

Understanding the Levels of Consciousness

From Power Vs. Force, by Dr. David Hawkins.

Dr. David R. Hawkins, MD, PhD developed a “map” of the levels of human consciousness (also called the Scale of Consciousness) that uses a muscle-testing technique called Applied Kinesiology to document the nonlinear, spiritual realm. The research was scientifically validated and published in Dr. Hawkins’ doctoral dissertation titled Qualitative and Quantitative Analysis and Calibrations of the Level of Human Consciousness, an elaborate discussion of the Scale of Consciousness and its significance as outlined in his groundbreaking book, Power vs. Force: The Anatomy of Consciousness (Veritas Publishing, 1995).

Each level of consciousness coincides with determinable human behaviors and perceptions about life and God. Each level represents a corresponding attractor field of varying strength that exists beyond our three-dimensional reality. There’s a critical point within each level from which its field gravitates (or entrains).

The numbers on the scale represent logarithmic calibrations (measurable vibratory frequencies on a scale which increases to the tenth power) of the levels of human consciousness and its corresponding level of reality. The numbers themselves are arbitrary; the significance lies in the relationship of one number (or level) to another.

Overview

Dr. Hawkins points out that the two greatest spiritual growth barriers seem to be at level 200 and 500. Two hundred, the level of courage, represents a profound shift from destructive and harmful behavior to life-promoting and integrous lifestyles; everything below 200 makes one go weak using kinesiology. Currently, approximately 78% of the world’s population is below this significant level. The destructive capacity of this majority drags down all of mankind without the counterbalancing effect of the 22% above 200. Because the scale of consciousness is logarithmic, each incremental point represents a giant leap in power. As such, one person calibrated at 600 counterbalances the negativity of 10 million people below 200.

The second great barrier is level 500, or Love. Love in this context is a way of being in the world. According to Dr. Hawkins, the reason the level of love is so difficult to achieve is because our ego is so rooted in the physical domain as opposed to the spiritual domain, which emerges at 500.

The 500s represent a very difficult hurdle, as only four percent of the world's population calibrates in the 500s. This level denotes a shift from the linear, provable domain (classic physics or Newtonian physics) to the nonlinear, formless, spiritual realm.

The 400s represent the level of reason, guided by the linear, mechanistic world of form. Interestingly, the top echelon of intellectual genius, including Einstein, Freud, Newton, Aristotle, etc., all calibrated around 499.

A person's level of consciousness remains rather steady through the lifetime. Emotions come and go like the passing wind, but a person's calibratable level is governed by specific energy fields in the nonlinear domain which generally doesn't waver. Over the course of a lifetime, the average person's level will change approximately five points (this is not a statistical derivation, but an average discovered through Dr. Hawkins' kinesiologic research). However, it is possible for an individual (such as a spiritual aspirant) to have his or her level of consciousness jump (or drop) hundreds of points in a single lifetime.

The Levels Described:

Note

The Hawkins scale is arbitrarily from 1-1000. The key level of 200 corresponds to 40 megahertz. We like to keep ourselves clean of energies below 40 mhz. as well as any higher-vibrating energies or resonances that are contributing to physical or emotional grief. I use the Hawkins scale to measure progress from the energy treatment sessions. It is heartening to see clients climb higher and higher, feeling better and better.

Enlightenment 700-1000

This is the highest level of human consciousness where one has become like God. Many see this as Christ, Buddha, or Krishna. These are those who have influenced all of mankind.

Peace 600-700

Peace is achieved after a life of complete surrender to the Creator. It is where you have transcended all and have entered that place that Hawkins calls illumination. Here, a stillness and silence of mind is achieved, allowing for constant revelation. Only 1 in 10 million (that's .00001 percent) people will arrive at this level.

Joy 540-600

This is the level of saints and advanced spiritual people. As love becomes more unconditional, there follows a constant accompaniment of true happiness. No personal tragedy or world event could ever shake someone living at this level of consciousness. They seem to inspire and lift all those who come in contact with them. Your life is now in complete harmony with the will of Divinity and the fruits of that harmony are expressed in your joy.

Love 500-540

Only if, in the level of Reason, you start to see yourself as a potential for the greater good of mankind, will you have enough power to enter here. Here is where you start applying what was learned in your reasoning and you let the heart take over rather than the mind - you live by intuition. This is the level of charity - a selfless love that has no desire except for the welfare of those around them. Ghandi and Mother Theresa are examples of people who were living at this level. Only 0.4 percent of the world will ever reach it.

Reason 400-500

The level of science, medicine, and a desire for knowledge. Your thirst for knowledge becomes insatiable. You don't waste time in activities that do not provide educational value. You begin to categorize all of life and its experiences into proofs, postulates, and theories. The failure of this level is you cannot seem to separate the subjective from the objective, and because of that, you tend to miss the point. You fail to see the forest because you're tunnel-visioned on the trees. Paradoxically, Reason can become a stumbling block for further progressions of consciousness.

Acceptance 350-400

If Courage is the realization that you are the source of your life's experiences, then it is here where you become the creator of them. Combined with the skills learned in the Willingness phase, you begin to awaken your potential through action. Here's where you begin to set and

achieve goals and to actively push yourself beyond your previous limitations. Up to this point you've been generally reactive to what life throws at you. Here's where you turn that around, take control, and become proactive.

Willingness 310-350

Those people around you that are perpetual optimists - this is their level of consciousness. Seeing life as one big possibility is the cornerstone of those operating here. No longer are you satisfied with complacency - you strive to do your best at whatever task you've undertaken. You begin to develop self-discipline and willpower and learn the importance of sticking to a task till the end.

Neutrality 250-310

Neutrality is the level of flexibility. To be neutral, you are, for the most part, unattached to outcomes. At this level, you are satisfied with your current life situation and tend not to have a lot of motivation towards self improvement or excellence in your career. You realize the possibilities but don't make the sacrifices required to reach a higher level.

Courage 200-250

This is the level of empowerment. It is the first level where you are not taking life energy from those around you. Courage is where you see that you don't need to be tossed to and fro by your external conditions. This empowerment leads you to the realization that you are a steward unto yourself, and that you alone are in charge of your own growth and success. This is what makes you inherently human: the realization that there is a gap between stimulus and response and that you have the potential to choose how to respond.

Pride 175-200

According to Hawkins, since the majority of people are below this point, this is the level that most people aspire to. It makes up a good deal of Hollywood. In comparison to Shame and Guilt, one begins to feel positive here. However, it's a false positive. It's dependent upon external conditions such as wealth, position or power. It is also the source of racism, nationalism, and religious fanaticism.

Anger 150-175

As one moves out of Apathy to Grief and then out of Fear, they begin to want. Desire which is not fulfilled leads to frustration which brings us to Anger. This anger can cause us to move out of this level or keep us here.

Desire 125-150

Desire is a major motivator for much of our society. Although desire can be an impetus for change, the downside is that it leads to enslavement to ones appetites. This is the level of addiction to such things as sex, money, prestige, or power.

Fear 100-125

People living under dictatorship rule or those involved in an abusive relationship find themselves at this level. There is a sense of paranoia here, where you think everyone is out to get you. Suspicion and defensiveness are common.

Grief 75-100

Many of us have felt this at times of tragedy in our lives. However, having this as your primary level of consciousness, you live a life of constant regret and remorse. This is the level where you feel all your opportunities have passed you by. You ultimately feel you are a failure.

Apathy 50-75

The level of hopelessness and despair; this is the common consciousness found among those who are homeless or living in poverty. At this level, one has abdicated themselves to their current situation and feels numb to life around them.

Guilt 30-50

Not too far from shame is the level of guilt. When one is stuck in this level, feelings of worthlessness and an inability to forgive oneself are common.

Shame - below 30

At this level, the primary emotion one feels is humiliation. It is where most thoughts of suicide are found. Those who suffer from sexual abuse are often found here.