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**Wrapping Up**

# Foreword

People act the way they act not because of their upbringing, environment, past experiences or temperament.

I'm not saying that these (upbringing, environment, past experiences or temperament) do not play a part in what happens to a person, they are strong influences – no doubt. But their consciousness levels lay the foundation of their personal growth blueprint.

Here's a good example of how it works.

Let's say you're a high powered CEO or executive that is filled with pride. He may be able to command a legion of employees, but in his personal life, he may experience dysfunctional relationships, lack of spiritual fulfillment or even feel a lack of control over events that are beyond his executorial control (not everyone in the world is his employee and he feels a lack of power because he often borrows strength from his position).

On the other hand, you may have a painter that does not make as much money as the CEO... but is filled with reason, purpose, fulfillment and love. He is very much in love and passionate with his work, his calling, his desire to produce a masterpiece out of his overflowing reservoirs of endless creativity.

The painter is clearly living at a higher level of consciousness compared to the CEO.

Do you get the picture here?

It's not about your rank, position, car, status or role in life. It's not even in what you're doing or having – it is in your BEING.

A higher level of conscious living will allow one to transcend upbringing, environment, past experiences or temperament to become more than what he or she can be without losing touch with who they really are.

Based on Power Vs Force: The Hidden Determinants Of Human Behavior by David R. Hawkins, the focus on this book centers on the levels of consciousness of human growth.

The path of growth is never ending. It is grafted into our very natures that growth is very important.

But your consciousness level will determine why you will want to grow, how much you want to grow and where you are going to find the resources that will facilitate this process (including finding the right people – the who, to achieve your calling).

This book might change your life. Read it with an open mind.

### ***Conscious Blitz***

***Learn The State Of Your Consciousness And Methods On How To Increase It***

# **Chapter 1:**

## ***Understanding The Importance Of Conscious Growth***

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### **Synopsis**

Are you pursuing a lifestyle of personal development? Is it effective? By understanding this simple truth, your efforts will give you better results in the long run.

This chapter talks about:

- Why personal development in and of itself is not good enough
- Same goals, wrong intentions
- Finding true meaning in your goals
- ‘Ends’ goals and ‘means’ goals
- No accidents!

Personal development as a way of life is very important. Start by understanding how you can fine tune your reasons ‘why’ and how you can live your life effectively by understanding what consciousness levels are all about!

## Consciousness Growth As A Way Of Life

Desiring personal growth in and of itself is not enough.

As enthusiastic as a person may be, if one does not align themselves effectively, they are merely building castles on sand or climbing the so called 'ladder of success' that is leaning against the wrong wall.

Are you aware that your goals are the right goals?

Why is it that two people can pursue the very same set of goals but after accomplishing it, not only turn out drastically different from one another... but also use the results they have achieved in different ways.

(A good example of these 2 people – both would master the art of self defense, but one uses it to kill people but another uses it to learn the art of self-discipline and protect others...)

The example above is a good sign that not all pursuits of personal growth are made equal. If a person is not intrinsically aware of the nature of good and evil (morality), lower level appetites (like smoking or lust), purpose driven living and understanding their egos, the quality of their pursuits and the effectiveness of their results are all defined by a person's awareness and consciousness levels.

That is why David R. Hawkins, author of the book – **Power Vs Force: The Hidden Determinants Of Human Behavior** expounds the ideas that it doesn't matter what social status or rank a person has which determines their desires... it is their consciousness levels that determine if one is living on a lower state of ego, power

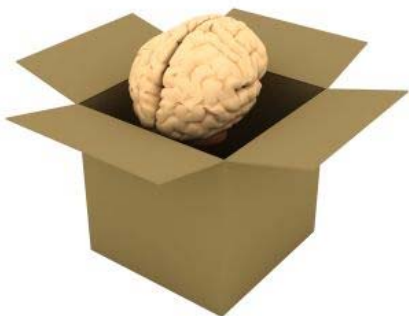
hungry, lower appetite addictions and desires or one's life filled with joy, love, meaning, fulfillment, purpose and high level thinking.

Another way to put it, 'means' goals usually pale in comparison to 'ends' goals because some ends are generally more worthwhile compared to others.

(A good way to put it, time management and goal setting is pointless if you are a serial killer. These tools will only help you to kill more people faster. You can't change the means if you want to change the ends. You have to think at a different level and hold to a different principle!)

This is where conscious growth comes in. As people become more aware of what they are supposed to do – giving in to meaning and purpose rather than lower level appetites and addictions, their horizons virtually expand and their thinking becomes better.

To make things simple, remember this rule of thumb – no one got to where they are by accident. It is the way of thinking that got them there. If you want to change your destiny or your outcome, start by changing the way you think.





# **Chapter 2:**

## ***Awareness Of Where Am I?***

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### **Synopsis**

Learning about the state of your consciousness level is one of the most important things that will change the direction, the effectiveness and the results of your personal growth plan.

This chapter talks about:

- Positive and negative consciousness levels
- Negative ones such as Shame, Guilt, Apathy, Grief, Fear, Desire, Anger and Pride
- Positive ones such as Courage, Neutrality, Willingness, Acceptance, Reason, Love, Joy, Peace and Enlightenment
- Where most of the world are functioning at
- Fluctuations in your personal growth
- Situations that might temporarily shift your consciousness state tremendously
- Subtle influences that will also affect your consciousness

Awareness is very important so make that conscious choice what you want to do with your life by first knowing where you are.

## **The Different Consciousness Levels**

According to Hawkins, different people operate at different levels of consciousness and these levels have a direct influence on their behavioral patterns.

The levels are collectively divided into 2 different groups.

The negative group consists of:

**Shame, Guilt, Apathy, Grief, Fear, Desire, Anger and Pride**

The positive group consists of:

**Courage, Neutrality, Willingness, Acceptance, Reason, Love, Joy, Peace and Enlightenment**

The transition state is a path of linear growth starting from shame and moving up to pride and then courage and beyond. According to Hawkins 85% of the people on earth live below the level of courage.

Most people tend to fluctuate one to two levels up and down at any given time or circumstances as well as mood swings or fatigue.

However, people will always operate at one specific level in general. They will also fall to a certain level when under pressure but their normative state will determine how they live their lives.

Extraordinary circumstances may also temporarily increase or decrease one's consciousness level such as a near death experience, completing a motivation seminar (these will temporarily bump up the

consciousness levels for a couple of weeks or days) and negative ones such as discovering a cheating spouse, feeling of extreme failure in things that matter or the death of a loved one (will drop tremendously, sometimes for months...)

Understanding your **core** level is very important but once you know your core level, know that it is worthwhile to invest time and energy into moving up to the next consciousness level.

Moving up a notch is the single, most important result anyone can experience in their lives, sometimes even better than winning a million dollars in a lottery (a person with low consciousness may not have the capacity to handle the money but a person with high consciousness may not have it now, but will develop the skills or utilize resources wisely to get more than that!)

It is also important to know that everything around us can affect our consciousness. The music we listen to, the people we hang out with, the things we feed our mind, listening to the news, even the stuff we hang on our walls can have a strong impact!

We will begin our study about the lowest consciousness state a human being can enter into. Then we will slowly work our way up.



# **Chapter 3:**

## ***Understanding The Level Of Shame***

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### **Synopsis**

Human beings are born with free will. Unfortunately, that free will is largely robbed from a person when they are at the level of shame.

This chapter talks about:

- Why this is the lowest consciousness level
- What people do at this level
- Who often drops here
- How do you get one out of this level
- How to progress to the next level - guilt

Personal development as a way of life is very important. Start by understanding how you can fine tune your reasons 'why' and how you can live your life effectively by understanding what consciousness levels are all about!

## **Understanding Shame**

Shame is the lowest level consciousness for a human being. According to Hawkins, this level is barely above a dead person – almost like a human zombie. A person at this level might even find it hard to perform basic functions because of the emotional burden they are facing.

A form of self-directed hatred and pain, a person at the level of shame is not able to lift his eyes to see a mirror. Suicidal thoughts are lingering in their minds as humiliation is the only predominant emotion found. Living in shame is excruciatingly painful for no human being would desire to inflict physical torture on themselves but emotional torture can be equally destructive.

The constant reminder of the pain traps them in a mental prison that will eat the person up alive if they are not careful. Lonely and reclusive, they often feel that their presence is also a huge burden on others while being a living parasite at the same time. They often wish they were never born.

### **What Kind Of People Are At The Shame Level?**

The sexually abused, criminals of heinous crimes who got caught and facing inescapable exposure from the public eye, people caught in scandals, suicidal people and even serial killers who have numbed themselves to all aspects of societal norms.

These people will also do whatever it takes to remove themselves from the public eye.

## Getting Out Of Shame

Only an extreme amount therapy can get a person out of this stage, otherwise they will most likely remain here for the rest of their lives. Identifying the primary source of pain is important because sometimes, the mind and the body can become so numb to the fact that they become used to the pain and know and would not desire anything else out of it.

A lot of patience is needed as well because their mental repetitions of pain can wear another's patience thin. In an example of sexual abuse, even the mere touch from the opposite (or even same in some cases) sex can kick start the mental trigger of pain and the victim will often close up to all forms of counseling.

Some psychologists even recommend hypnosis in order to induce a patient to overcome these traumas at a sub-conscious level. People who drop down here from a higher level are more hopeful if they are shown a glimpse of hope that they can be restored to their former glory. Or at the very least, elevate their consciousness level to **guilt**.



# **Chapter 4:**

## ***Understanding The Level Of Guilt***

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### **Synopsis**

Have you ever felt that you have done something wrong in your life and you cannot forgive yourself?

This chapter talks about:

- What is guilt about
- The difference between shame and guilt
- What kind of people exist in this level of consciousness
- Steps to get out of this awful state
- Getting them to stop feeling guilty towards apathy

Yes, we've all done nasty things in our lives. But punishing yourself by feeling guilty does not solve the problem. This chapter handles guilt intelligently by reminding ourselves that there is hope for our lives and constantly beating yourself up is not the solution.

## **Understanding Guilt**

To be honest, guilt isn't really that far from shame. What often happens at this level is a person who experiences painful memories like in shame, but are often having feelings of unworthiness and they find that they are unable to forgive themselves for their past transgressions.

The difference from shame is that they do understand the need to get out of their misery but are often held back by huge negative forces. People who are stuck here may sometimes entertain thoughts of suicide, though not as perpetual as a person in shame.

Poorly taught (or lopsided) religious teachings can also misguide someone to think they are a dirty sinner with no sense of feeling redeemed.

### **What Kind Of People Are At The Guilt Level?**

People who have failed to live up to their parent's expectations, criminals who got caught in crimes that hurt others, partners caught in adultery and people who feel that they do not measure up.

Religious people with a poor understanding of redemption (dark ages type of thinking) will also think that God sees them as a filthy being.

## **Getting Out Of Guilt**



Educating someone to get out of guilt is better than shame because these people understand a little about the light even though they are overwhelmed in the darkness.

With hard work and positive motivation, one may temporary forget their transgressions and progress to doing some meaningful work to elevate themselves back to normal.

Try not to remind them too much of those incidents and they will be able to do fine for awhile. If successful, they will overcome the pain they are facing and numb themselves with **apathy**.



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