

## COMPASS OF CONSCIOUSNESS

Time & Mind	Essential Qualities	View of God	View of Self	Level	Log Base 10	Feeling	Manifestation	State	Neighborhood
<b>INFINITE</b> Non-Linear/Timeless	<b>BEINGNESS AWARENESS</b> ALL IN ALL / ONENESS	<b>IS</b>	<b>IS</b>	<b>BEINGNESS</b>	<b>1000</b>	<b>BEYOND DESCRIPTION</b>	<b>PURE CONSCIOUSNESS</b>	Plasma Trans-Dimensional	Mystic Island  Illuminated relationships and enterprises
The physical is an aspect of the beyond-physical.		<b>ALLNESS</b>	<b>ONENESS</b>	<b>ENLIGHTENMENT</b>	<b>850</b>	<b>LIGHT / BLISS</b>	<b>RADIANCE / TRANSCENDENCE</b>		
<b>UNIVERSAL MIND</b> Fields of Awareness	<b>MULTI-DIMENSIONAL</b> TRANSPERSONAL	<b>UNITY</b>	<b>UNITY</b>	<b>ILLUMINATION</b>	<b>600</b>	<b>PEACE</b>	<b>TRANSCENDENCE</b>		
<b>One is an aspect of the Whole / Identified with the Whole</b>		<b>ONENESS WITH ALL THAT IS</b>						<b>Change of State</b>	
Semi-Linear Time Semi-Linear Mind No Separation	Cohesive Unity / Wholeness Beauty / Joy / Freedom / Flow Equanimity / Appreciation / Humor	<b>UNITY</b>	Unity	<b>CLARITY / SERENITY</b>	<b>585</b>	Perceiving / Knowing	<b>TRANSFORMATION</b>	Gas  Expanding	Mercy Island  Compassionate relationships and enterprises
Nothing To Forgive Expanding awareness of multiple dimensions. Sees beyond the box.	UNCONDITIONAL LOVE All Embracing / Healing Seeks Healing / Wholeness. Devotion / Reverence / Service	<b>LOVE</b>	Love	<b>UNCONDITIONAL LOVE</b>	<b>540</b>	Open Heart / Compassion	<b>Insight / Opening / Healing</b>		
		Love	Serving Love	Love	<b>500</b>	Inner Light / Truth	<b>Kindness / Gentleness / Caring</b>		
<b>Following Inner Light/Truth With Increasing Awareness</b>		<b>COMMITMENT TO THE WELLBEING OF ALL THAT IS</b>						<b>Change of State</b>	
Linear Mind Linear Time Human Mind	Goal: That which is True Increasing willingness to see things differently.	Truth/Source	Understanding	Knowledge/Reason	<b>400</b>	Discovery / Understanding	Creating / Planning / Evolving	Liquid  Flowing	Good Neighbor Island  Well-Intentioned fair and honest relationships and enterprises
Flowering of creativity, personal growth and rich relationships.	Growing in forgiveness, appreciation and kindness.	<b>Gracious</b>	Harmonious	Acceptance	<b>350</b>	Fulfilling / Accommodating	Balance / Integration		
Increasing sense of cooperation, harmony, deep satisfaction, connection and well-being.	Contributes more to the collective than it uses. Seeks common ground.	<b>Inspiring</b>	Positive	Intention	<b>300</b>	Optimism	Willingness		
	Sees self as fitting into and serving something larger. Seeks to be of positive benefit.	<b>Allowing</b>	Capable	Pragmatic	<b>250</b>	Trust	Flexibility		
		<b>Accepting</b>	Hopeful	Integrity / Courage	<b>200</b>	Commitment / Faith	Empowerment		
<b>Alignment With Greater Good / Higher Purpose</b>		<b>SENSE OF INTEGRITY / TRUTH / PROPORTION</b>				<b>COURAGE TO ALIGN WITH HIGHER GOOD</b>		<b>Change of State</b>	
Monkey Mind Reptile Mind Tends to be driven by intense emotions, in endless cycles of happiness / sadness, wanting / seeking, and gain / loss, and is often on the verge of fight, flight or freeze. Conceptualizes God as anthropomorphic to be cajoled and manipulated, and as capricious, harsh, rigid and judgmental.	Goal: That which I Want Self-Centered-Takes more than it contributes to the collective. Seeks safety, comfort and fulfillment of basic needs and instinctual drives. Seeks happiness outside itself. Upside is brief satisfaction. Downside of the basic drives is enslavement/addiction and fear there won't be enough. Tends to be closed, rigid and unforgiving. Little willingness to see things differently or to change. Deep sense of separation.	<b>Irrelevant</b>	Superior	Pride	<b>175</b>	Pride / Scorn	Inflation / Disproportion	Solid  Dense	Monkey Island  Selfish, needy, short-sighted, constricted, and broken relationships and enterprises  Monster Island  Predatory relationships and enterprises
		<b>Unjust</b>	Right	Anger	<b>150</b>	Angry / Demanding	Force/Aggression/Revolution		
		<b>Arbitrary</b>	Striving	Wanting/Getting	<b>125</b>	Wanting/Craving/Needing	Striving/Seeking/Getting/Taking		
		<b>Distant</b>	Frightened	Fear	<b>100</b>	Worry / Anxiety	Defend / Withdraw / Constrict		
		Uncaring	Tragic	Grief / Sorrow	<b>75</b>	Regret/Loss	Despondency		
		Abandoning	Depressed	Depression	<b>50</b>	Depressed	Unable To Move Forward		
		<b>Punishing</b>	Failure	Guilt / Shame	<b>30</b>	Blame	Brokenness / Destruction		
		<b>Rejecting</b>	Hopeless	Alienation	<b>15</b>	Despair	Negation		
<b>THE DEPTH AND BREADTH OF UNDERSTANDING, THE PERCEPTION OF THE UNDERLYING UNITY OF ALL THINGS, AND THE POWER FOR THE TRANSFORMATION OF INDIVIDUALS AND SOCIETIES IS ALMOST NOTHING AT THE LOWEST LEVELS AND INCREASES TO INFINITY AT THE HIGHEST LEVELS</b>									
<p>Contemplating this chart expands the understanding and transforms the level of consciousness of the one contemplating it.</p> <p>Each row of the spreadsheet is like a pair of glasses through which one may view the world. The view of self, others, the world and of life or God is very different through each set of glasses.</p> <p>Each row may be experienced as a field of energy, which if contemplated for long, begins to entrain one's consciousness to that level.</p> <p>Each level is like a unique neighborhood. One experiences life differently at each level. One perceives different opportunities, makes different decisions and takes different actions at each different level.</p> <p>To experience great personal transformation, focus your attention, as often as possible, upon whatever resonates at the level of consciousness at which you would like to be.</p> <p>The numerical scale, in the central column, represents levels of increasing understanding, perception of underlying unity, and power for transformation.</p> <p>Each number on the scale is 10 X larger than the next. 101 is 10 X greater than 100. 102 is 10 X greater than 100.</p> <p>The above chart was inspired by Dr. David Hawkins' <i>Map of Consciousness</i>, presented in his book, "Power vs. Force."</p> <p>This spreadsheet is a creative synthesis, based on new insights, with major modification, expansion, restructuring, reconceptualization and an easier to understand portrayal of the levels of consciousness.</p>									

## USING THE COMPASS OF CONSCIOUSNESS: NAVIGATING LIFE

**GOING HIGHER** - It is beneficial for those on life's path to understand the different levels of consciousness -- where one was, where one is, and where one is headed -- like having a GPS or a map when one goes on a journey. There are many levels of consciousness. We experience life based on the level we are at. One level will usually predominate, but consciousness fluctuates, enabling each of us to experience higher and lower levels than the predominate one. Occasionally, consciousness will shift greatly and a new level will start to predominate.

At the highest levels of consciousness, the awareness of divine presence, love, clarity, connectedness, and unity shine bright. At the lowest levels life appears dim or dark. Instead of perceiving clarity, harmony, connectedness and unity, one perceives greater and greater confusion, chaos, disconnection and a deep sense of separation. At the highest levels of consciousness, there is far greater depth and breadth of understanding than at the lower levels and vibrant power for the positive transformation of every aspect of human life and experience.

Think of each level of consciousness as a way of seeing the world, as if looking at the world through the lenses of different colored sets of glasses. Imagine putting on a pair of glasses that are tinted dark brown, with a wavy, uneven surface, full of cracks and clouded spots and perceiving the world through that set of glasses every day for the rest of your life, compared to perceiving the world through a pair of perfectly clear lenses. Circumstances, the world, you, other people, life, and God will look completely different when viewed from different levels of consciousness.

You may also think of different levels of consciousness as different fields of energy, which shape the thoughts, feelings, and activities of everything within them. The field of energy of a street gang is different from the field of energy of the designers of a great cathedral. Assembly lines, casinos, mountain tops and churches each have a very different energy field. Energy fields are not limited to geographic locations or to a specific space and time. When one is in a state of peace, joy, ecstasy, optimism, mild anxiety, grief, or deep despair, one is immersed in the energy field of that state. This is why the various states that one experiences seem so all encompassing. Energy fields entrain the fundamental patterns of the emotions, actions and thoughts within them. Within an energy field, thoughts generate emotions, emotions generate more thoughts, which generate emotions and actions, which in turn generate more thoughts, emotions and actions. So, use this to your advantage.

To raise one's level of consciousness, it is simply necessary to focus one's awareness upon a higher level of consciousness than the one upon which it has been focused. One may simply and easily change one's focus of awareness by shifting one's next thought, emotion or action to one that is in alignment with the field of energy or level of consciousness, to which one aspires. In this way, one's attention shifts away from the prior level of consciousness and into the new one. Embrace and be embraced by the energy field of the higher level of consciousness. It is as simple as thinking "What would it feel like to be at this level? What would I be doing right now if I were at this level?" Your energy field will quickly begin to entrain to the vibrational frequency and patterns of the new level of consciousness. This will shift your perception and your experience. You will begin to think thoughts, feel emotions, see opportunities, and take actions that would not have been possible at the lower level of consciousness. Opening to this will result in major transformation, with all facets of one's life being rearranged.

It is important to understand that some parts of the human brain are very ancient. There are remnants of the reptile brain – which makes basic decisions, such as, "Do I eat it, run from it, or mate with it?" There are remnants of the monkey brain, which has a wider range of emotions, a greater capacity for social interaction, and enables a wider range of intelligent behaviors. Not only do these parts exist, but the energy fields associated with them still exist. Next, there are the more modern human parts of the brain, which enable an even higher level of intelligent foresight, planning and analysis. Lastly, there are non-physical dimensions of energy and conscious intelligence which interface with and extend far beyond the physical brain and body.

Physical changes take place in one's brain structure and neurochemistry as one's consciousness goes higher. The dimensions of consciousness, energy, and intelligence, which are beyond the physical body, gradually come to the forefront of one's awareness and begin to predominate. The structures of the human energy field,

including the subtle energy centers, known as the chakras, and the lines of energy between them, begin to shift and transform, reflecting and enabling the ascension to higher levels of consciousness. As consciousness ascends, some portions of the brain and nervous system are used less frequently, bypassed in whole or in part, or modified so that they harmonize with the higher levels of consciousness. The belief systems, patterns of behavior and cultural patterns that are associated with the lower levels of consciousness also shift, transform, or dissolve at higher levels of consciousness.

**The Seven Lower Levels of Consciousness** - Let's look at the most prevalent level of consciousness being experienced by human beings on the planet at this point in time. It is the Wanting/Getting Level of Consciousness, which focuses on fulfilling basic physical needs, the development and use of work and social skills, and the acts of reproduction and child-rearing. At this level, one seeks first to survive and secondly to survive well. At this level, individuals develop complex relationships to help each other fulfill their biological needs. In the process, they are programmed with a vast array of complex social and cultural patterns and beliefs regarding what to do and when and how to do it, which shape human thought and behavior as much or more than the basic biological instincts.

At this level, consciousness fixates on the physical dimensions, perceiving the physical body as the ultimate reality. This level has moments of great exhilaration and great disappointment. One's happiness is perceived to be outside of one's self; to be attained via endless cycles of seeking/getting, gain/loss, pleasure/pain, punctuated by fleeting moments of happiness and satisfaction. Day-to-day experience often contains much more wanting and striving than satisfaction and fulfillment. At this level of consciousness, there appears to be a limited supply of resources. One competes to get what one needs for today and also for tomorrow. One places the well-being of one's self, family and closest friends over the well being of the rest of the community. At this level, one tends to be closed, rigid and unforgiving, with little willingness to perceive from new perspectives. One does not give much consideration to the well-being of others in the process of one's seeking and getting and sometimes may take, use force, or trample others to get what one wants. Many rules are set in place to bring a degree of law and order. These are adhered to or ignored in various degrees, depending on what seems expedient. God is conceptualized as anthropomorphic, as capricious as the weather, as harsh and judgmental as a human-being, to be manipulated or placated with rituals or sacrifices.

When difficulties arise at the Getting/Wanting Level, one may become frustrated and consciousness may shift to the Level of Anger, which is filled with intense emotion, criticism, and irritation. Anger may prompt one toward forceful constructive action or toward forceful destructive action, which depending on all of the factors involved, may yield positive, mixed, or negative results. The alternative is to hold one's anger inside, which becomes self destructive. At this level, one may perceive God or life to be unfair and unjust or one may conclude that God is angry at how things are and that therefore one's own anger is condoned by God.

When life becomes very difficult, the most common alternatives to anger are to either keep trying at the Getting/Wanting Level or to descend to the level of Fear. At the level of Fear one ceases to move ahead to acquire more. Instead, one's energy focuses on protecting what one has and avoiding harm or loss. One may experience various degrees of intensity at each different level of consciousness. For instance, at the level of Fear, one may feel mild anxiety, sheer terror, or anything in between. Depending on the intensity, one may defend, flee, or freeze. The stress, instinctual drives, and intense emotions experienced at the levels of Fear, Anger, and Wanting/Getting result in a wide variety of excessive, abusive, and addictive behaviors.

Failures, losses, or mistakes in life may lead to the experience of even lower levels of consciousness, such as Sorrow/Grief, Depression, Guilt/Shame and Alienation, where life appears increasingly bleak and one can barely function. Lower levels are not inherently bad or evil. They simply have far less power for positive transformation, far less depth and breadth of understanding and far less perception of the essential unity of life. The experience of life at these lower levels is filled with great pain and suffering. At the lowest levels, there is almost no forward momentum to life, because one's consciousness is fixated on a past loss or trauma or upon a current deep sense of alienation.

On the other hand, those who are successful in "getting," sometimes move up to the level of Pride, which is a very powerful level, but is ultimately destructive. They use their growing competence, power and status to gain ever greater wealth, power and status. Sometimes, this drive for greater power, wealth and status is so

great that they perceive God to be irrelevant and themselves to be superior to everyone around them. They sometimes accumulate much power within a society or a business, which enables them to accomplish many of their goals in a short amount of time. Eventually, they miscalculate or overreach. People turn against them and they come crashing down. Excessive pride leads to unbalanced, tyrannical, and predatory relationships and enterprises.

**Major Changes of State** - Three major changes of state are shown on the Compass of Consciousness. At each of these three points, ascension results in a major transformation of one's life experience, similar to the significant change of state that takes place when ice transforms to water, or when water transforms to steam. On the Compass of Consciousness, moving up from any one of the 7 lower levels to any of the 5 middle levels represents a major change of state.

**The Middle Levels of Consciousness** - There are five middle levels of consciousness. The first major change of state comes at the level of Integrity/Courage. At this level, one realizes that one is part of a larger whole and commits to living one's life in alignment with some greater good or higher purpose. One still focuses much energy on wanting and getting, but this takes place within the context of seeking to live in alignment with the broader or higher good. It requires courage and integrity to ascend to this level and hold fast. There are constant temptations to shift back to the lower levels of consciousness. At this level, one often welcomes and rigidly adheres to rules to guide one in living life differently than in the past.

At the Pragmatic Level, which is just above Integrity/Courage, one begins to move ahead in a manner that is less rigid. One is more trusting that things will work out and that if option A doesn't work, one will try option B. At the next higher level of Intention, people truly buy into life. They move forward with positive anticipation. They enjoy doing their best. They see that their intention frequently makes a positive difference and they bring their willingness and optimism to everything around them. At the level of Acceptance, one more fully accepts that one has to deal with what is and not merely with ideas about what life should be. One becomes more forgiving of self and others and is much more flowing and accommodating. One realizes that everyone has strengths and weaknesses and takes these into account. At the next level of Knowledge/Reason, one does not cease to have emotions, but one begins to make much greater use of logic and reason. One continuously seeks to expand knowledge and perceive from new perspectives. One looks into the future and carefully and consciously engages in planning the evolution of projects, society, and of one's own life.

As one progresses through the five middle levels of Integrity/Courage, Pragmatic, Intention, Acceptance and Knowledge/Reason, one is increasingly guided by general principles, more than by specific rules. One becomes increasingly flexible, positive, open, reasonable, harmonious, cooperative and forgiving. The overarching theme throughout these mid-range levels of consciousness is the challenge of how one balances one's individual needs and desires with one's vision, understanding and commitment to highest purpose or greatest good. At the levels in the middle range of human consciousness, there is a growing glimmer of awareness of that which is beyond the physical. It may come to the foreground in certain activities. Sometimes it breaks through strongly. Much of the time it is a background concept.

**The Levels of Love and Clarity** - Eventually, one arrives at the next major change of state, which is the level of Love. This is the level where the dimensions beyond the physical begin to stand forth much more strongly, superceding long established personal tendencies and preferences and social, cultural, legal, and religious norms and conventions. It is not that there is no love at the lower levels or middle levels, but that it is narrow, limited, and greatly obscured and distorted by a host of erroneous understandings. At the higher levels, the heart begins to open to a much greater degree. One now begins to follow inner light/truth/love, more and more, in all that one does. This may lead one away from traditional and conventional social understandings, values and patterns of behavior, so that one feels that one is swimming against the current. At this level, one perceives one's self as a servant or channel of love. This level can be difficult, because one seeks to love, but the world often seems unloving. One perceives God to have a loving nature, yet simultaneously wrestles with the issues of why life has so much pain and suffering.

The next level is UNCONDITIONAL LOVE, where all that is not LOVE arises to be released. This is the level where one learns to accept and forgive unconditionally. As LOVE shines forth, one feels that one is Love expressing. At this level, one releases a host of cherished beliefs, assumptions, opinions and

misperceptions, so that LOVE may reign preminent. The sense of personal identity begins to transform. One begins to perceive an all-pervasive unity in the very fabric of existence, which makes loving others and forgiving them much easier. One begins to perceive one's self in others and others in one's self. Forgiveness becomes so much easier, when one realizes that there is nothing to forgive. At this level and at the higher levels there is increasing equanimity, gratitude, awareness of beauty, good humor, and great compassion. At this level and higher levels, spiritual awareness strongly supercedes conventional physical awareness.

Next is the level of Serenity/Clarity, where one more clearly perceives the all pervading UNITY AND ONENESS to which LOVE has been pointing. One relinquishes the concept that one is primarily a physical body. New dimensions open. The chatter of the lower mind becomes increasingly silent. Long-held understandings, desires and interpretations begin to dissolve. Awareness begins to focus on HIGHER MIND. Insight, inspiration, vision, and knowingness arise. Most of the remaining rough edges are polished away. The perception, concept, and sense of personal self and identity are greatly transformed. There is a sense of self, but it is diffuse and expanded.

**The Higher Levels** - The next major change of state brings us to the three levels of enlightenment, which are titled here as Illumination, Enlightenment, and Beingness. At these levels, experience is both personal and transpersonal, becoming increasingly more expansive, multidimensional, and transpersonal at ever higher levels. Throughout these levels is a growing awareness of light and of dimensions beyond ordinary physical perception. One's awareness and perceptions are perceived to be inseparable aspects of the WHOLE, with no distinct boundary between one's self and ALL THAT IS. Consciousness at these levels perceives: I AM THAT

At the level of Illumination, the first of the three levels of enlightenment, the awareness of the unity of all that is stands out much more full and complete than at the lower levels, At the next level, called Enlightenment, the perception of ONENESS, ALLNESS and of the SELF, are overarching and all-pervading. The infinite and holographic nature of all that is, is revealed.

The level of BEINGNESS is a major change of state, although it is not shown as a separate "change of state" on the Compass of Consciousness. The change of state is so great that it goes beyond the capacity of words to describe. Physical existence simply doesn't look the same when perceived from this level. Conventional concepts, meanings, and understandings do not apply and seem to morph, dissolve or disappear. This is true for time, space and all of physicality. At this level, consciousness is so expansive, that "IS" is one of the few words that even come close.

**Using the Compass of Consciousness** - The Compass of Consciousness is intended to be a flexible tool. There are no rigid boundaries between any of the levels. The levels are simply energy fields, with which one aligns. If one focuses one's attention and intention on a higher field of energy, all of one's experience will start to be organized and shaped by that field. This does not require great work or energy. All that one needs to do is contemplate it. It is also of great benefit to bring into one's life all people, music, art, books and entertainments that resonate at the higher levels to which one aspires.

Many people have momentary experiences of much higher levels than what they normally experience. However, they usually do not stay in those higher fields long enough to be fully transformed and begin to fully live life at those levels. None-the-less, any time spent at a higher level, will usually result in some degree of beneficial transformation. One may also briefly fluctuate to much lower levels, due to challenging circumstances. If this happens, one should not despair. One does not have to stay at a lower level. To return to a higher level, focus your consciousness on all that pertains to the higher level, at which you desire to be, and you will be uplifted. A shift to a higher level can take place very quickly. Do not beat yourself up if you trip and fall. Compassion and understanding begin at home. Be compassionate to yourself and always give others the same compassion, love, and understanding that you would like them to extend to you.

The Compass of Consciousness is a powerful tool. It provides a common reference point, enabling people who are at different levels to begin to understand each other. It helps people to see the big picture. It helps them see their full potential, and in so doing, quickly raises consciousness. To uplift even one person, benefits and uplifts the planet and all of humanity. So share it widely, so that many will benefit.