

M A P O F C O N S C I O U S N E S S

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

ACCORDING TO DAVID HAWKINS IN "POWER VS. FORCE,"

175 - PRIDE: Level of the majority. "Pride is far enough removed from Shame, Guilt or Fear that to rise out of despair is an enormous jump." However, the downside of Pride is arrogance and denial. These characteristics block growth because problems or character defects are denied."

200 - COURAGE: "This is the critical line that distinguishes the positive and negative influences of life. At the Level of Courage an attainment of true power occurs; therefore, it is also the level of empowerment." "People at this level put back into the world as much energy as they take; at lower levels populations as well as individuals drain energy from society without reciprocating."

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Permitting	Feasible	Courage	200	Affirmation	Empowerment
		↓			
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