

# Dr. David Hawkins ~ Power vs. Force

## 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

**Negative Ego:** Level of Shame - Level of Courage (**below Yellow Line**)

**Positive Ego:** Level of Courage - Level of Reason  
(between **Yellow & Green** Lines)

**Realm of Spirit or the Realm of No Thought:** Level of Love & Above

- In my personal experience, all Levels of Love (500) and above can not be differentiated when experiencing them. It is all about feeling and there are no human words the can describe what is felt and experienced. I believe Dr. Dawkin's description above is about how one lives when coming back into the physical world and incorporating the higher levels. He gives an amazing detailed description in his book **Power vs Force**.

