

Four Stages of Consciousness

Exploring our capacity for conscious evolution

State	I am...	Focus on...	Experience	*Calibration
Timeless Presence	Supreme Reality "Nothing happens."	Source	Bliss Serenity	700 - 1000
↑ Awake	Witness "Everything just happens – and it is good."	The Mystery of existence	Joy Love Peace	500 - 700
↑ Dream	Agent "I choose to do what is right."	Inner power	Integrity Courage Hope	200 - 500
↑ Nightmare	Victim/ Victor "Life dictates."	Outer forces	Despair Anger Hate Apathy	20 - 200

* These numbers refer to Dr. David Hawkins calibration of consciousness given in the Map of Consciousness as presented in his book, *Power vs. Force*.

The following quotes are from *Power vs. Force*, by Dr. David Hawkins, 2002.

"As we look at the Map of Consciousness it becomes clear that the calibrated levels correlate with specific processes of consciousness – emotions, perceptions, or attitudes, world-views and spiritual beliefs." (p. 67)

"The critical response point in the scale of consciousness calibrates at the level 200, which is the level associated with integrity and courage."

"At the level below 200 the primary impetus is personal survival."

"As one crosses the demarcation between negative and positive influence into Courage, the well-being of others becomes increasingly important."

"The high 500s are characterized by interest in spiritual awareness for both oneself and others, and by the 600s, the good of mankind and the search for enlightenment are the primary goals."

"Reflection on this map can bring about a profound expansion of one's empathy for life in its variety of expressions." (p. 70)

"The Map of Consciousness also casts a new light on the progress of history." (p. 72)

"Over the ages, it's been noted that merely observing the mind tends to increase one's level of consciousness. A mind that's being watched becomes more humble and begins to relinquish its claims to omniscience – a growth in awareness can then take place." (p. 247)