

Exploring human consciousness

Understanding why it is relevant to us, what it is and exploring how we can further enhance our consciousness



Why is this relevant to us?

On several occasions, I have been recommended to explore David Hawkin's research into human consciousness. On the third occasion, I heard the message and decided to take action. This article aims to outline some of his core ideas.

It can be said that such a topic is relevant to all us. Hawkins states that exploring consciousness can impact both our own individual life experience, as well as playing a part in evolving human consciousness.

"The life, work and presence of Dr Hawkins infuses the human spirit with a new clarity and provides a trustworthy compass for the progress of our individual and collective lives."

Fran Grace, PhD, Editor

Perhaps surprisingly, Hawkin's intention was to provide practical guidance. He emphasises that whilst it may not

seem obvious, this ability of connecting into our consciousness is always within us; it is purely a question of tuning in.

Doing this makes a difference. Both our physical and mental health is directly impacted. If we raise our consciousness, what we attract into our life is life sustaining, and anabolic (or in other words constructive), rather than lower more catabolic (or in other words destructive) forces. Our health can be strengthened. Endorphins can act as a tonic to our organs, rather than stress-induced adrenaline which can suppress our immunity and leave us weakened.

By raising our consciousness, we have a greater ability to heal. Furthermore, by doing this, this healing can have a ripple effect on those around us.

"To become more conscious is the greatest gift anyone can give to the world."

David Hawkins

Given our inter-connectivity, any individual increase in consciousness also raises to

some degree the consciousness of everyone on the planet.

What is human consciousness?

In essence, human consciousness can be defined as the state of being aware. Others describe this as a beingness or is-ness, intrinsic to all human behaviour. If we are awake enough, this intrinsic awareness allows us to have the capability of sensing any subtle shift in energy.

On further reflection, consciousness can be viewed as the vital energy that is there when we are born, and that survives beyond our body. Everyone has the same consciousness; this wisdom is inherent in each of us. However, perhaps ironically, our specific chosen level may be subconsciously informed by many forces, including the level evident in our family and society.

This chosen level of consciousness, impacts our thoughts, beliefs, actions, and ultimately our life experience. However, it is within our gift to raise this, if we do so wish.

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Introducing the tools

Built over 20 years of research and millions of data calibrations, Hawkins' findings reveal the physiology of consciousness, showing that it involves both the human nervous system and the physics of our universe. He reminds us that perhaps not surprising:

"We are, after all, part of a universe in which everything is connected to everything else."

David Hawkins

Within his research, Hawkins developed two tools to help us in exploring our own consciousness:

Map of Consciousness

On page 90-91 of 'Power vs. Force: The Hidden Determinants of Human Behavior', Hawkins presents his map of consciousness, I believe a central tool to his research. Here is a thumb nail sketch below.

	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
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment
	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

Source: David Hawkins

What this lays out for us are the different levels of consciousness, including: name, energetic logarithmic scale, main emotional state, view of life and God (or spiritual perspective) and life process.

Hawkins reminds us that whilst we subconsciously 'choose' to live predominately at one of these levels, in reality our consciousness level may vary in different part of our life.

When standing back, Hawkins clarifies that within this there are two fulcrum points for our own personal and societal growth:

Level 200 – Courage, where we learn the benefit of taking personal responsibility

Level 500 – Love, where we embrace non-judgement, and forgiveness as a life style

Measuring Technique

Furthermore, to aid us in our exploration, Hawkins shares his consciousness calibration methodology in Appendix C of this core text.

In essence, it is an accessible method that can be learnt. Drawing upon insights from behavioural kinesiology, it is a useful method that can measure the relative power of energy of differing attitudes, thoughts, feelings, situations and relationships.

How do I raise my levels of consciousness?

Although Hawkins states that over an average life, we only typically raise 5 points, this can be a larger rise if we proactively undertake steps to raise our levels of consciousness.

This surfaces the obvious question of how we do this. Here are some thoughts on how we may be able to raise our conscious awareness over the course of our life, once this becomes a known possibility for us:

Honing our attitudes – including taking responsibility, being open-minded and open-hearted

Creating practices – such as meditation, gong baths, drumming, 5-Rhythms dancing

Choosing our community – exploring and learning with minded souls

Releasing what no longer serves us – including beliefs, defences, connections and habits

Surrendering to the flow of life – releasing the need to force and living with our own power, following what resonates and lifts our heart

Top tip



If you'd like to do a deeper dive into this, then I would recommend reading one of David Hawkins' core text:

'Power vs Force: The Hidden Determinants of Human Behaviour'

David R Hawkins, M.D, PhD
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Cathy Brown is a Chartered Psychologist, consultant and writer. She runs Evolve Consulting Services Limited which works with individuals to manage transition and change. She is a registered psychologist with HCPC and British Psychological Society.

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