

Map of Consciousness

Developed By David R. Hawkins

Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm					
Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
Peace	600	Bliss	Perfect	All-Being	Illumination
Joy	540	Serenity	Complete	One	Transfiguration
Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity					
Reason	400	Understanding	Meaningful	Wise	Abstraction
Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
Willingness	310	Optimism	Hopeful	Inspiring	Intention
Neutrality	250	Trust	Satisfactory	Enabling	Release
Courage	200	Affirmation	Feasible	Permitting	Empowerment
Survival Paradigm					
Pride	175	Scorn	Demanding	Indifferent	Inflation
Anger	150	Hate	Antagonistic	Vengeful	Aggression
Desire	125	Craving	Disappointing	Denying	Enslavement
Fear	100	Anxiety	Frightening	Punitive	Withdrawal
Grief	75	Regret	Tragic	Disdainful	Despondency
Apathy	50	Despair	Hopeless	Condemning	Abdication
Guilt	30	Blame	Evil	Vindictive	Destruction
Shame	20	Humiliation	Miserable	Despising	Elimination