

TRANSCENDING  
THE LEVELS OF  
CONSCIOUSNESS

THE  
STAIRWAY TO  
ENLIGHTENMENT

David R. Hawkins, M.D., Ph.D.

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# Transcending The Levels Of Consciousness

**Joanna Barclay**



## **Transcending The Levels Of Consciousness:**

**Transcending the Levels of Consciousness** David R. Hawkins, MD/PHD, 2015-03-17 Discover how to transcend the limitations of the ego relieve suffering and advance your consciousness in this masterpiece from world renowned author psychiatrist clinician and spiritual teacher David R Hawkins M D Ph D The now widely known Map of calibrated levels of Consciousness was presented in Power vs Force in 1995 and has been translated into all the world s major languages This was followed by The Eye of the I 2001 I Reality and Subjectivity 2003 and Truth vs Falsehood 2005 which explored the levels of Truth reflected throughout society Transcending the Levels of Consciousness expands on this work and returns to the exploration of the ego s expressions and limitations giving detailed explanations and instructions on how to transcend them I consider myself a student of David Hawkins and return to his books and work time and time again His wisdom deeply resonates with my lived experiences he is often able to beautifully articulate what I cannot put into words Vex King As with the reading of Dr Hawkins previous books your level of consciousness will advance from exposure to the information itself This opens up avenues to the relief of suffering which fulfills the purpose of the work and the intention to facilitate your own Enlightenment This transformative personal growth book combines elements of psychology spirituality and philosophy and invites you to explore the profound depths of your own consciousness Hawkins genius consciousness concept will inspire you to reach new heights of spiritual and personal development Transcending The Levels of Consciousness is a monumental testament to the boundless potential of the human spirit It is an empowering book that offers inspiration and motivation on your journey of self discovery Experience the profound wisdom of Dr David Hawkins as he elegantly blends spirituality psychology and philosophy to create a comprehensive roadmap to unlock the divine potential within you so that you can step into a higher consciousness

**Summary of David R. Hawkins's Transcending the Levels of Consciousness** Everest Media, 2022-09-12T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Everyone is aware of the pain of losing face becoming discredited or of seeming to be a non person Shamed people hang their heads and slink away wishing they were invisible 2 Depression is a serious level of consciousness that can be immobilizing and life threatening It is characterized by helplessness and hopelessness and is therefore described as a dispirited state and hellish to endure The will to live is lost but in the deepest depths even the act of suicide is not possible due to lack of energy 3 Depression is a serious level of consciousness characterized by helplessness and hopelessness and it is therefore described as a dispirited state The will to live is lost but in the deepest depths even the act of suicide is not possible due to lack of energy 4 The fear of death is a universal human experience but it is also a common presumption that everyone fears death and has an aversion to it However death is also seen as an attraction or a final act of revenge or heroism under appropriate conditions

*The Man Who Mapped Consciousness* Susan Hawkins, 2025-06-03 A biography of the late spiritual pioneer Dr David R Hawkins or Doc as he was known to many of his devotees This is more than a biography it s a heartfelt journey an

invitation to experience his life and witness the extraordinary legacy he left behind Dr David R Hawkins a man whose existence was a symphony of curiosity discovery and transformation a man who not only was a brilliant thinker but a man of deep compassion and love dedicated to the upliftment of all of humanity From his discoveries as a science based psychiatrist to the confirmed reality of his own unique spiritual experiences David R Hawkins has gifted us with a treasure trove of insights into the human psyche and consciousness itself that are as mind blowing as they are soul nourishing He handed us a road map to Truth with his visionary Map of Consciousness an extremely useful guide in gaining profound insights into the nature of our existence and purpose on earth In this book you will come face to face with the revelations that turned his world upside down and elevated the consciousness of anyone fortunate enough to encounter his work Let s begin this journey of Dr David R Hawkins an extraordinary yet ordinary life whose imprint on the world stands for Truth as the highest endeavor embraces compassion for all sentient beings and in complete surrender and devotion to God as the Ultimate Reality

**Highest Level of Enlightenment; The** Hay House, Incorporated, 2024-02-06 Dr Hawkins s research is based on a well established science called kinesiology which has to do with the testing of 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 David Hawkins M D Ph D conducted a 29 year study that demonstrated that the human body becomes stronger or weaker depending on a person s mental state He created a scale from 1 to 1 000 that mapped human consciousness Furthermore he demonstrated that this map can be used as a blueprint to reach higher states of consciousness that can be identified simply by applying a small amount of pressure on an outstretched arm Not only that but this simple method has also been demonstrated to be an effective tool for instantly calibrating human consciousness Dr Hawkins created a scale of consciousness based on current discoveries in advanced theoretical physics and the nonlinear dynamics of chaos theory And this map of consciousness now makes it possible for anyone to advance toward higher levels of enlightenment faster than ever imagined In this book you ll learn how to Advance your level of consciousness and your understanding of human behavior just by learning the map of consciousness Gain instant access to information that is beyond the capacity of all the world s computers Detect the exact point in any complex system where the least effort brings about the greatest result Understand the power of a simple attitude adjustment as well as the consequences of various emotional states Learn how people who calibrate high on the map of consciousness can raise the energy level and calibration of thousands of others just by being in their presence Heal yourself of illness or addiction by reaching the state of consciousness in which it vanishes Learn which foods environments companies books etc are harmful low energy and which are beneficial high energy And much more *The Highest Level of Enlightenment* David R. Hawkins, MD/PHD, 2024-02-06 In this profound book based on a popular audio program Dr David Hawkins gives a primer on his world famous map of consciousness that will help the reader

embark on their own journey to an advanced state of consciousness Dr Hawkins s research is based on a well established science called kinesiology which has to do with the testing of 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 David Hawkins M D Ph D conducted a 29 year study that demonstrated that the human body becomes stronger or weaker depending on a person s mental state He created a scale from 1 to 1 000 that mapped human consciousness Furthermore he demonstrated that this map can be used as a blueprint to reach higher states of consciousness that can be identified simply by applying a small amount of pressure on an outstretched arm Not only that but this simple method has also been demonstrated to be an effective tool for instantly calibrating human consciousness Dr Hawkins created a scale of consciousness based on current discoveries in advanced theoretical physics and the nonlinear dynamics of chaos theory And this map of consciousness now makes it possible for anyone to advance toward higher levels of enlightenment faster than ever imagined In this book you ll learn how to Advance your level of consciousness and your understanding of human behavior just by learning the map of consciousness Gain instant access to information that is beyond the capacity of all the world s computers Detect the exact point in any complex system where the least effort brings about the greatest result Understand the power of a simple attitude adjustment as well as the consequences of various emotional states Learn how people who calibrate high on the map of consciousness can raise the energy level and calibration of thousands of others just by being in their presence Heal yourself of illness or addiction by reaching the state of consciousness in which it vanishes Learn which foods environments companies books etc are harmful low energy and which are beneficial high energy And much more      *Conscious Culture* Joanna Barclay,2014-08-15 With employee engagement between 26 30 percent leaders are looking for ways to engage untapped employee potential and maximize their capital investment in HR A new business paradigm is emerging in the twenty first century where an organization s culture is the most important and valuable asset a company has to attract engage and retain top talent The most successful corporations in the world are values driven and consciously invest in building their workplace culture so that it aligns with the personal values of their people Values are a source of life force energy that come from within They inspire and motivate us and embody our heart and soul Study of contextual cardiology has demonstrated the existence and power of the heart s energy We experience this in the form of emotional intelligence and intuition The more leaders practice connecting with their emotional intelligence emotions such as love compassion loyalty and trust the more effective they will be at leading themselves and others This is because employees are looking for leaders they can trust and who care for others want to make a difference and contribute to society A facilitative leadership style is the key to transforming an organization and creating a culture of engagement It moves people from being focused on me self interest to we common good Facilitative leaders unify the organization connect hearts and minds empower employees to bring their

best selves to work and create a WOW culture where employees love what they do The book contains unique tools for inner and outer transformation along with case studies and worksheets to support leaders journeys of culture change to measure map and manage cultural transformation What you measure you can manage Organizational transformation begins with the personal transformation of the leaders because organizations don t change it s the people in them who do Leaders learn how to walk the talk and be the change they want to see

**Cura Personalis** Antonia C Johns,2013-02 The physician patient bond is a significant relationship intended to effect healing in our patient but is it the patient alone who benefits We are all patients at some point As a patient how well do we know our self how clearly do we communicate what troubles us to our doctor to others Even when we are feeling healthy we remain aware of some aspects of our lives that need healing For many of us it is our relationships that need healing This book is an essential exploration into the challenges inherent in the physician patient dynamic and extends the findings to other important encounters The reason it is appropriate for everyone physician or not is because the principles adhered to in its writing are universal in reach and eternally relevant Its sole purpose is to promote healing in our world individually and collectively Whatever our vocation we are each called to be an essential effective healer in some way that is natural to us our gift to the world Here we are reminded that when we promote conditions for healing in our relationships we manifest miracles naturally

**Healing and Recovery** David R. Hawkins, MD/PHD,2015-07-14 Accelerate your healing and addiction recovery with these powerful self healing methods from world renowned author psychiatrist clinician spiritual teacher and researcher of consciousness David R Hawkins M D Ph D Whether you re dealing with addiction suffering or striving for your next level in personal growth Healing and Recovery provides the tools to guide you on a healing path of emotional healing and inner transformation This inspirational self development book the eighth in a transformational series based on the revelations of consciousness research resulted from a group of lectures given by Dr David Hawkins at the request of the original publisher of A Course in Miracles along with members of several self help groups including Alcoholics Anonymous ACIM Attitudinal Healing Centers other recovery groups and f clinicians Our society lives with constant stress anxiety fear pain suffering depression and worry Alcoholism drug addiction obesity sexual problems and cancer are constantly in the news Mankind in general has had very little information about how to address life s challenges without resorting to drugs surgery or counseling You ll Learn why the body may not respond to traditional medical approaches Specific instructions are provided that can result in complete healing from any disease The importance of including spiritual practices in one s healing and recovery program is explained as well Healing and Recovery provides clinically proven self healing methods that will enable you to take charge of your health and live a happy healthy and fulfilling life Key Features In depth exploration of metaphysics and psychology The book provides rich insights into the inner workings of the human psyche drawing on Dr David Hawkins profound understanding of metaphysics and psychology Meditation and Mindfulness Dr David Hawkins shares powerful effective meditation and mindfulness techniques that invite

peace and balance into our everyday lives Focus on holistic health This book underlines the importance of a balanced approach towards health that encompasses mental emotional and spiritual aspects Practical approach to personal growth and self improvement Packed with actionable advice and thought provoking exercises that prompt personal growth and self discovery Guidance on dealing with addiction and depression Dr David Hawkins provides helpful tools and insights to aid those suffering from drug addiction alcoholism and depression With Healing and Recovery Dr David Hawkins invites us to let go of our pain and step onto a path of mindfulness and self improvement

**The Alchemy of Becoming** Diane Fulford, Karen Diguier, 2023-09-13 This is a book to be experienced not simply read The Alchemy of Becoming series sets out a methodology that empowers you to raise your level of consciousness to levels never imagined possible The first book and level of this process Being of Truth laid a foundation of authenticity and personal truth In this second installment Being of Love the journey continues as you discover that love is not just a feeling or emotion but rather a powerful life enhancing and life creating force Level 1 reframed fear to trust In Level 2 love is claimed over and beyond fear This is transformation Not just inspiration but transformation to a state of higher consciousness available to us all Einstein claimed that no problem can be solved from the same level of consciousness that created it It is only in higher consciousness that the intractable issues of our times can be addressed This applies equally to our individual lives be it our health relationships and to our sense of worth and well being Higher consciousness takes you from life happening to you to life happening by you and expressed as you The seven stage alchemic process is the framework for transformation and while the process is universal no two people will have the same experience The experience is personalized to you meaning that it is aligned to your unique vibrational makeup This is a powerful affirming aspect of this methodology as what is revealed to you can only be known by you It all starts with you Transforming yourself to be the alchemist of your own life while serving as a gateway for the change our world so desperately needs

**Discovery of the Presence of God** David R. Hawkins, M.D., Ph.D., 2013-08-01 This awe inspiring sixth installment of the profound consciousness series by Dr David R Hawkins reveals the true essence of Enlightenment from world renowned author psychiatrist clinician and spiritual teacher David R Hawkins M D Ph D A true instruction manual for the serious spiritual devotee this masterpiece from Dr David R Hawkins reveals information only known by those who have transcended the ego to reach Divine Realization Chapters Include Devotional Nonduality The Inner Path Spiritual Practices The Experienter The Razor s Edge Allness Versus Nothingness Spirituality and the World Teachers and Teachings The Devotee Transcending Identification with the Ego Self Enlightenment The Presence of Self Progressive States of Consciousness This spiritual book is the inner route from the self to the Self and an invitation into the profound depths of higher consciousness and enlightenment It walks you through the path to divine consciousness through the fusion of psychology philosophy metaphysics and spirituality Immerse yourself in a devotional exploration of non duality a profound philosophy that bridges the gap between existential questions and spiritual answers This transformative work will help you

evolve spiritually by connecting to divine love Dr David Hawkins explains complex concepts with clarity making them accessible and relatable for everyone from spiritual seekers to business professionals seeking personal growth His spiritual awakening guidance offers meditation techniques for inner peace and provides tools to transcend the confines of the mundane illuminating the path to spiritual growth Drawing on his profound understanding of spiritual liberation Dr David Hawkins words guide us toward our spiritual evolution and higher consciousness Through this journey you will discover an empowering understanding of your divine consciousness leading to a sense of inner peace and a heightened state of spiritual awareness

*Global Democracy and Human Self-Transcendence* Glen T. Martin, 2019-01-15 This volume examines the dynamics of self transcendence for both individuals and humanity as a whole In doing so it illuminates the definitive relationship between self transcendence and global democracy Drawing upon a vast literature of philosophy psychology and religion ancient and modern East and West this book reveals the power of human futurity in actualizing our higher potential It represents a real breakthrough in understanding our emerging new era in the evolution of humanity It describes our transition from personal consciousness to global consciousness The book includes chapters on the fundamental ideas that animate our self understanding and define our common humanity Through careful scholarship it examines the dynamics of human dignity freedom love community intrinsic rights and global ethics It explores each of these concepts as a dimension of our human temporality as we envision and move into an ever transcending future a future that includes a World Parliament and planetary democracy In our time of apparent hopelessness and despair this volume reveals the grounds for a powerful hope that we can establish one world civilization of peace justice freedom and sustainability It makes a truly unique contribution not found elsewhere in today s literature revealing the astonishing dignity and potential of being human It is essential reading for all those concerned for the future of humanity and our precious planet Earth

*The Kingdom of the Blind* D. L. Lamperd, 2024-04-22 The Kingdom of the Blind is a profound exploration into the depths of spiritual awakening and the transformative journey toward enlightenment Presented as a compelling Discourse this non fiction book serves as an essential guide for those embarking on the sacred path of inner discovery The author delves into the intricate process of spiritual transformation shedding light on the inevitable suffering that accompanies the shedding of the ego and the embrace of a higher state of consciousness As humanity enters the new astrological Age of Aquarius since 2012 the veil over ancient secret wisdom is being lifted making what was once accessible to only a select few available to all This book is a beacon for initiates offering them a gateway to the teachings of spiritual masters and the hidden mysteries that underpin the true essence of life Readers are invited to journey beyond the limitations of ego based thought systems toward the realm of superconsciousness a state of being that promises a profound connection with the universe and an unparalleled understanding of existence Throughout this Discourse the reader is offered the tools to navigate the path to enlightenment armed with the knowledge to understand the cause of their suffering and the means to transcend it This book is not merely a



guide it is a companion for anyone seeking to elevate their consciousness and discover the spiritual significance of their journey through life Whether you are a seasoned seeker or new to the path this book holds the potential to illuminate your way toward spiritual fulfillment and the realization of your highest self     One Home, One Family, One Future Bashir A. Zikria,2009     **The Death of the Mythic God** Jim Marion,2004-07-19 Is God dead Jim Marion says that what has really died is our myth of God our worn out notion of the deity in the sky separate from us who intervenes in our lives only when petitioned strenuously God still exists but we need to update our interpretation of God s nature The mythic sky God was never real says Marion It was only a concept of God now outdated The real God is in the human heart within the world operating as the engine of evolution God grows us from within into ever higher levels of awareness In a bold revisioning of contemporary spirituality Marion author of the acclaimed Putting on the Mind of Christ shows us how to expand consciousness and follow the genuine path of Jesus and the world s mystics into greater inner development     *Mastering the Power of Life* Christian Michael Steele MD,2012-03-29 Life flows through the universe like a river from an infinite Source to you Mostly unseen by our physical senses it has power awareness intelligence and the potential to create anything imaginable Life engages us constantly but developing the insight to see past our superficial experience requires understanding and practice New potentials and visions unseen before are revealed Spiritual laws are simple and precise but require understanding and consciousness Through our ignorance and the effects of a cold world our connection with life has been reduced to a mere fraction of its potential Developing your consciousness allows you to keep out the influences of a negative world as well as recognize the divinity within The relationship between the consciousness of life and the divinity within your being is fundamental to the ascension process Understanding this process will naturally reflect on your own development and allow you to navigate through your life more gracefully effectively and with more insight Within this book are many tools to assist you with reclaiming your power and achieving your true freedom Transform your being into its true grandeur Learn how to live life consciously Improve your meditation practice Understand the twelve steps of the ascension process Gain insight into the levels within mass consciousness Develop solutions to many of lifes common obstacles Apply powerful spiritual laws Reclaim your power and gain your freedom     *Lonergan on Philosophic Pluralism* Gerard Walmsley,2008-12-08 In his influential philosophical work Insight Bernard Lonergan made the intriguing and problematic claim that the polymorphism of consciousness is the one and only key to philosophy In Lonergan on Philosophical Pluralism Gerard Walmsley examines Lonergan s many discussions of the different forms of human consciousness as well as his sustained responses to the problems raised by philosophical and cultural pluralism Looking closely at Lonergan s thoughts on patterns of experience different levels of consciousness and the differentiations of consciousness that occur through the historical development of individual human minds Walmsley shows how polymorphic consciousness allows individuals to understand a range of philosophical positions By understanding this range an individual is able to sympathetically and

critically appreciate different positions Testing the strength of Lonergan s position he directly engages postmodern thought and comparative philosophy to demonstrate that Lonergan s account of polymorphic consciousness provides a better basis for a positive evaluation of difference than does the work of many postmodern thinkers An ambitious and soundly argued work Lonergan on Philosophical Pluralism is both an illuminating study of Lonergan s thought and an intriguing proposal for how difference and pluralism can be understood

**Spirit and Man** Nathan Rotenstreich,2012-12-06

**The Creation of a Consciousness Shift** Paul Lenda,2012-02-24 Humanity is at a crossroads where it has to decide whether it wishes to live in a bright future or a dystopian dark age By making a decision one way or the other humanity is creating its reality Through the power of consciousness humanity has the ability to create a global and transpersonal shift in consciousness to a much higher level This book demonstrates that such a wide reaching shift is possible through the realization that everything and everyone is interconnected This book is one of the first of its kind to put forth scientific evidence to support its transcendental self growth message By giving the reader the knowledge and tools necessary for the creation of a consciousness shift the collective consciousness can be affected in such a way that each individual can help in creating a massive global consciousness shift Several tools methods and guidelines are provided to help bring about such a monumental change It is the author s intent to stir up a spirit of action and change in respect to altering one s modality of thought and perception of reality

**The Map of Consciousness Explained** David R. Hawkins, MD/PHD,2020-10-20 A simple and accessible exploration of the best selling author of Letting Go and Power vs Force David R Hawkins M D Ph D most famous work The Map of Consciousness that will help you to experience healing and transcendence World renowned author psychiatrist clinician spiritual teacher and researcher of consciousness David R Hawkins shares that we are all born with an energetic frequency within the vast field of consciousness And with The Map of Consciousness we can truly understand the total spectrum of human emotions and consciousness Using a unique muscle testing method Dr David R Hawkins conducted more than 250 000 calibrations during 20 years of research to define a range of values attitudes and emotions that correspond to levels of consciousness This range of values along with a logarithmic scale of 1 to 1 000 became the Map of Consciousness which Dr David R Hawkins first wrote about in his best selling book Power vs Force With the Map Dr David R Hawkins laid out the entire spectrum of consciousness from the lower levels of Shame Guilt Apathy Fear Anger and Pride to Courage Acceptance and Reason all the way up to the more expanded levels of Love Ecstasy Peace and Enlightenment These higher energy fields are a carrier wave of immense life energy An essential primer on the late Dr David R Hawkins s teachings on human consciousness and their associated energy fields The Map of Consciousness Explained offers an introduction and deeper understanding of the Map with visual charts and practical applications to help you heal recover and evolve to higher levels of consciousness and energy This enlightening book transcends the boundaries of conventional wisdom integrating the realms of psychology philosophy and spirituality in a powerful exploration of human consciousness

and human potential to help you be more effective in every area of your life Some highlights include A thoughtful fusion of psychology philosophy and spirituality A comprehensive interpretation of the law of attraction and its intrinsic link with consciousness and personal evolution A scientifically grounded guide to harness the power of positive thinking and its practical applications An insightful perspective on the power vs force dynamic offering fresh insights into personal and professional relationships An enriching collection of practical exercises and affirmations designed to awaken and energize your consciousness Dr David R Hawkins has a remarkable ability to simplify complex concepts Whether you re in search of motivational books for women leadership books for aspiring entrepreneurs or behavior books to comprehend the nuances of human interaction this book can revolutionize how you perceive and interact with the world inspiring profound transformation and positive change That which weakens life energy is to be avoided shame guilt confusion fear hatred pride hopelessness and falsehood That which uplifts life is to be realized truth courage acceptance reason love beauty joy and peace David R Hawkins M D Ph D Whether you re a scholar a personal growth enthusiast or simply on a path of self discovery this book will help you live with more awareness and lead a more conscious and fulfilling life     Transdisciplinary Thinking and Acting Mathias Schüz, 2025-03-22 Complex problems can only be overcome with complex solutions This dictum by Albert Einstein also applies to current world problems such as climate change species extinction the littering of our planet and the growing gap between rich and poor They overwhelm individual scientific disciplines Therefore they can only be solved through transdisciplinarity i e beyond the individual disciplines in interaction with empirical knowledge of different provenance and philosophical reflection This first volume of the book series Transdisciplinary Management of Social and Ecological Crises explains how transdisciplinarity is to be understood in general what approaches exist and how they contribute to solving the various world problems In this context the book addresses among other things the replacement of man s claim to dominion over nature the overcoming of culturally determined boundaries in human communities and integrative and agile management methods in business politics art and society It deals with a sustainable circular economy new forms of politics in the interest of all instead of a few learning from artists healthy and environmentally sound nutrition and spiritual mindfulness in dealing with oneself and other ways of life Thus the book is aimed at a broad audience from different disciplines interested in the perspective of and interaction with other disciplines to solve global problems Chapter Methodology of Transdisciplinarity Levels of Reality Logic of the Included Middle and Complexity is available open access under a Creative Commons Attribution 4.0 International License via [link.springer.com](https://link.springer.com)

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### **Transcending The Levels Of Consciousness Introduction**

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