantly available means of discerning truth from falsehood. The body can discern, to the finest degree, the difference between that which is supportive of life and that which is not.

We should not be surprised by this. Living things all react positively to what is life-supportive and negatively to what is life-threatening; this is the fundamental mechanism of survival. Inherent in all life-forms is the capacity to detect change and react correctively—thus, trees become smaller at higher elevations as the oxygen in the atmosphere becomes scarcer. Human protoplasm is far more sensitive than that of a tree. If you use your body as a pendulum, you will notice that you automatically fall forward when holding in mind a truth, and you fall backward when holding in mind a nontruth. "I want to heal" is a statement that can be tested when a person begins therapy. A fall backward indicates a lack of readiness to heal. If they fall forward, indicating the truthfulness of their intention, the prognosis is good.

DATABASE OF CONSCIOUSNESS

Now, to quell my fear that perhaps, despite my best efforts, the reader might not get the essential message of this study, I will spell it out here at the beginning: the individual human mind is like a computer terminal connected to a giant database. The database is human consciousness itself, of which our own consciousness is merely an individual expression but with its roots in the common consciousness of all humankind. The database transcends time, space, and all limitations of individual consciousness. This database is the realm of genius; because to be human is to participate in the database, everyone, by virtue of their birth, has access to genius. The unlimited information contained in the database has now been shown to be readily available to anyone in a few seconds, at any time and in any place. This is indeed an astonishing discovery, bearing the power to change lives, both individually and collectively, to a degree never yet anticipated.

The great Swiss psychoanalyst C. G. Jung (cal. 520), noting the ubiquity of archetypal patterns and symbols, deduced the “collective unconscious,” a bottomless, subconscious pool of all the shared experiences of the whole human race. We may think of it as a vast, hidden database of human awareness, characterized by powerful, universal organizing patterns. The great promise of the database—tapping into all that has ever been experienced anywhere in time—is its capacity to “know” virtually anything the moment it is “asked.”

This database is the origin of all information obtained sub- or suprarationally, by intuition or premonition,

by divination or dreams, or by “lucky” guess. It is the fountainhead of genius, the well of inspiration, and the source of “uncanny” psychic knowledge. A question cannot be asked unless there is already the potentiality of an answer. The reason for this is that both the question and answer are created out of the same paradigm and, therefore, are exactly concordant. There is no “up” without an already existent “down.” Causality occurs as simultaneity rather than as sequence; *synchronicity* is the term used by Dr. Jung to explain this phenomenon in human experience. As we understand from our examination of advanced physics, an event “here” in the universe does not “cause” an event “there” in the universe. Instead, both appear simultaneously, but perceptual observation puts a causal sequence on it.

By analogy, we scan the evening sky and find pleasure in identifying a favorite constellation. But in reality, there are no such things as constellations. That familiar pattern of what we call stars is made up of points of light originating from totally unrelated sources—some millions of light-years closer or farther away, some even in different galaxies, some actually separate galaxies themselves; many have, millennia since, burned out and ceased to exist. Those lights have no spatial or temporal relationship to each other except what we project onto them. It is not only the shape of a dipper or bear or man but also the very pattern, the “constellation” itself, that is projected onto the sky by the eye of the beholder.

What is the connection between these events, then, if it is not a Newtonian linear sequence of cause and effect? Obviously, the two events are related or connected to each other in some invisible manner—but not

by gravity or magnetism or a cosmic wind or an ether; they are encompassed by an *attractor field* of such magnitude that it includes both events.

Likewise, when schools of fish swim in sync or birds fly in a V formation with their flock, each one is where they are not as a result of their alignment with the others but because they are all attuned to exactly the same attractor field. Thus a fish swimming at one edge of a school will turn instantaneously in sync with its fellows when they are fleeing a predator, even from a quarter mile's distance.

The existence of a nonlinear, interconnected database of consciousness may be difficult to comprehend at first, but we will circle around this territory in several different ways so that, in the end, you will have not only grasped the reality of consciousness but also realized your vital place within it.

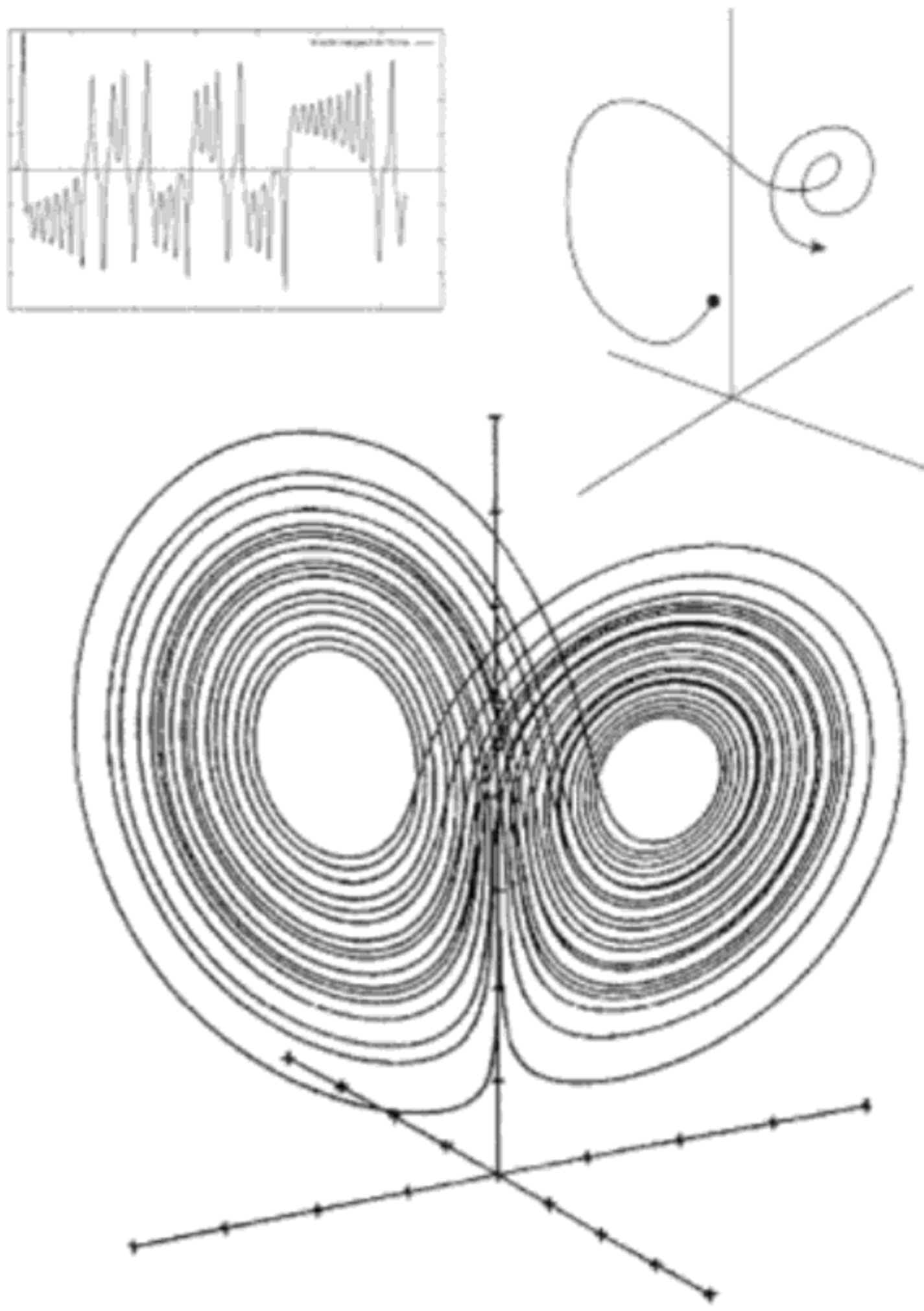
SCIENTIFIC BACKGROUND OF ATTRACTOR PATTERNS

The evolution of this work, which began in 1965, was fostered by developments in numerous scientific fields—of which three were of special importance:

- ◆ Clinical research on the physiology of the nervous system and the holistic functioning of the human organism resulted in the development in the 1970s of the new science of *kinesiology*.

- ◆ Meanwhile, in the technological arena, computers were being designed that were capable of millions of calculations in milliseconds, making possible the new tools of artificial intelligence. This abrupt access to formerly inconceivable masses of data begat a revolutionary perspective on natural phenomena: *chaos theory*.
- ◆ Simultaneously, in the theoretical sciences, quantum mechanics led to advanced theoretical physics; through associated mathematics, a whole new study of *nonlinear dynamics* emerged, which verified that there really is no chaos in the universe; the appearance of disorder is merely a function of the limits of perception.

Attractor is the name given to an identifiable pattern that emerges from a seemingly unmeaningful mass of data. There is a hidden coherence in all that appears incoherent. This inner coherence was first demonstrated in nature many decades ago by Edward Lorenz, the MIT mathematician and meteorologist who studied computer graphics derived from weather patterns over long courses of time. What appeared on the surface to be chaotic, disconnected phenomena turned out in actuality to have a coherent pattern, noted in the attractor pattern he identified, now known as “Lorenz’s Butterfly.”



Lorenz demonstrated the interrelatedness of seemingly unrelated phenomena, such that small changes can have very large effects. As he put it, the flap of a butterfly's wings might ultimately become a tornado. This was his famous "butterfly effect," a discovery that challenged Isaac Newton's "clockwork universe," the conventional, deterministic view of nature at the time. Lorenz's findings revolutionized the understanding of phenomena, which emerge as a consequence of interacting attractor patterns, not linear causality.

Most important to our research is the discovery that some attractor patterns are very powerful (Willingness, for instance, or Love) and others are much weaker

(Guilt or Anger, for example). There is a *critical point* that differentiates the two distinct classes. This phenomenon of consciousness is parallel and corollary to the high- and low-energy bonds in the mathematics of the chemical bond.

A *field of dominance* is exhibited by high-energy patterns in their influence over weaker ones. This may be likened to the coexistence of a small magnetic field within the much larger, more powerful field of a giant electromagnet. The phenomenological universe is the expression of the interaction of endless attractor patterns of varying strengths.

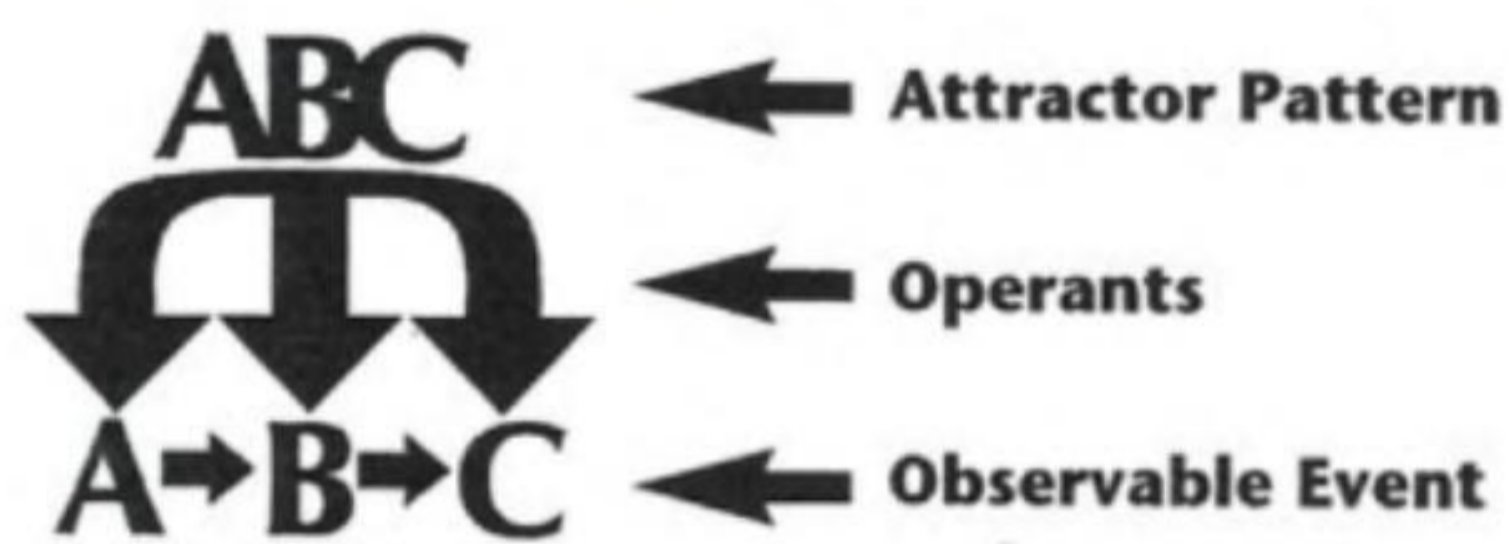
Causality, within the observable world, has conventionally been presumed within the Newtonian paradigm to work in the following manner:

$$A \rightarrow B \rightarrow C$$

This is called a deterministic linear sequence—like billiard balls sequentially striking each other. The implicit presumption of the Newtonian paradigm is that *A* causes *B* causes *C*. In this scheme of material determinism, nothing is inherently free, but only the result of something else. It is thereby limited; what this system really defines is the world of *force*. Force *A* results in force *B*, which is then transmitted to force *C* with consequence *D*. *D*, in turn, becomes the beginning of another series of chain reactions, ad infinitum. This is the left-brain world, mundane and predictable. It is the limited Newtonian paradigm (cal. 450) from which the conventional sciences operate: familiar, controllable, but uncreative—determined, and therefore limited, by the past. It is not the world of genius, but to many it feels safe. It is the world of productivity and practicality. To

creative people, however, it seems pedestrian, prosaic, uninspiring, and limiting.

Strikingly, our research indicates that causality actually operates in a completely different manner, in which the *attractor pattern* complex “ABC” splits through its “operants” and is expressed instead as the seeming sequence “A, then B, then C” of perception.



From this diagram we see that the source (ABC), which is the unobservable attractor pattern, results in the visible sequence $A \rightarrow B \rightarrow C$, which is an observable phenomenon within the measurable three-dimensional world. The typical problems the world attempts to deal with exist on the observable level of $A \rightarrow B \rightarrow C$. But our work is to find the *inherent attractor pattern*, the ABC out of which the $A \rightarrow B \rightarrow C$ seems to arise. This description of how the universe works is in accord with the theories of physicist David Bohm (cal. 505), who has described a holographic universe with an invisible implicate (“enfolded”) and a manifest explicate (“unfolded”) order.

We see that the concept ABC, which is within the invisible, enfolded universe, will activate emergence into the visible world to result in the sequence, $A \rightarrow B \rightarrow C$. Thus, the visible world is created from the invisible world, and is therefore influenced by the future. The capacity of the invisible concept to materialize is based

on the *power* of the original concept itself. The more an inner ABC is aligned with the universal principles of life, the more effective its $A \not\approx B \not\approx C$ in the outer world.

In this simple diagram, the operants transcend both the observable and the nonobservable; we might picture them as a rainbow bridging the deterministic and the nondeterministic realms.

Therefore, nothing occurs in the world that is not first conceived “in here.” The idea of constructing the world’s tallest building produced an invisible concept, which eventually became the Empire State Building within the visible world. All expressions “out there” arise first from “within here.” This scientific insight corresponds with the view of reality experienced throughout history by enlightened sages, who have evolved beyond consciousness to the state of pure awareness. Consciousness itself is the key to the sought-for “unified field theory of everything” (statement calibrates at 1,000).

Certain concepts and values have much greater power than others. An ABC may be either a high-energy attractor or a low-energy attractor. Simply stated, powerful attractor patterns make the body go strong, and weak patterns make the body go weak. If you hold forgiveness in mind, your arm will be very strong in the clinical muscle-test. If you hold revenge in mind, your arm will go weak.

For our purposes, it is really only necessary to recognize that *power* is that which makes you go strong, while *force* makes you go weak. Love, compassion, and forgiveness, which may be mistakenly seen by some people as submissive, are in fact profoundly empowering. Revenge, judgmentalism, and condemnation, on the other hand, inevitably make you go weak. Therefore, regardless of

moral righteousness, it is a simple clinical fact that in the long run, the weak cannot prevail against the strong. That which is weak falls of its own accord.

All the great teachers throughout the history of our species have merely taught one thing, over and over, in whatever language, at whatever time. All have said, simply: *Give up weak attractors for strong attractors.*

Attractors are organizing principles, and organizing principles have different levels of power. This is one of the secrets of the success of powerful people. Their entire lives are automatically and effortlessly organized by their complete and total alignment to very high and powerful principles.

Applications of Attractors

We now understand how Mahatma Gandhi, a 90-pound quiet man wearing only a dhoti, defeated the British Empire. It is very simple. Gandhi was totally organized in everything he thought, did, felt, and expressed, by the universal principle that everyone is equal by virtue of the divinity of their creation, with intrinsic human rights. Comparatively, the British Empire was coming from a limited principle of what was only good for the advantage of its own political aims; therefore, its self-centered attractor was overpowered by the universal attractor that was activating Mahatma Gandhi. What played out historically in India was merely the outer expression of the less powerful attractor having to conform to a more powerful attractor (in accordance with “fields of dominance”).

There is great power in a principle such as love. We know the truth of this from our own human experiences—that out of love we would do things and take risks that would be ridiculous from a logical viewpoint. We have experienced this in the matter of personal vendettas. We resent someone for a lifetime for something that we always held was vicious and unfair of them to do. Then one day while we are out gardening, it suddenly strikes us how sad it was for that person to be so limited at the time. They had to come out of such fear to be that way. Suddenly, the compassion of understanding opens up a powerful attractor. In one split second the unresolvable is instantly resolved. Not only is the unpardonable pardoned but we realize that there was nothing to pardon in the first place, except that the person was guilty of humanness. Once we own our own humanness, it is simple to forgive other people theirs. The more frequently we do this, the more effortless it becomes.

Obviously the one attractor pattern that dominates all of us is the attractor pattern of life itself. Just as nothing in our universe can escape the influence of gravity, either the principles upon which we operate coincide with the attractor pattern of life itself or they do not. Power comes from aligning with the dominant attractor patterns that are aligned with that which supports life.

Contemplating the Map of Consciousness reverses the world's understanding of cause and effect. In this respect, the Declaration of Independence can provide a rewarding study. This document calibrates very high, at about 700. If one goes through it sentence by sentence, the source of its power appears: the concept that all are equal by virtue of the divinity of their creation, and human rights are intrinsic to human creation and

therefore inalienable. Interestingly enough, this is the same concept that was the source of Mahatma Gandhi's power. This very powerful ABC accounts for the success of the United States as a democracy on the observable level of $A \neq B \neq C$. If the reference to Divinity were removed from the founding document, the calibration would drop considerably.

THE COLUMNS OF THE MAP

- ♦ The center column of the Map consists of the **levels of consciousness** for each energy field, alongside the corresponding logarithmic numerical values. The next chapter describes this center column and details the essence of each level. The present section introduces the other four columns found to the left and right of the levels of consciousness on the Map. They indicate key aspects in human experience that correlate to each level of consciousness: view of God, view of one's self, emotion, and the process going on within consciousness. A later section in the book shows that brain function and rates of happiness are also correlated with level of consciousness.

- ♦ The column on the far-left side of the Map shows the **view of God** at each level of consciousness. Each level has its own understanding of God, a fact that explains the existence of widely different theologies and religious beliefs. A person's view of God has nothing to do with God; rather, their level of consciousness determines the God-view.

At the bottom of the Map, we see the demonic depictions of God, the anthropomorphic projections in which God is punitive, capricious, cruel, and terrifying. In certain books of the Bible and in primitivistic beliefs, God has to be assuaged by sacrificial killing animals and humans. Even today, “end times” predictions abound that describe natural occurrences such as tsunamis as evidence of God’s anger or the fulfillment of some prediction from the Bible. This is the downside of religion and why many people become spiritual and not religious. The fallaciousness of such depictions of God is obvious when we recall that tsunamis, earthquakes, and hurricanes occurred on the planet long before humankind got here! It was a natural disaster that ostensibly wiped out the dinosaurs. So, was God angry at the dinosaurs? Such views of God are obviously negative projections from the human ego.

At higher levels of consciousness, God is viewed as benevolent, wise, infinitely loving, and merciful. From these levels, God is realized to be the source of love, of oneness, of all-being-ness. Finally, Divinity itself shines forth in all things, at which point *Gloria in Excelsis Deo* (Glory to God in the Highest) is all that can be said.

♦ The Map also has a column for one’s own **life-view**. Those at a low level of consciousness hate themselves, and they project their hatred onto the world, seeing evil everywhere. As you move up the scale, your view of yourself and your life becomes more and more positive, and finally you are comfortable with yourself. “Be as you are” calibrates at 590, the level of consciousness of Joseph Merrick, the so-called Elephant Man, who, because of a bone disease, became extremely disfigured.

Despite taunting, ridicule, and social rejection, his attitude and demeanor were described as truly saintly. He was gentle, forgiving, nonreactive, and compassionate, even in the face of the basest ignorance. His uniqueness implies that his singular life symbolized spiritual possibility under even extreme conditions. Notably, he ignored the temptations of self-pity, victimhood, resentment, and hatred of his tormentors. At calibration level 590, he stood at the doorway of Enlightenment and was at peace with himself and the world.

A benign view of yourself is an important step, as it affirms the truth that you are doing the best you can. In fact, every human from moment to moment is always doing the best they can. Nothing else is possible except as a hypothetical mentation. From a negative energy field, people hypothesize impossible ideals for themselves and then go into guilt or self-punishment if they fall short of them. The self-satisfaction of Neutrality (250) offers considerable relief from the negative self-talk and immobilizing self-doubts experienced in the lower levels. People who operate at an integrous level overall may find that there is a certain area of life where they suffer a negative self-view, and it can be very liberating to let go of the resistance. For example, the woman who lets go of her negative body image is freed from the constant drain of comparing herself to other women. The man who overcomes his fear of public speaking is freed into new areas for career advancement and self-expression.

♦ To the right of the list of levels are the **emotions** associated with each specific level. These are the classic stages found in perennial philosophy, psychoanalysis, and various religious traditions. Under 200, we find

what psychoanalysis terms the “emergency” emotions, and over 200 are the “welfare” emotions. All lower emotions are limitations and blind us to the reality of our true Self.

Resisting a negative emotion keeps you stuck. If you are willing to let go of negative emotions, you get freer and move up the scale, eventually experiencing predominantly positive feelings. At the very top of the scale, there occurs the realization of one’s true Self and the varying levels of Illumination. The main importance of this is to note that, as one gets higher and freer, what the world calls spiritual awareness, intuition, and growth of consciousness occur. That which is impossible to see or experience at lower levels of consciousness becomes self-evident and glaringly obvious at higher levels of consciousness. For example, when one is in the grips of Desire (cal. 125), one cannot imagine that Serenity (cal. 540) could ever be possible. Yet for the person who has recovered from addiction, Serenity is a daily reality.

It is well to remember that the emotional correlates of the energy fields of consciousness are rarely manifested as pure states in an individual. A person may operate on one level in a given area of life and on quite a different level in another area of life. An individual’s overall level of consciousness is the sum total effect of all the various levels operating within their life.

♦ Farther to the right shows the **process going on within consciousness itself**. On the level of Pride, for example, inflation is the process going on within consciousness and is of particular danger in our society, with the contentious narcissism of “I’m right” (at both ends of the political spectrum) and the ego inflation

of the megalomaniac who leads the masses to their deaths. This phenomenon can be observed historically in the case of Napoleon, whose level of consciousness started out quite high, at 450, as a very good tactician and genius at mathematics and other accomplishments. Then suddenly, when he crowned himself emperor, his level dropped below 200. The Pope had always crowned the heads of Europe, but Napoleon crowned himself—the ultimate self-inflation! In that instant, his calibrated level went from 450 to 175. When he faced the Duke of Wellington (cal. 420) at Waterloo, Napoleon's intention was at 75 and thus he was defeated. The same thing happened with Hitler, who dropped from 430 to 40. When megalomania hits a leader, the populace is not aware that it has happened. In the beginning, Hitler's programs advanced society—*autobahn* and so forth. Then suddenly he crashed, and the monster emerged. What had been a great benefactor became the great killer of society.

The Map of Consciousness, therefore, casts new light on the progress of history. An important distinction for our purpose is that between *force* (energy below 200) and *power* (energy above 200). We can, for example, investigate a historical epoch such as the end of British colonialism in India. As touched on earlier, the position of the British Empire at the time (cal. 175)—which was one of inflation, self-interest, and exploitation—was, we find, below the critical level of 200 on the Map of Consciousness. The motivation of Mahatma Gandhi (cal. 760) was near the top of the Map. Gandhi was victorious in this struggle because his position was one of far greater power. He was aligned with the universal principle of Truth: that all people are created equal by God

with the inherent right to self-determination. The British Empire represented force, and whenever force meets power, force is eventually defeated.

Throughout history, all the world's great religions and spiritual disciplines have been concerned with techniques to ascend through these levels of consciousness. Most have also implied, or specifically stated, that to move up this ladder is an arduous task and that success depends on having a teacher (or at least teachings) to give specific instruction and inspiration to the aspirant, who might otherwise despair over this inability to achieve the goal unaided. Hopefully, the Map will help to facilitate this ultimate human endeavor.

Q&A

Q: What determines one's level of consciousness?

A: An individual's level of consciousness is determined by the principles they're committed to. To maintain progress in consciousness, there can be no wavering about principle, or the individual will fall back to a lower level. Expediency of "the end justifies the means" is never an adequate justification. If it is wrong to kill another human being, that principle can allow no exceptions, regardless of how emotionally appealing a construct used to justify the exception may be. Gandhi did not waver from his principles; for him, peaceful non-violence was both the means and the end, and he held to the principle of nonviolence in "thought, speech, and action" (Gandhi's phrase).

Q: At what age can a person be calibrated?

A: According to our research, every single entity—at the moment of conception (the spirit enters the body at the third month of gestation)—already has a calibratable level of consciousness.

Q: Doesn't the calibrated Map of Consciousness imply value judgment or merit? Thus, isn't the level of Love (500) better than the level of Reason (400)?

A: The Map does not denote “better than,” which is a projection of the ego. The Map merely denotes position or location that, in turn, denotes associated characteristics. A large tree is not “better than” a small tree. A brick at the bottom of the wall is not “better than” a brick at the top; they are both equally necessary to hold the wall in place. Thus, the consciousness level denotes a locus on a learning curve and a stage of the evolution of consciousness. The joy of life comes from fulfilling one's potentiality at any given level. Each level has its rewards, and they actually feel the same to each person. A life dedicated to God or a higher purpose is endlessly self-fulfilling—whereas, in contrast, a life devoted to personal gain is full of pitfalls and suffering.

Each level is suitable for that which it is. Somebody at 700 is not suitable as a carpenter, is not suitable to run a church, and is not suitable as a president. Most sages at 700 cannot function like that at all. They just sit in their ashram, and people come to say hello as they smile happily back at them. The 200s and the 300s—the builders of the world, the construction workers, the steelworkers, the people who go to work every day—are the backbone

of our society. The 400s is the world of the intellect, with its logic and reasoning, that dominates America. The realm of Love, at 500, is rare, with Unconditional Love, at 540, being extremely rare, and upwards of 540 there's practically nobody. It isn't that 500 is better than 200. It's just that you're in a different space, like being at a different place on a map. Your problem to get from here to there is different if you start off in Albuquerque or if you start off in Denver. You're at a different place, and therefore you're looking at different terrain with different lessons.

Everything is complete just as it is. There's no deficiency anywhere. When you understand the universe, you see everything is going from "complete" to "complete." Everything is complete and perfect right now. Everybody is just completely the perfect manifestation of their total karmic evolution up to this point in time. Everyone serves the whole no matter their condition or level.

Q: What is consciousness calibration?

A: The Map of Consciousness allows us a way of discerning essence as opposed to perception. For example, let's say someone tells you, "I come here out of friendship." If you calibrate him at 190, it's a good idea to search him! He says one thing and may look benign, but in truth, he's up to something else. His intention is not in your best interest. "Wolf in sheep's clothing" is how we might describe such a person.

When we calibrate something according to the Map of Consciousness, we are discerning the level of truth, love, integrity, and benignity in something or someone.

We're interested to know the truth and the essence of the energy field, which is about motive and intention. We get a positive answer if the question has a reality. Consciousness calibration depends on the question and the answer having an equivalent reality. That which is false has no reality within the infinite field of consciousness. Consciousness can only register what exists as true. Therefore, if we ask about something that isn't true, it has no reality, so the arm goes weak. If we test a true statement, the arm stays strong. The personal opinion or perception of the testers are irrelevant. When we utilize the living science of muscle-testing to calibrate the truth of something within the infinite field of consciousness, we are using the mechanism of quantum mechanics to collapse the wave function from potential to actual. When the question matches reality, we get a strong response.

The challenge is to be completely detached from the outcome. Most people have an unconscious attachment to a certain answer, so their testing is not accurate. When I test something, I don't care what the answer is. I only want to know the truth.

Q: Can I calibrate myself?

A: I advise people not to calibrate their own consciousness, because they can't be detached and objective. You'd have to be beyond sainthood to not have a vested interest in knowing your own level of consciousness, so you won't be able to get an accurate result. If you study the Map, you'll see the prevailing emotion and the way you view God and so forth, and this will tell you about where you are. If you hate everyone and you're paranoid,

you're probably not too much into the heart yet! You can also tell where you are by how people respond to you. If people hate you, you've got a problem!

Q: Does one have to believe in God in order to do consciousness calibration or benefit from the Map of Consciousness?

A: Believing in God is not a requirement. As we know from the daily news, so-called believers do all sorts of horrible things in the name of God and calibrate quite low on the Map, due to their intention arising from hatred, guilt, fear, righteousness, and pride. The Buddha himself avoided reference to God because of all the baggage associated with it. He spoke instead of Buddha-nature, which we might also refer to as Truth. Is one devoted to Truth or not? That is what matters in the evolution of consciousness.

I spent many years as a devout atheist, so I have sympathy for the atheist. As an atheist, I was dedicated to getting to the core of the Truth of existence. Thus, I have sympathy for genuine doubt because of its intellectual honesty. If I honestly cannot say that I am able to confirm the believability of a Divinity, then at least I'm being honest, and being honest is the first requirement of integrity on the Map of Consciousness. Then I moved from atheist to agnostic, where one can't say *yes or no*; we might say this is more sophisticated and humble than atheism, because it acknowledges the limitations of the intellect and its inability to transcend linear causality as an explanation for phenomena.

Quantum mechanics is the way out from the restrictive linear domain of the Newtonian paradigm, via

Heisenberg's principle—in which we find the interesting discovery that to observe a thing is already to change the outcome because you've introduced the impact of consciousness itself. The level of consciousness of the observer has a profound effect on what is being observed. One doesn't have to believe in God to agree with this scientific principle.

Doubt and disbelief often presage major leaps of consciousness that may arise consequent to remotivation due to frustration, calamity, or merely maturation and the emergence of wisdom. This has been noted by many people, even saints, who went through major conversion experiences, including the miraculous. One such pathway can involve the loss of early-life religious faith due to catastrophic circumstances, which is then followed by years of seeking for confirmable truth. Such inner exploration is accelerated by the practice of meditation without an associated belief system. Thus, for the nonbeliever, Buddhism is often practical and attractive, as the Buddha taught the Eightfold Path without belief in "God."

Another pathway suitable for the nonbeliever is provided by the ancient Vedas and Upanishads that anticipated the discoveries of quantum mechanics. They also spoke of the Ultimate Reality of the Absolute Principle and the infinite field of consciousness itself as the primordial Reality that is beyond the illusions of perception as well as mentation. The pathway of *Advaita* (nonduality) is the pristine avenue for the integrous search for Truth that excludes all belief systems. (This has been described in detail in prior works, *The Eye of the I and I: Reality and Subjectivity*.) Although nonduality leads to Enlightenment, the study of Vedanta can lead

to overinvolvement in various Indian schools of philosophy that may then become distractive belief systems.

Q: Is it common for individuals to evolve from one level to another during a lifetime?

A: It is possible for isolated individuals to make sudden positive jumps, even of hundreds of points; however, the energy field calibrated for an individual at birth only increases, on the average, by about five points. The majority of people utilize their life experiences to elaborate and express the variations of their native energy field; it is the rare individual who is motivated and manages to move beyond it. Without the exercise of choice, no progression will occur. It is also possible to “crash” to a lower level, as we saw with Napoleon and Hitler. This has occurred in the lives of spiritual teachers who crashed from a high level of consciousness consequent to errors of judgment. They had not been warned of the temptations faced at that level: money, sex, fame, and power over others.

An important element of chaos theory, which is helpful in understanding the evolution of consciousness, is the *law of sensitive dependence on initial conditions*. This refers to the fact that a slight variation over a course of time can have the effect of producing a profound change, much as a ship whose bearing is one degree off compass will eventually find itself hundreds of miles off course. This phenomenon is an essential mechanism of all evolution. Committing to the practice of even one spiritual principle can eventuate, in time, a profound change. Similarly, a single error or falsehood, if repeated often enough, can lead a person (or institution or society) significantly off course.

CHAPTER TWO

THE LEVELS OF CONSCIOUSNESS

The centerpiece of the Map of Consciousness consists of the levels themselves, along with their corresponding numerical values on the calibrated scale of consciousness from 1 to 1,000, where 1 is existence and 1,000 is the highest level of Truth that occurs on the planet.

It is very important to remember 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 10th power (10^{300}). Therefore, an increase of even a few points represents a major advance in power; the rate of increase in power as we move up the scale is enormous.

All levels below 200 come from *force* and are destructive of life in both the individual and society at large; in contrast, all levels above 200 are constructive expressions of *power*. The decisive level of 200 is the *critical factor point*, the fulcrum that divides the general areas of force (or falsehood) from power (or truth).

Each one of these levels has its own paradigm of reality and values that define what is acceptable within its own domain. For example, in the energy fields under 200, it makes sense to nurse hatreds, cheat buyers, and kill the enemy. Indeed, in certain subcultures, if you fail to carry out a revenge killing, you risk your own life. Yet, in the energy fields over 200, such actions would not even occur to you. In the domain of Reason (400s), love and prayer and other spiritual realities cannot be proved with logic, yet in the domain of Love (500s), the truth of them is subjectively convincing beyond a shadow of a doubt.

ENERGY LEVEL 20: *SHAME*

The level of Shame is perilously proximate to death, which may be chosen out of Shame as conscious suicide or more subtly elected by failure to take steps to prolong life, as in “passive suicide.” Death by avoidable accident is common. We all have some awareness of the pain of “losing face,” becoming discredited, or feeling like a “nonperson.” In Shame, people hang their heads and slink away, wishing they were invisible. Banishment is a traditional accompaniment of shame, and in the primitive societies from which we all originate, banishment is equivalent to death.

Early life experiences such as sexual abuse, which lead to Shame, warp the personality, often for a lifetime, unless these issues are resolved by therapy. Shame, as Freud determined, produces neurosis. It is destructive to emotional and psychological health and, as a consequence of low self-esteem, makes one prone to the

development of physical illness. The Shame-based personality is shy, withdrawn, and introverted.

Shame is also used as a tool of cruelty, and its victims often become cruel themselves. Shamed children are cruel to animals and cruel to each other. The behavior of people whose consciousness level is only in the 20s is dangerous. They are prone to hallucinations of an accusatory nature, as well as paranoia; some become psychotic or commit bizarre crimes.

Some Shame-based individuals compensate by perfectionism and rigidity, and often become driven and intolerant. Notorious examples of this are the moral extremists who form vigilante groups, projecting their own unconscious shame onto others whom they then feel justified in righteously attacking or killing. Serial killers have often acted out of sexual moralism, with the justification of punishing so-called bad women.

Because it pulls down the whole level of one's personality, Shame results in a vulnerability to the other negative emotions and, therefore, often produces false Pride, Anger, and Guilt.

ENERGY LEVEL 30: *GUILT*

Guilt, so commonly used in our society to manipulate and punish, manifests itself in a variety of expressions, such as remorse, self-recrimination, masochism, and the whole gamut of symptoms of victimhood. Unconscious Guilt results in psychosomatic disease, accident-proneness, and suicidal behaviors. Many people struggle with Guilt their entire lives, while others

desperately attempt escape by amorally denying Guilt altogether.

Guilt domination results in a preoccupation with “sin,” an unforgiving emotional attitude frequently exploited by religious demagogues, who use it for coercion and control. Such “sin-and-salvation” merchants, obsessed with punishment, are likely either acting out their own guilt or projecting it onto others.

Subcultures displaying the aberration of self-flagellation often manifest other endemic forms of cruelty, such as the public, ritual killing of humans or animals. Guilt provokes rage, and killing frequently is its expression. Capital punishment is an example of how killing gratifies a Guilt-ridden populace.

ENERGY LEVEL 50: *APATHY*

This level is characterized by poverty, despair, and hopelessness. The world and the future look bleak; pathos is the theme of life. Apathy is a state of helplessness; its victims, needy in every way, lack not only resources but also the energy to avail themselves of what resources may be available. Unless external energy is supplied by caregivers, death through passive suicide can result. Without the will to live, the hopeless stare blankly, unresponsive to stimuli, until their eyes stop tracking and there is not even enough energy left to swallow proffered food.

This is the level of the homeless and the derelicts of society; it is also the fate of many of the aged and others who become isolated by chronic or progressive diseases. The apathetic are dependent; people in

Apathy are “heavy” and are felt to be a burden by those around them.

Too often, society lacks sufficient motivation to be of any real help to cultures, as well as individuals, at this level, who are seen as drains on resources. This is the level of the streets of Kolkata, where only the saintly such as Mother Teresa and her followers dare to tread. Apathy is the level of the abandonment of hope, and few have the courage to really look it in the face.

ENERGY LEVEL 75: *GRIEF*

This is the level of sadness, loss, and despondency. Most people have experienced it for periods of time, but those who remain at this level live a life of constant regret and depression. This is the level of chronic mourning, bereavement, and remorse about the past; it is also the level of habitual losers and those chronic gamblers who accept failure as part of their lifestyle, often resulting in loss of jobs, friends, family, and opportunity, as well as money and health.

Major losses in early life make one later vulnerable to passive acceptance of grief, as though sorrow were the price of life. In Grief, one sees sadness everywhere: the sadness of little children, the sadness of world conditions, the sadness of life itself. This level colors one’s entire vision of existence. Part of the syndrome of loss is the notion of the irreplaceability of what has been lost or that which it symbolized. There is a generalization from the particular so that the loss of a loved one is equated with the loss of love itself. At this level, such emotional losses may trigger a serious depression or death.

Although Grief is the cemetery of life, it still has more energy to it than Apathy does. Thus, when a traumatized, apathetic patient begins to cry, we know they are getting better. Once they start to cry, they will begin to eat again.

ENERGY LEVEL 100: *FEAR*

At the level of 100, there is a lot more life energy available; fear of danger is actually healthy. Fear runs much of the world, spurring on endless activity. Fear of enemies, of old age or death, of rejection, and a multitude of social fears are basic motivators in most people's lives.

From the viewpoint of this level, the world looks hazardous, full of traps and threats. Fear is the favored official tool for control by oppressive totalitarian agencies and regimes, and insecurity is the stock-in-trade of major manipulators of the marketplace. The media and advertising play to Fear to increase market share.

The proliferation of fears is as limitless as the human imagination; once Fear becomes one's focus, the endless fearful events of the world feed it. Fear becomes obsessive and may take any form: fear of loss of relationship leads to jealousy and a chronically high stress level. Fearful thinking can balloon into paranoia or generate neurotic defensive structures and, because it is contagious, become a dominant social trend.

Fear limits growth of the personality and leads to inhibition. Because it takes energy to rise above Fear, the oppressed are unable to reach a higher level unaided.

Thus, the fearful seek strong leaders who appear to have conquered their Fear to lead them out of their slavery.

ENERGY LEVEL 125: *DESIRE*

There is yet more energy available at this level; Desire motivates vast areas of human activity, including the economy. Advertisers play on our desire to program us with needs linked to instinctual drives. Desire moves us to expend great effort to achieve goals or obtain rewards. The desire for money, prestige, or power runs the lives of many of those who have risen above Fear as their limiting, predominant life motif.

Desire is also the level of addiction, wherein desire becomes a craving more important than life itself. The victims of desire may actually be unaware of the basis of their motives. Some people become addicted to the desire for attention and drive others away by their constant demands. The desire for sexual approval has produced entire cosmetics, fashion, and movie industries.

Desire has to do with accumulation and greed. But Desire is insatiable, because it is an ongoing energy field, so that satisfaction of one desire is merely replaced by unsatisfied desire for something else. Multimillionaires remain obsessed with acquiring more and more money.

Desire, however, is a much higher state than Apathy or Grief, obviously. In order to “get,” you have to first have the energy to “want.” TV has had a major influence on many oppressed people, because it inculcates wants and energizes their desires to the degree that they move out of Apathy and begin to seek a better life. Want can start people on the road to achievement. Desire

can, therefore, become a springboard to higher levels of consciousness.

ENERGY LEVEL 150: *ANGER*

Although Anger may lead to homicide and war, as an energy level within itself it is much further removed from death than those below it. Anger can lead to either constructive or destructive action. As people move out of Apathy and Grief to overcome Fear as a way of life, they begin to want; Desire leads to frustration, which in turn leads to Anger. Thus, Anger can be a fulcrum by which the oppressed are eventually catapulted to freedom. Anger over social injustice, victimization, and inequality has created great movements that led to major changes in the structure of society.

But Anger expresses itself most often as resentment and revenge and is, therefore, volatile and dangerous. Anger as a lifestyle is exemplified by irritable, explosive people who are oversensitive to slights and become “injustice collectors,” quarrelsome, belligerent, or litigious.

Since Anger stems from frustrated want, it is based on the energy field below it. Frustration results from exaggerating the importance of desires. The angry person may, like a frustrated infant, go into a rage. Anger leads easily to hatred, which has an erosive effect on all areas of a person’s life.

ENERGY LEVEL 175: *PRIDE*

Pride, which calibrates at 175, has enough energy to run the United States Marine Corps. It is the level aspired to by the majority of our kind today. People feel positive as they reach this level, in contrast to the lower energy fields. This rise in self-esteem is a balm to all the pain experienced at lower levels of consciousness. Pride looks good and knows it; it struts its stuff in the parade of life. Pride is at a far enough removal from Shame, Guilt, or Fear that to rise, for instance, out of the despair of the ghetto to the pride of being a Marine is an enormous jump. Pride, as such, generally has a good reputation and is socially encouraged, yet as we see from the chart of the levels of consciousness, it is sufficiently negative to remain below the critical level of 200. This is why Pride feels good only in contrast to the lower levels.

The problem, as we all know, is that “Pride goeth before a fall.” Pride is defensive and vulnerable because it is dependent upon external conditions, without which it can suddenly revert to a lower level. The inflated ego is vulnerable to attack. Pride remains weak because it can be knocked off its pedestal back into Shame, which is the threat that fires the fear of loss of pride.

Pride is divisive and gives rise to factionalism; the consequences are costly. Man has habitually died for Pride; armies still regularly slaughter each other for that aspect of pride called nationalism. Religious wars, political terrorism and zealotry, and the ghastly history of the Middle East and Central Europe are all the price of Pride, which all society pays.

The downside of Pride, therefore, is arrogance and denial. These characteristics block growth; in Pride,

recovery from addictions is impossible, because emotional problems or character defects are denied. The whole problem of denial is one of Pride. Thus Pride is a very sizable block to the acquisition of real power, which displaces Pride with true stature and prestige.

ENERGY LEVEL 200: *COURAGE*

At the 200 level, power really first appears. When we test subjects at all the energy levels below 200, we find, as can be readily verified, that they all go weak. Everyone goes strong in response to the life-supportive fields above 200. This is the critical level that distinguishes the positive and negative influences of life. At the level of Courage, an attainment of true power occurs; therefore, it is also the level of empowerment. This is the zone of exploration, accomplishment, fortitude, and determination. At the lower levels, the world is seen as hopeless, sad, frightening, or frustrating; but at the level of Courage, life is seen to be exciting, challenging, and stimulating.

Courage implies the willingness to try new things and deal with the vicissitudes of life. At this level of empowerment, one is able to cope with and effectively handle the opportunities of life. At 200, for instance, there is the energy to learn new job skills. Growth and education become attainable goals. There is the capacity to face fears or character defects and to grow despite them; anxiety also does not cripple endeavor as it would at the lower levels of evolution. Obstacles that defeat people whose consciousness is below 200 act as

stimulants to those who have evolved into the first level of true power.

People at this level put back into the world as much energy as they take; at lower levels, populations, as well as individuals, drain energy from society without reciprocating. Because accomplishments result in positive feedback, reward and esteem become progressively self-reinforcing. This is where productivity begins. The collective level of human consciousness remained at 190 for many centuries and, curiously, only jumped over 200 in the 1980s.

ENERGY LEVEL 250: *NEUTRALITY*

Energy becomes very positive as we get to the level that we have termed Neutral, because it is epitomized by release from the positionality that typifies lower levels. Below 250, consciousness tends to see dichotomies and to take on rigid positions, an impediment in a world that is complex and multifactorial rather than black-and-white.

Taking such positions creates polarization, and polarization in turn creates opposition and division. As in the martial arts, a rigid position becomes a point of vulnerability; that which does not bend is liable to break. Rising above barriers or oppositions that dissipate one's energies, the Neutral condition allows for flexibility and nonjudgmental, realistic appraisal of problems. To be Neutral means to be relatively unattached to outcomes; not getting one's way is no longer experienced as defeating, frightening, or frustrating.

At the Neutral level, a person can say, “Well, if I don’t get this job, then I’ll get another.” This is the beginning of inner confidence; sensing one’s power, one therefore is not easily intimidated. One is not driven to prove anything. The expectation that life, with its ups and downs, will be basically okay if one can roll with the punches is a typical 250-level attitude.

People of Neutrality have a sense of well-being; the mark of this level is a confident capability to live in the world. This is, therefore, experientially a level of safety. People at this level are easy to get along with and safe to be around and associate with, because they are not interested in conflict, competition, or guilt. They are comfortable and basically undisturbed emotionally. This attitude is nonjudgmental and does not lead to any need to control other people’s behaviors. Correspondingly, because Neutral people value freedom, they are hard to control.

ENERGY LEVEL 310: *WILLINGNESS*

This very positive level of energy may be seen as the gateway to the higher levels. Whereas, for instance, jobs are done adequately at the Neutral level, at the level of Willingness, work is done well and success in all endeavors is common. Growth is rapid; these are people chosen for advancement. Willingness implies that they have overcome inner resistance to life and are committed to participation. Below the 200 calibration level, people tend to be closed-minded, but by level 310, a great opening occurs. At this level, people become genuinely friendly, and social and economic success seem to follow

automatically. The Willing are not really troubled by unemployment, for they will take any job when they have to, or create a career or self-employment for themselves. They do not feel demeaned by service jobs or by starting at the bottom. They are naturally helpful to others and contribute to the good of society. They are also willing to face inner issues and do not have major learning blocks.

At this level, self-esteem is innately high and is reinforced by positive feedback from society in the forms of recognition, appreciation, and reward. Willingness is sympathetic and responsive to the needs of others. Willing people are builders of, and contributors to, society. With their capacity to bounce back from adversity and learn from experience, they tend to become self-correcting. Having let go of Pride, they are willing to look at their own defects and learn from others. At the level of Willingness, people become excellent students. They are easily teachable and represent a considerable source of power for society.

ENERGY LEVEL 350: ACCEPTANCE

At this level of awareness, a major transformation takes place, with the understanding that one is the source and creator of the experience of one's life oneself. Taking such responsibility is distinctive of this degree of evolution, characterized by the capacity to live harmoniously with the forces of life.

All people at levels below 200 tend to be powerless and see themselves as victims, at the mercy of life. This stems from a belief that the source of one's happiness or

the cause of one's problems is "out there." An enormous jump—taking back one's own power—is completed at this level, with the realization that the source of happiness is within oneself. At this more evolved stage, nothing so-called out there has the capacity to make one happy, and love is not something given or taken away by another but created from within.

Acceptance is not to be confused with passivity, which is a symptom of Apathy. This form of Acceptance allows engagement in life on life's own terms, without trying to make it conform to an agenda. With Acceptance, there is emotional calm, and perception is widened as denial is transcended. One now sees things without distortion or misinterpretation; the context of experience is expanded so that one is capable of "seeing the whole picture." Acceptance has to do essentially with balance, proportion, and appropriateness.

The individual at the level of Acceptance is not interested in determining right or wrong but instead is dedicated to resolving issues and finding out what to do about problems. Tough jobs do not cause discomfort or dismay. Long-term goals take precedence over short-term ones; self-discipline and mastery are prominent.

At the level of Acceptance, we are not polarized by conflict or opposition; we see that other people have the same rights as we do, and we honor equality. While lower levels are characterized by rigidity, at this level social plurality begins to emerge as a form of resolution of problems. Therefore, this level is free of discrimination or intolerance; there is the awareness that equality does not preclude diversity. Acceptance includes rather than rejects.

ENERGY LEVEL 400: *REASON*

Intelligence and rationality rise to the forefront when the emotionalism of the lower levels is transcended. Reason is capable of handling large, complex amounts of data and making rapid, correct decisions—of understanding the intricacies of relationships, gradations, and fine distinctions—and expert manipulation of symbols as abstract concepts becomes increasingly important. This is the level of science, medicine, and generally increased capability for conceptualization and comprehension. Knowledge and education are sought as capital. Understanding and information are the main tools of accomplishment, which is the hallmark of the 400 level. This is the level of Nobel Prize winners, great statesmen, and Supreme Court justices. Einstein, Freud, and many of the other great thinkers of history also calibrate here. The authors of the Great Books of the Western World calibrate here.

The shortcomings of this level are the failure to clearly distinguish the difference between symbols and what they represent, and confusion between the objective and subjective worlds that limits the understanding of causality. At this level, it is easy to lose sight of the forest for the trees, to become infatuated with concepts and theories, ending up in intellectualism and missing the essential point. Intellectualizing can become an end in itself. Reason is limited in that it does not afford the capacity for the discernment of essence or of the critical point of a complex issue. And it generally disregards context.

Reason does not in and of itself provide a guide to truth. It produces massive amounts of information and

documentation, but lacks the capability to resolve discrepancies in data and conclusions. All philosophic arguments sound convincing on their own. Although Reason is highly effective in a technical world where the methodologies of logic dominate, Reason itself, paradoxically, is the major block to reaching higher levels of consciousness. Transcending this level is relatively uncommon—by only 4 percent of the world's population.

ENERGY LEVEL 500: *LOVE*

Love as depicted in the mass media is not what this level implies. On the contrary, what the world generally refers to as love is an intense emotionality, combining physical attraction, possessiveness, control, addiction, eroticism, and novelty. It is usually evanescent and fluctuating, waxing and waning with varying conditions. When frustrated, this emotion often reveals an underlying anger and dependency that it had masked. That love can turn to hate is a common concept, but what is being spoken about, rather than Love, is an addictive sentimentality and attachment. Hate stems from Pride, not Love. There probably never was actual Love in such a relationship.

The 500 level is characterized by the development of a Love that is unconditional, unchanging, and permanent. It does not fluctuate, because its source within the person who loves is not dependent on external conditions. Loving is a state of being. It is a way of relating to the world that is forgiving, nurturing, and supportive. Love is not intellectual and does not proceed from the mind. Love emanates from the heart. It has the capacity

to lift others and accomplish great feats because of its purity of motive.

As this level of development, the capacity to discern essence becomes predominant; the core of an issue becomes the center of focus. As Reason is bypassed, there arises the capacity for instantaneous recognition of the totality of a problem and a major expansion of context, especially regarding time and process. Reason deals only with particulars, whereas Love deals with wholes. This ability, often ascribed to intuition, is the capacity for instantaneous understanding without resorting to sequential symbol processing. This phenomenon may sound abstract but is, in fact, quite concrete; it is accompanied by a measurable release of endorphins in the brain.

Love takes no position and thus is global, rising above the separation of positionality. It is then possible to be “one with another,” as there are no longer any barriers. Love is therefore inclusive and expands the sense of self progressively. Love focuses on the goodness of life in all its expressions and augments that which is positive. It dissolves negativity by recontextualizing it rather than by attacking it.

This is the level of true happiness, but although the world is fascinated by the subject of Love, and all viable religions calibrate at 500 or over, it is interesting to note that only 4 percent of the world’s population ever reaches this level of the evolution of consciousness. Only 0.4 percent ever reaches the level of Unconditional Love, at 540.

ENERGY LEVEL 540: *JOY*

As Love becomes more and more unconditional, it begins to be experienced as an inner Joy. This is not the sudden joy of a pleasurable turn of events; it is a constant accompaniment to all activities. Joy arises from within each moment of existence, rather than from any external source; 540 is also the level of healing and of spiritually based self-help groups.

Level 540 and up is the domain of saints, spiritual healers, and advanced spiritual students. Characteristic of this energy field is the capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity. The hallmark of this state is compassion. People who have attained this level have a notable effect on others. They are capable of a prolonged, open visual gaze, which induces a state of love and peace.

At the high 500s, the world one sees is illuminated by the exquisite beauty and perfection of creation. Everything happens effortlessly, by synchronicity, and the world and everything in it is seen to be an expression of love and divinity. Individual will merges into Divine will. A Presence is felt whose power facilitates phenomena outside conventional expectations of reality, termed miraculous by the ordinary observer. These phenomena represent the power of the energy field, not that of the individual.

One's sense of responsibility for others at this level is of a different quality from that shown at the lower levels. There is a desire to use one's state of consciousness for the benefit of life itself rather than for particular individuals. This capacity to love many people simultaneously is

accompanied by the discovery that the more one loves, the more one can love.

The level of revelation in the high 500s, then, opens the way to transfiguration and compassion that lead to ecstasy and the states close to 600. These are states of Bliss and the beginning of states of illumination and Enlightenment. They are often accompanied by feelings of Light. For example, the room lit up when Bill Wilson of Alcoholics Anonymous had his spiritual experience. He said the room was lit by the Infinite Presence (cal. 575). That was the beginning of the approach toward the energy field of 600. The Radiance suffused out into the world as the great worldwide 12-step movement through which AA has brought about the recovery of millions of people.

Near-death experiences, characteristically transformative in their effect, have frequently allowed people to experience the energy level between 540 and 600.

ENERGY LEVEL 600: *PEACE*

This energy field is associated with the experience designated by such terms as *transcendence*, *Self-realization*, and *God-consciousness*. It is extremely rare. When this state is reached, the distinction between subject and object disappears, and there is no specific focal point of perception. Not uncommonly, individuals at this level remove themselves from the world, as the state of bliss that ensues precludes ordinary activity. Some become spiritual teachers; others work anonymously for the betterment of humankind. A few become great geniuses in their respective fields and make major contributions to