Sound Healing

Final Paper

Map of Consciousness

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The purpose of this paper is to inspire for further research in the area of frequency studies, by broadening our consciousness through continuous learning and exploration of our existence. The following is a review of a technique and technology I have come across, that is of great interest to me and that has helped me to come to new theories and understandings of frequency and consciousness. Most of the information shared here is from the book: "The Map of Consciousness Explained" by David R. Hawkins.

David Hawkins (M.D., Ph.D) has stated in his book "Discovery of the Presence of God: Devotional Nonduality" the following: "Everything in the universe vibrates at a specific frequency that remains in the field of consciousness permanently. Thus, every person or being whoever lived and anything about them, including any event, thought, deed, feeling, or attitude, is recorded forever and can be retrieved at any time in the present or the future"

Thus, everything that is, has been and even ever will be (suggesting that all possibility exists) vibrates in the universal field.

Tam Hunt (a writer with a background in biology and philosophy) and Jonathan Schooler (a psychologist and Professor of Psychological and Brain Sciences) suspect that every physical object/thing/being, is vibrating and oscillating. The more synchronized these vibes are, the more complex our connection with the world around us, and the more sophisticated our consciousness. The "resonance theory of consciousness" they present posits that synchronized vibrations are central not only to human consciousness but to all of physical reality. The degree of perception possible for any thing or being varies widely. Still, even seemingly inanimate objects, like boulders or piles of sand, have a rudimentary level of consciousness according to Hunt's definition of perception, which is simply an object "receiving information from the world."
(http://consc.net/event/reef/huntkicking.pdf)

The level of consciousness determines the beings perspective. For example, Dr. David Hawkins wrote in his book "Force and Power", that each level has its own understanding of God, a fact that explains the existence of widely different theologies and religious beliefs. A person´s view of God has nothing to do with God; rather, their level of consciousness determines the God-view.

Thus, if consciousness determines the perspective, I suggest, that it also determines the very nature of a being. There is no bad or good thing, because every being's nature is to be just what it is. A rock is a perfect rock, because it is a rock and a Komodo dragon despite that it kills, is being just what it was meant to be and is perfect just because of existing.

We see as good, what is attractive to us. To make it easier for our right brain dominated mind, for example if there is a light and shadow side and there is a duality of light beings and shadow beings, then a light being might consider other beings of light as good and the opposition of it (shadow) as bad. The same would be applied to the shadow beings, who would see others with a similar (darker) mission as good and the opposition as bad. We can see this in our human society all too well: the democratic party and the republican party. The people who are on one side tend to see the other side as an enemy (bad) or not as "good" as their own group.

As Dr. Hawkins writes, "Everything reveals the miracle of existence and, therefore, everything, without exception, is equal to everything else by virtue of its existence."

Dr. Hawkins, after years of studying consciousness and kinesiology, created the “Map of Consciousness”.

Dr. Hawkins’ research discovered that man’s kinesiologic response to stimulus conveyed a capacity to differentiate not only positive from negative stimuli, but truth from falsity. The research covers the results of millions of calibrations of statements, thoughts, photos, art, music, influential world leaders in every discipline and in almost every area of human endeavor for over 20 years, effectively establishing an anatomy of consciousness.

With the research a range of values, attitudes, and emotions that correspond to levels of consciousness were determined. The results became “The Map of Consciousness” range of values with a logarithmic scale of 1 to 1,000.

The kinesiological response (muscle testing) is a simple “yes” or “not yes” (no) response to a specific stimulus. It is usually done by the subject’s holding out an extended arm and the tester pressing down on plexus with the other hand. The tester says to the test subject, “Resist,” and if the substance being tested is beneficial to the subject, the arm will be strong. If it is not beneficial or has an adverse effect, the arm will go weak. The response is very quick and brief. It is important to note that the intention, as well as both the tester and the one being tested, must calibrate over 200 in order to obtain accurate responses. The higher the levels of consciousness of the test team, the more accurate are the results. The best attitude is one of clinical detachment, posing a statement with the prefix statement, “In the name of the highest good, _____ calibrates as true. Over 100. Over 200,” etc. The contextualization “in the highest good” increases accuracy because it transcends self-serving personal interest and motives

On the Map of Consciousness, each level of consciousness is calibrated to a logarithmic scale of energetic power (to the base of 10), ranging from 1 to 1,000, where 1 indicates existence, and 1,000, at the top of the Map, indicates the highest level that has ever graced the planet; it is the energy of Jesus Christ, the Buddha, and Krishna. The level of Shame (20) is at the bottom, close to death, and the level of Courage (200) is the critical point of truth and integrity. Love (500) is the gateway to the spiritual domain.

“The Map of Consciousness”, which was created via kinesiology, has 17 levels (see map of consciousness on last page). The levels are not to be seen as higher and lower; better and worse. As mentioned before, every level of consciousness is equally precious. It is also important to note that the calibration numbers stated are not frequencies as in cycles per second (hz), the numbers are arbitrary, with the purpose of showing the relationship between the values of emotions.

All levels below 200 come from force and are destructive of life in both the individual and society at large; in contrast, all levels above 200 are constructive expressions of power. The decisive level of 200 is the critical factor point, that divides the general areas of force (falsehood) from power (or truth).

Every being is born into this reality with a calibratable level of consciousness, which is an energy field within the infinite field of consciousness. According to Dr. Hawkins this value can be changed if the subject is willing to do so, though on average people are able to change it by 5 points. This number might seem small, but when a ships trajectory is changed by even

1 degree, the destination can be hundreds of miles off. That being said there are cases where willing beings have made incredible leaps in their lives through commitment and discipline and reached levels of enlightenment.

Beings with a calibration below 200 acquire their energy at the expense of others, they are in constant survival mode and thus see others as rivals, enemies and competitors. They might seem to us as possessive, predatory, hostile and savage (example wolves cal. 190). People who calibrate below 200 have the same characteristic – doing what they think is necessary to survive.

Beings with a calibration above 200 have a more harmonious and maternal nature. Grazing animals like the horse and elephant, who don´t hunt or kill, calibrate at 200. The grazing animals not only return fertilizer to the soil and thereby sustain life; they spread seeds in the manure. People who calibrate above 200 are benign and non-aggressive by nature.

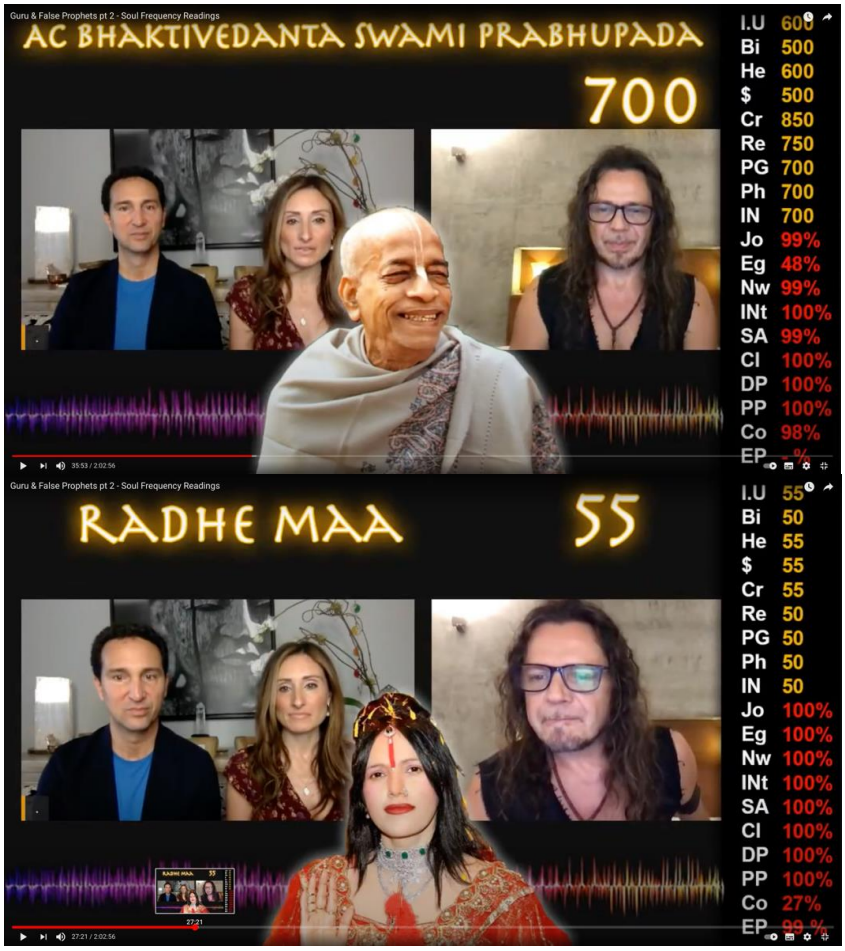
Approximately 85% of the world´s population is still below 200 and therefore dominated by animal instincts, motivations and behaviors. Only 15% of the world´s population is above the critical consciousness level of 200. However, the collective power of that 15% has the weight to counterbalance the negativity of the remaining 85% of the world´s population. Because the scale of power advances logarithmically, a single Avatar at a consciousness level of 1,000 can and does, in fact, totally counterbalance the collective negativity of all humankind according to the late Dr. Hawkins.

Kinesiologic testing has shown:

- One individual at level 700 counterbalances 70 million individuals below level 200.
- One individual at level 600 counterbalances 10 million individuals below level 200.
- One individual at level 500 counterbalances 750,000 individuals below level 200.
- One individual at level 400 counterbalances 400,000 individuals below level 200.
- One individual at level 300 counterbalances 90,000 individuals below level 200.
- Twelve individuals at level 700 equal one Avatar at 1,000.

Were it not for these counterbalances, humankind would self-destruct out of the sheer mass of its unopposed negativity. However, the difference in power between a loving thought and a fearful thought is so enormous as to be beyond the capacity of the human imagination to even comprehend.

Two students of Dr Hawkins Map of Consciousness Alejandro Ferradas and Elena Bensonoff have taken the technology forward and have many videos online calibrating the level of consciousness from spiritual leaders to sacred sites. Not only do they look at the overall consciousness level of a being or thing, but they also detail it by looking into other factors that make up the overall level (in utero; birth; how the being relates to health, finances, creativity, relationships, personal growth, philanthropy, intuition; how much the being is in joy, the ego, the now, integrity, self-awareness, clarity; aligned with divine purpose and personal purpose; how much compassion they have; and what their energy purity is. Below are 2 examples of this:



I used these two examples in order to demonstrate that even though the first (Bhaktivedanta Swami Prabhupada) has a consciousness level of 700 and is in alignment with divine and personal purpose 100%, you can see that the second (Radhe Maa), who calibrates at the consciousness level of 55, is also 100% aligned with her divine and personal purpose. This would be a clear example of a “light” being and a “shadow” being. Neither is good nor bad, they are both perfect and perfectly acting out their divine role and thus deserve the same amount of respect in my opinion. The person who relates to the first being’s frequencies would be attracted to him and the person who relates to the second being’s frequencies would be attracted to her.

I hope this paper inspires the reader to look at all beings as perfect and on their divine and personal mission. It is my wish that it helps in some way to better our work as sounders, sound healers, frequency geeks etc. if it is in alignment with the Highest good.

Map of Consciousness®

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
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

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