

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
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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

From *Power vs. Force: The Hidden Determinants of Human Behavior* by David Hawkins, MD, PhD. Hay House, 1995.

Using the *Map of Consciousness*, rate each category using the LIFE-VIEW, LEVEL, OR EMOTION descriptors that best describe how you feel most often, overall, regarding that topic. Go with your gut reaction.

Life Area	Life-View/Level/Emotion	Numeric Value
Physical Environment:		
• Your house/apt/condo		
• Your wardrobe		
• Your home organization		
• Your work environment		
Health & Well-Being:		
• Your body		
• Your exercise & diet		
• Your hobbies, creativity, fun		
• Your spiritual practice		
Money & Wealth:		
• Your income		
• Your savings/investments		
• Your career path		
• Your relationship with money		
Relationships:		
• Your significant other		
• Your children/parents/family		
• Your boss/coworkers		
• Your friends/tribe		

The first step to create change or transformation is always AWARENESS. Becoming aware of where you're resonating **overall** and which areas you're resonating **below 200** is a crucial first step.

Using your responses from the exercise, consider the following:

OVERALL, my level of consciousness is _____. This awareness makes me feel

For each area BELOW 200, complete the following:

Area:	Level
Currently, I most often reside in:	
If I could move to the next level, it would be:	
If I moved to that level, I would view everything differently because my "life view" would change to:	
Ideally, if I could move up the scale to a level I really feel good about , it would be:	

If you were living at your **IDEAL LEVEL** for that area of your life, how would your thoughts, feelings and actions change?

Thoughts: _____

Feelings: _____

Actions: _____
