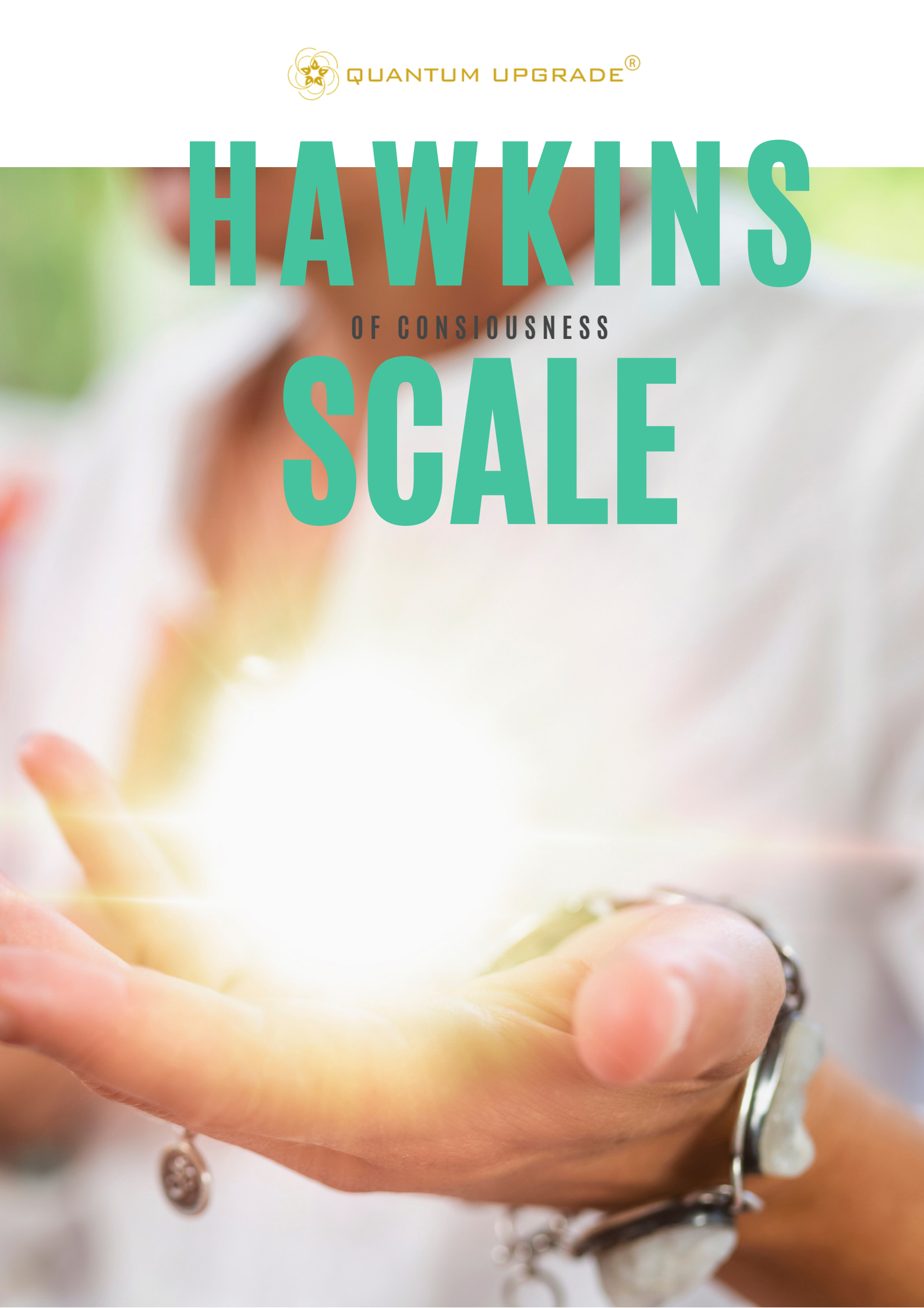


HAWKINS

OF CONSCIOUSNESS

SCALE





When we vibrate at a level of love and joy, we attract people, events, and circumstances that are in harmony with that state of being.

Attract Changes

What if you could attract the perfect job, the perfect life partner, and the perfect house with your mind?

Dr. David Hawkins knew that this was possible. He spent his life studying consciousness and created a logarithmic scale of consciousness as a linear model for a non-linear reality.

Hawkins discusses what he calls attractor fields, which are “magnetic” resonances of consciousness that draw energy towards us. When we vibrate at a level of love

and joy, we attract people, events, and circumstances that are in harmony with that state of being.

Coming from a state of fear, anger, or grief often results in further events and situations reinforcing that state. From this perspective, our game in life can become one of raising our consciousness to draw health, happiness, and success to us, rather than dwelling in a state of discontentment, trying to manipulate the outer world to try to make us happy.

WHAT IS CONSCIOUSNESS?

Consciousness is energy. It's your beliefs, emotions, and thoughts resulting in how you show up in this world. It's how you make choices and decide whether to take action and get results.

During his 20-year research, Dr. Hawkins made over 250,000 calibrations to define a set of values, attitudes, and emotions that correspond to different levels of consciousness. The Map of Consciousness was created using this range of values and a logarithmic scale of 1 to 1,000.

You may ask why some Leela Quantum Tech products and Quantum Upgrade services can be calibrated at even higher levels than 1,000.

The reason: when Hawkins wrote his books and set up the scale, it wasn't possible on the Earth (yet) for any normal living being or physical object to vibrate at higher levels than 1,000. So he also couldn't look beyond this at that time. However, the Earth's energy and consciousness level has significantly shifted since then, which has paved the way for an increased level of consciousness and higher vibrations.

As a matter of fact, the technology we're using calibrates at over 2,200 on the Hawkins Scale. And we know we'll be able to increase that over time as needed.

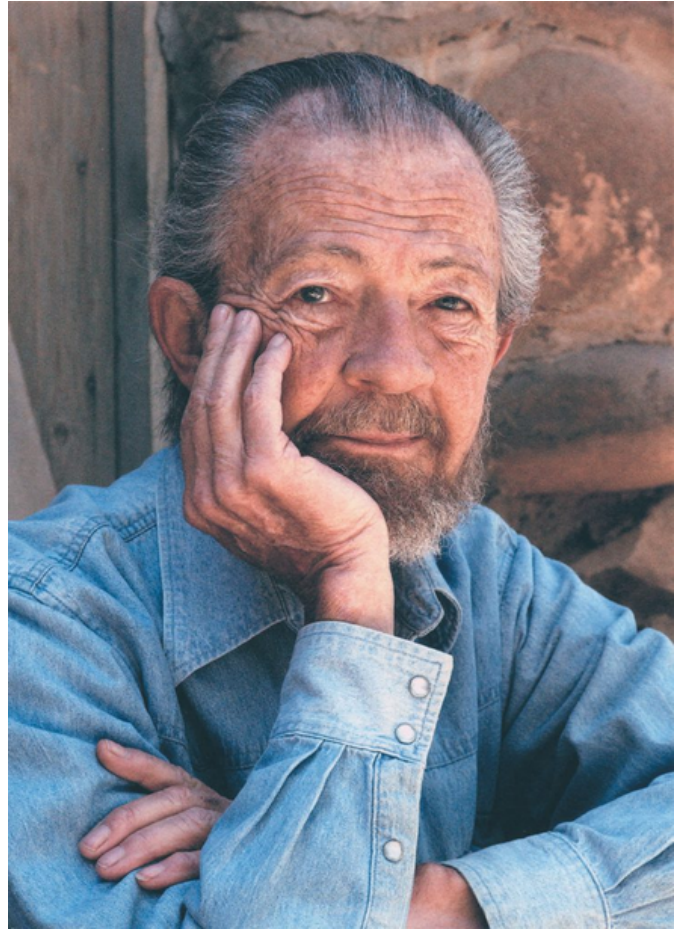
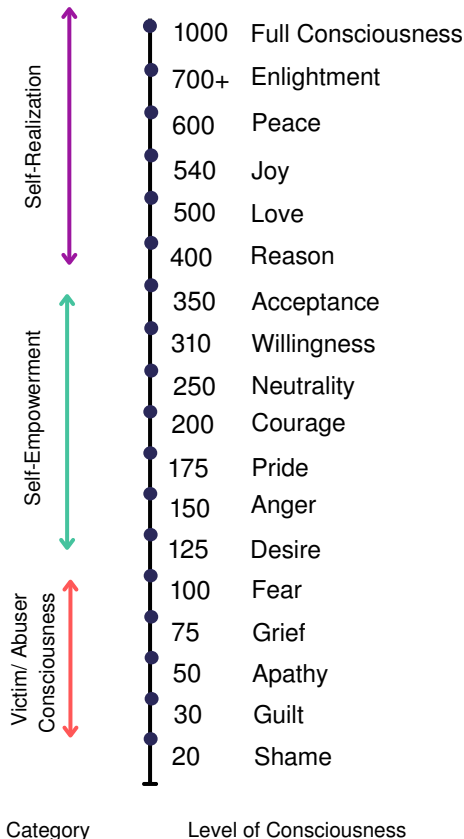


Photo credit

David R. Hawkins, M.D., Ph.D. (1927–2012)



LEVELS OF CONSCIOUSNESS

Dr. David Hawkins' Scale of Human Consciousness is a tool that allows us to understand how our consciousness relates to the world around us and how we can improve ourselves.

Our consciousness is a determinable human behavior and reflects our perceptions about life and spiritual dimensions. Each level corresponds with a certain attractor field of varying strength beyond our three-dimensional reality. There's a critical point within each Level of Consciousness from which its field gravitates (or entrains). The numbers on the scale represent logarithmic calibrations (measurable vibratory frequencies on a scale that increases to the tenth power) of the levels of human consciousness and its corresponding level of reality.

The numbers are arbitrary. The significance lies in the relationship of one number (or level) to another.

**Force can bring satisfaction, but
only power brings joy. Victory over
others brings us satisfaction, but
victory over ourselves brings us joy.**

DAVID R. HAWKINS

*Power vs. Force: The Hidden Determinants of
Human Behavior, author's Official Revised Edition*

Dr. Hawkins' research shows that two of the greatest spiritual growth barriers are at levels 200 and 500. At level 200, one's behavior shifts from destructive and harmful to life-promoting lifestyles; everything below 200 makes one go weak using kinesiology.

According to Hawkins' research, 78% of the world's population is below this significant level.

The majority of people have a level of consciousness that is below 200. This means that most are unconscious and unaware, living in fear, anxiety, anger, and hatred.

This majority would be capable of annihilating humankind 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.

Dr. Hawkins conducted a 29-year study demonstrating that the human body becomes stronger or weaker depending on a person's mental state. His scale from 1-1000 mapped human consciousness, and he used this scale to demonstrate that human consciousness can be mapped onto an all-or-none muscle response stimulus—which means that if you apply a small amount of pressure on an outstretched arm, you can tell whether or not someone has reached higher states of consciousness.

His research is based on a well-established kinesiology science, which has to do with testing an all-or-none muscle response stimulus. A positive stimulus generates a strong muscle response, and a negative stimulus results in a demonstrable weakening of the test muscle. Clinical kinesiological muscle testing as a diagnostic technique has been verified widely over the past 25 years.

Hawkins envisions human consciousness as a ladder of progression with 17 steps:



#1 ENERGY LEVEL 20: SHAME

According to Hawkins, this is one step above death. Shame is a compelling emotion. It's the emotion that tells us we've failed or fallen short of our own expectations. It's something that can drive us to do some pretty crazy things to avoid feeling it.

The level of Shame is perilously proximate to death a kind of conscious suicide affected by failure to take steps to prolong life. Death by avoidable accident is common here. We lose face, hang our heads, and slink away at this level. Some life experiences that lead to shame, such as sexual abuse, shape the personality for the rest of one's life unless they are resolved through therapy. Shame is a cruel tool, and its victims frequently become cruel themselves. Some Shame-based individuals compensate with perfectionism and rigidity, becoming driven and intolerant. Moral extremists who project their own unconscious shame onto others, who they then feel justified in attacking righteously. Since it pulls down the whole level of personality, Shame is vulnerable to other negative emotions such as false pride, anger, and guilt.

#2 ENERGY LEVEL 30: GUILT

Guilt is used to manipulate and punish people for centuries. Many people struggle with guilt their entire lives, while others desperately try to avoid it by denying it completely. Guilt leads to a preoccupation with sin, an unforgiving emotional attitude that religious demagogues frequently exploit for coercion and control. Obsessed with punishment, such sin-and-salvation merchants are most likely acting out their own guilt or projecting it onto others. Guilt incites fury.

#3 ENERGY LEVEL 50: APATHY

When you're at this level, it's not just that you don't have the energy to take care of yourself—it's that you're not even sure why you'd want to.

The world feels bleak and hopeless, and you're surrounded by people who seem to be struggling just as much as you are. You might feel like things aren't worth trying anymore because nothing seems to work out for anyone.

When people reach this stage, they can often start feeling depressed or anxious about their situation.

#4 ENERGY LEVEL 75: GRIEF

This is the level of despair, loss, and reliance. Those who remain here live a life of bereavement, mourning, and remorse for the past, and they accept failure as normal. Despite being the cemetery of life, grief has more energy than Apathy. As a result, when a traumatized, apathetic patient begins to cry, we know they're on the mend. They will eat again once they begin to cry.

#5 ENERGY LEVEL 100: FEAR

Fear runs much of the world—Fear of enemies, old age or death, rejection and many social fears are basic motivators.

Fear is debilitating. It can prevent you from exploring the world and discovering new things, leaving you steady but uninspired. The oppressed seek strong leaders who appear to have conquered their own Fears to lead them out of its slavery.

People living under autocracy or those involved in abusive relationships 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.

#6 ENERGY LEVEL 125: DESIRE

Desire is a much higher state than Apathy or Grief, because in order to 'get,' you must first have the energy to 'want,' which can set us on the path to success.

At this level, there is additional energy available. Desire motivates a wide range of human activities. Desire drives us to exert great effort in order to achieve our goals or obtain rewards. Many people who have risen above Fear as their dominant motif live their lives driven by a desire for money, prestige, or power. Desire is also the level of addiction at which a craving becomes more important than life itself. The desire for sexual approval has given rise to a thriving cosmetics and fashion industry.

#7 ENERGY LEVEL 150: ANGER

According to Dr. Hawkins, Anger can lead to homicide and fights, it's much farther removed from death than the energy levels below it. Anger can motivate either constructive or destructive behavior.

People begin to want as they move out of Apathy and Grief to overcome Fear as a way of life; Desire leads to frustration, which leads to Anger. As a result, Anger can be used as a launchpad for the oppressed to be catapulted to freedom.

Anger is based on the energy field beneath it because it stems from frustrated desire. Exaggerating the importance of desires leads to frustration. Like a frustrated infant, the angry person may erupt go into a rage. Anger easily leads to hatred, which corrodes all aspects of a person's life.

#8 ENERGY LEVEL 175: PRIDE

Pride has enough energy to power any venture. People feel good when they reach this level, as opposed to the lower energy fields. The increase in self-esteem soothes all of the pain felt at lower levels of consciousness.

Pride feels good only in contrast to the lower levels. Pride is defensive and vulnerable because it's dependent upon external conditions, without which it can suddenly revert to a lower level; it can be knocked back to Shame.





#9 ENERGY LEVEL 200: COURAGE

At Level 200, power first appears. This is the energy zone of exploration, 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, the energy to learn new job skills is available.

Growth and education become attainable goals. There's the capacity to face fears or character defects and to grow despite them. Because accomplishments result in positive feedback, self-reward and esteem become progressively self-reinforcing. This is where productivity begins.

#10 ENERGY LEVEL 250: NEUTRALITY

Energy becomes very positive as we approach the Neutral level, which is characterized by a release from the positionality that characterizes lower levels. Below 250, consciousness sees dichotomies and adopts rigid positions, which impedes a complex and multifactorial world rather than black-and-white.

Taking such positions leads to polarization, which leads to opposition and division.

As in 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.

Being neutral means being relatively unattached to outcomes; not getting one's way is no longer experienced as defeating, frightening, or frustrating.

#11 ENERGY LEVEL 310: WILLINGNESS

Level 310 could be viewed as the entry point to higher levels. For example, jobs are done adequately at the Neutral level, but at the Willingness level, work is done well and success in all endeavors is common.

Being willing implies overcoming inner resistance to life and committing to participation. People tend to be closed-minded below 200 calibrations, but by Level 310, a great opening occurs.

Willing isn't concerned about unemployment; they'll take any job when they have to, or create a career or self-employment for themselves; they don't feel devalued by service jobs because their sense of worth comes from within, not from any external trapping—self-esteem is high.

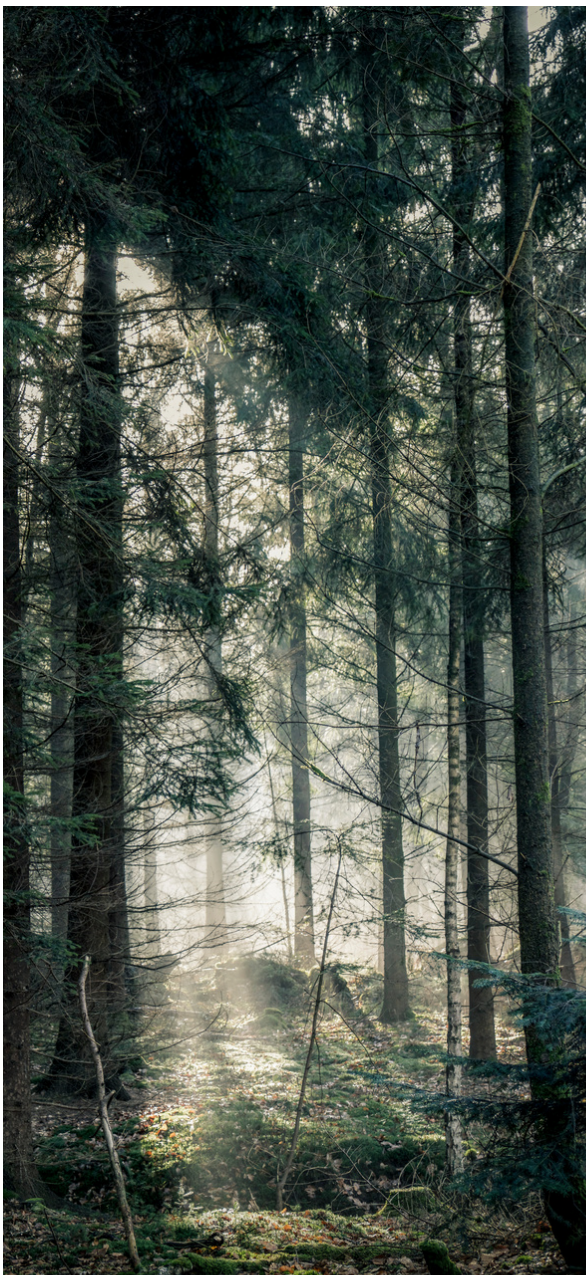
They're willing to look at their flaws and learn from others now that they've let go of their pride.

According to Dr. Hawkins, approximately 78% of the world's population is currently below this significant 200 level.

#12 ENERGY LEVEL 350: ACCEPTANCE

At this level, a significant transformation occurs, with the realization that one is the source and creator of one's own life experience. Taking such responsibility is unique to this level of evolution, which is defined by the ability to live in harmony with the forces of life.

Acceptance implies that we have stopped fighting life and have begun to accept what is; this does not imply that we must accept whatever is imposed; however, until we can change things for the better, we will not rage about how unfair life is, but will accept and learn from what simply is.



#13 ENERGY LEVEL 400: REASON

When the emotionalism of the lower levels is overcome, intelligence and rationality come to the fore. Reason can handle large amounts of complex data and make quick, correct decisions. Knowledge and education are valued as capital in this context. Understanding and information are the primary tools for success.

The danger here is that intellectualizing can become an end in itself, leaving out the important point. Reason does not provide a guide to truth in and of itself. Paradoxically, the lack of Reason is the major impediment to reaching higher levels of consciousness.

#14 ENERGY LEVEL 500: LOVE

The 500 level does not refer to popular ideas about love that are based on emotional neediness. This type of so-called love can appear to "turn to hate" quickly and easily.

The development of virtue and a state of mind that is unconditional, unchanging, and permanent characterizes love at Level 500. It does not change because its source is not affected by external factors. Being in love is a state of being. The core of an issue becomes the focus at this level. As reason is bypassed (and superseded by something even more perceptive), the capacity for instantaneous recognition of the entirety of a problem and a significant expansion of context emerges.

Reason only deals with particulars, whereas Love deals with wholenesses. This ability, which is frequently attributed to intuition, is the ability to understand something instantly without resorting to sequential symbol processing.

Love has no position and thus is global, rising above separation. The negativity is dispelled by giving it a new context rather than attacking it.

#15 ENERGY LEVEL 540: JOY

As Love becomes more unconditional, it begins to manifest as Inner Joy. This is not the sudden joy of a pleasant turn of events that is happiness related to "happenings" of phenomenal existence; instead, it is a constant companion to all activities.

Love is more than a feeling in the 500s. It is a filter through which we perceive life and the world.

#16 ENERGY LEVEL 600: PEACE

Perception at Level 600 is characterized by an infinite silence in the mind, which has stopped conceptualizing. Everything is linked to everything else by a Presence whose power is infinite but exquisitely gentle.

Peace is attained after a life of total surrender to the Creator. It is the point at which you have transcended everything and entered what Hawkins refers to as the state of illumination. Here, mental stillness and silence are achieved, allowing for constant revelation. According to Dr. Hawkins, only 1 in 10 million people (.00001 percent) will reach this level.



"Peace is associated with the experience designated by terms such as transcendence, self-realization, and God-consciousness," writes Dr. Hawkins. "It is extremely rare, with only 1 in 10 million people achieving it. When you reach this state, the distinction between subject and object vanishes, and there is no specific focal point of perception."

#17 ENERGY LEVELS 700-1000: ENLIGHTENMENT

This is the level of the great ones of history who originated the spiritual patterns that multitudes have followed throughout the ages. All are associated with Divinity, with which they are often identified. This is the level of powerful inspiration; these beings set in place attractor energy fields that influence all humankind down through the ages.

At this level, there is no longer the experience of an individual personal self as separate from others; rather, there is an identification of Self with Consciousness and Divinity.

Unmanifest is experienced as Self beyond the mind. This transcendence of the ego also serves by example to teach others how it can eventually be accomplished. This is the peak of the evolution of consciousness in the human realm.

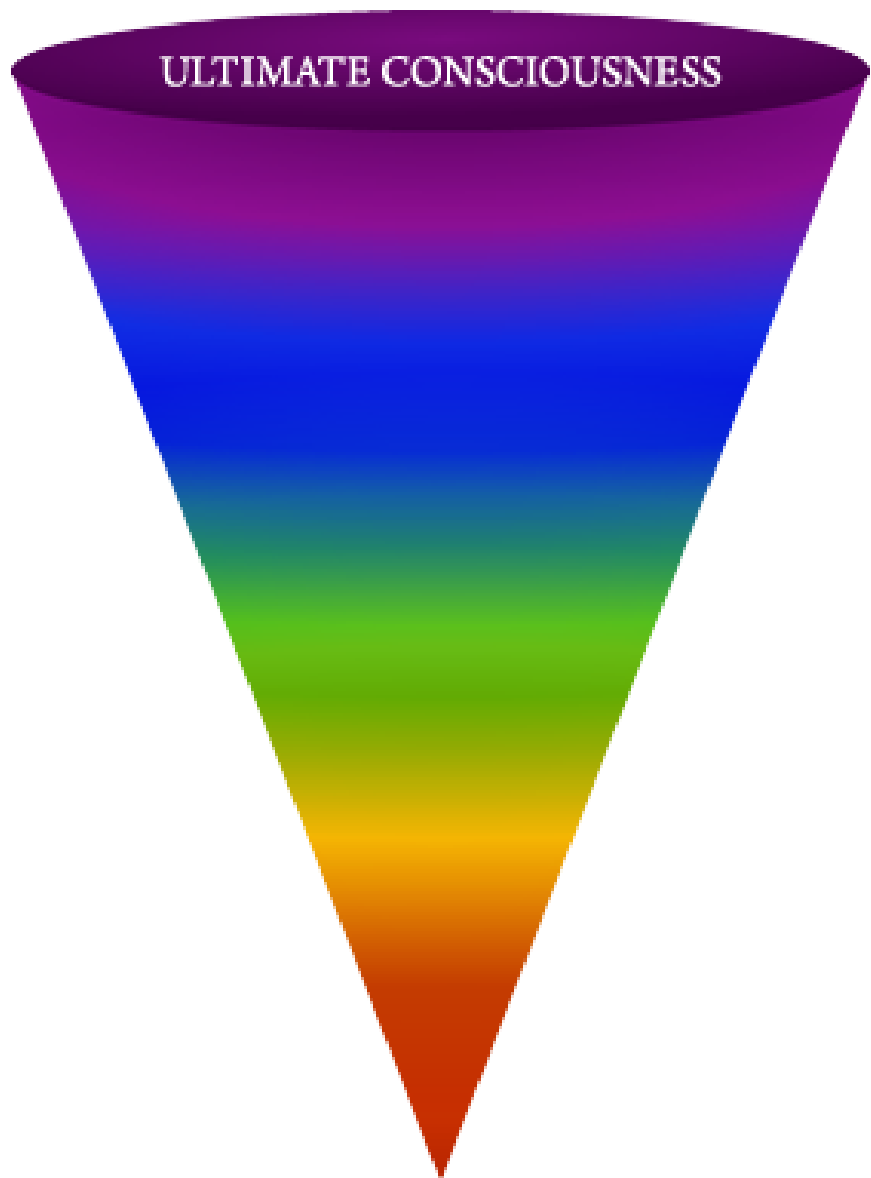
Information credit

The information in this document is based on Dr. David Hawkins' foundational work and references his books 'Power vs Force' & 'The Map of Consciousness Explained'.

THE LEVELS OF CONSCIOUSNESS

by David R. Hawkins

● 700+	Enlightenment
● 600	Peace
● 540	Joy
● 500	Love
● 400	Reason
● 350	Acceptance
● 310	Willingness
● 250	Neutrality
● 200	Courage
● 175	Pride
● 150	Anger
● 125	Desire
● 100	Fear
● 75	Grief
● 50	Apathy
● 30	Guilt
● 20	Shame



Level of Consciousness