

Map
of
Consciousness

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BASED ON THE WORK OF DR. DAVID R. HAWKINS

Map of Consciousness

ENLIGHTENMENT	700+
PEACE	600
JOY	540
LOVE	500

Transition into Self-Realization

REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200

Transition into Self-Honesty

PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

Shame

The lowest vibration of consciousness that can be felt and perceived in this Human Experience is shame.

Shame is the biggest lie of them all because it is the complete rejection of Self-Love, of "Self as Love." Shame is the opposite of Love in our polarity because it says "I am unloveable." When stuck perpetually in shame, individuals can become completely blinded by illusions of suicidal depression, narcissism, and psychosis.

Oof, this is difficult to even write because of the heaviness. But shame is the most important theme to talk about for this reason. Because when we are aware of lingering shame, we can heal it. Those experiencing shame need THE MOST LOVE because they feel so far away from Love's arms.

To transcend shame we must realize we are inherently Loving and Loveable and the only reason we experienced shame in the first place is because shame was projected onto us.

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Therefore we acknowledge that we are all inherently Loveable, innocently and perfectly acting out our own consciousness level based on what we know and the tools we've been given. We don't know any better.

We therefore move from shame and into the next theme of guilt and judgement by acknowledging that shame was "wrongly" imprinted onto us, releasing our attachment to this suffering as our identity.

VERY IMPORTANT

Every hero's journey is perfect and feeling shame is far from a doomsday sentence. Many Spiritual Awakenings happen when people feel a "rock bottom" of shame and realize they have nowhere to go but up—towards Love. Give yourself grace in your process and know that you always have a choice to transcend one step higher.

Guilt & Judgement

As we move out of shame into the theme of guilt & judgment we become obsessed with right and wrong, and what “should” be. {Guilt is the expression of this theme experienced in relation to self whereas judgement is the experience of this theme in relation to others.} Initially this is healthy as we are processing and integrating the “evil” projected onto our innocence OR as we acknowledge our own weakness, pitfalls, and mistakes so we can mold our actions towards the reality we are seeking.

Additionally this is a healthy step up from shame because we shift from thinking of our very existence and the existence of another as the “mistake” and rather focus on actions as the “mistakes.” However we become stuck in guilt when we expect ourselves to “know better” and hold ourselves and others in a perpetual state of retribution for past behaviors rather than allowing ourselves and others to move forwards.

Guilt & Judgement

Our judgements constantly create enemies that do not exist and holding self and others to an impossible standard of perfection.

We transcend judgement by releasing the need to form judgements in the first place. Our human ego minds cannot possibly perceive why things happen the way that they do. Therefore we find solace in understanding every action has a natural consequence and we don't need to expend our energy discerning "right vs wrong." No one is "getting away" with anything.

Additionally, guilt holds itself accountable to "knowing the first time" (aka "I should have known better") when really we need experience in order to truly understand. Thus, acknowledge consequence and course correct as necessary but then allow yourself to move forwards. You are always doing the absolute best you can with what you know and the tools you've been given.

Apathy & Hopelessness

Hopelessness is the step out of guilt & judgement as it gains the energy to accept consequences of actions, and is no longer preoccupied with judging "right vs wrong," however is far from having the energy to accept responsibility for one's own life path. Therefore the weight of all of the consequences feels so overwhelming and heavy that it causes one to completely detach and shut down from feeling all emotions – both positive and negative.

Additionally hopelessness will often look at the world with detachment and feel like "nothing is going to change in the world so what's the point." Notice hopelessness is not concerned with tearing itself and others down (whereas is judgement points fingers and calls names), but rather is unable to perceive hope, face reality, and create forward momentum.

Apathy & Hopelessness

Hopelessness can also be temporarily triggered in people who experience severe burnout and overwhelm from taking on more than their energy can handle.

We transcend hopelessness by TRULY SEEKING HELP - and I don't mean sabotaging ourselves by "asking" for help and not expecting it, procrastinating the request so we know the answer will be a "no," intentionally/subconsciously testing boundaries, or asking those we know are unable to help us.

Ask for help from a Higher Power (God, Source, Spirit Guides, Universe, whatever that means for you) and allow yourself to receive and release. When I see someone transition from numbness to emotional catharsis, I see that they are moving up the scale from hopelessness and into grief, as they now have the energy to feel.

Grief & Regret

Grief is a step up from hopelessness because it gains the energy to FEEL, but it remains stuck in the past, not yet having the energy to look ahead towards a brighter future. Sadness and regret live here. Grief says things like "I can't believe this happened. I'll never be the same. I wish I hadn't done that. I always screw up. I'm a loser." Loss is a big trigger here. Grief is afraid of loss so it keeps itself in the familiar past, resistant to life's inevitable transitions, and only perceives what is "lost" during the passage of time rather than what is gained.

Grief looks into the world and sees vast pain and suffering. In fact, many commonly experience grief shortly after their Spiritual Awakening when they become aware to suffering in the world that is happening unnecessarily. Death is also a huge trigger for grief, especially for those who perceive death as the end.

Grief & Regret

To transcend grief, we acknowledge that change is the only constant in life and nothing is permanent (including grief!). Life is cyclical and we are always “gaining” – wisdom, expanded awareness, consciousness, perspective, experience – even in the face of “loss.” Releasing attachment to outcomes with gratitude allows us to appreciate the present moment. Becoming fully immersed in the present moment allows us to step into the unknown, meeting change with grace.



The Fear

Fear is a huge step in our evolution as it is the first time we genuinely have the energy to look ahead into the future. Fear is the beginning of imagination, the first time we have the ability to acknowledge the unknown and the unseen. This is why fear and intuition are so intimately connected; fear is just the negative expression of intuition, perceiving scarcity and danger whereas intuition leads us to abundance and safety.

Healthy fear manifests as caution and discernment, however in excess fear becomes obsessively avoidant of the “unknown” and paralyzed at the thought of “loss.” While grief dwells on loss, fear attempts to escape it. Fear is overly concerned with survival such that it doesn’t allow itself to truly live and thrive. The overactive imagination of fear creates worst case scenarios in the mind and perseverates on “What if it goes wrong?”

The Fear

We transcend fear by instead asking, "What if it all goes RIGHT? What if it turns out better than I could have possibly imagined?" Desire for a brighter future propels us into action, transmuting our fear energy into manifestation. Additionally, learning our Human Design authority type allows us to trust in Divine guidance. When we're connected to our intuition, we realize we have nothing to fear, because we always know exactly what to do in every given moment. We are always supported in our own unique journey.



Desire

Juicy Desire. The whole Universe was birthed out of desire. Desire creates LIFE. Desire is a tremendous accomplishment because momentum is gained here as we become reinvested in life. We now WANT to be happy and to work towards a better life, creating increased productivity. The Law of Attraction is often discovered here. However, the trap of desire is destination seeking; desire is obsessed with achievements, placing happiness outside of the present. While fear sees the future as "scary," desire perceives the future as more pleasurable than the current moment. Suffering occurs when the theme of desire forms unhealthy attachments to always seeking "more," and projecting our happiness onto our objects of desire rather than recognizing the love and joy we seek lives inside of us at all times.

Healthy desire incites action, whereas unhealthy desire easily falls into the victim mindset of "I want it now; why don't I have it?" Addiction, future tripping, excessive attention & pleasure seeking, and dopamine dysregulation are side effects of our consciousness chronically stuck in the theme of desire.

Desire

We transcend desire with gratitude for the present moment and by practicing the Yogic philosophy of “equal effort, equal nonattachment.” To quote the Inner Work book by Mat & Ash, “It really doesn’t matter whether or not the desire comes to fruition, because expressing our creativity and effort is the actual reward and fulfillment. We are always whole and complete the entire experience, not just the ‘end.’”

Another way to transcend desire, especially when breaking addictions, is by having “anger for change” and healthy expectations/setting boundaries. Anger requires more energy than desire as it is the energy of “breaking free” from desire’s enslavement, which we will discuss more on the next theme of anger.



Anger

Desire says "I want" but anger says "I expect." Anger is the vibration of "putting your foot down," setting boundaries & standards, and saying "enough is enough." Therefore the theme of anger doesn't actually require you to display anger in the explosive and physical sense, but rather reflects that anger arises when our expectations aren't met. Whereas desire can fall into victimhood, anger now has the energy to demand a better future and to break the enslavement of desire.

You can see the healthy expression of anger as setting necessary boundaries. The great irony of manifestation is that we actually need limitations and containers for our desires to come to fruition. Imagine trying to build a house without any physical elements, or trying to establish a relationship with someone without maintaining any standards. Setting expectations therefore creates a place for our desires to be nurtured and flourished into reality.

Anger

However anger quickly becomes destructive when we carry excessive unrealistic expectations. Someone stuck here is obsessed with attempting to control the behavior of others to match their expectations and will explode, resorting to force, when not met. However force is extremely limited and draining of our energy because it resists life, whereas true power affirms and supports life. Anger is really sadness disguised behind an illusion of force because it thinks that if its expectations are not met then it is not loved.

We transcend anger through genuine self-respect and pride in ourselves knowing that we are always whole and complete even when our expectations are not met. By releasing control outside of ourselves, it frees us to develop our own self-esteem. Surrender, stop trying to “force,” and trust that by simply embodying your truth, others will be empowered by your example.



Pride

Anger says "I expect" and pride says "I deserve." Pride is all about "proving" its worthiness. While pivotal in its ability to unlock true self-esteem, pride goes before the fall when it assumes it must "earn" love and therefore can easily spiral back towards shame every time its external validation of confidence is shattered. Pride is caught up in a lack mindset, assuming there's not enough love to go around. While the theme of guilt & judgement is obsessed with pointing out "wrongness," pride always needs to be "right" and "the best." While still vulnerable, pride has come a long way from shame and it's important to exercise healthy pride regarding progress in one's own journey, otherwise the ego will always be triggered by others who express pride.

Pride can be so tricky because it can disguise itself as love so easily. It's often very difficult to acknowledge the theme of pride until it has been transcended. Censorship is a form of pride as censoring assumes that its viewpoint is the only right viewpoint and it must protect everyone else because it knows what's best for everyone.

Pride

Pitying others is also one of pride's sneaky pitfalls as it assumes it is so much better off. Additionally, spiritual pride is common in the beginning stages of a Spiritual Awakening. A prideful ego sees themselves as "more spiritually guided" than another, rather than acknowledging the Divinity in that person and the perfection in their own journey. Pride often says "that's yours to heal, you're just projecting" rather than genuinely displaying empathy.

Transcending pride is one of the most pivotal steps we will ever take because once we have crossed the threshold into courage, we have positive momentum propelling us towards Love (from using force and into gaining true power). To take this leap we must relinquish the need to earn love and respect through unrealistic perfection. True courage requires humility and vulnerability which are ironically more impressive than pride. By taking accountability for our actions, we remember the freedom to create our own reality at any given moment is a fundamental truth for all. Therefore, there is truly no "competition" in life— nothing to prove. Love no longer needs to be earned as it is an inherent promise living within. And from here, we transition into the realm of self-honesty.

Courage

Transcending out of pride and into courage provides tremendous relief as we are now aware of the true POWER of self-honestly. Courage not only begins to seek true accountability for its actions, but additionally fully allows other to be responsible for their own actions as well. Whereas pride relentlessly seeks to “win” an argument and defer blame, courage leads with vulnerability and is able to see their role, the light and the dark. This is usually the place when we start to separate from our ego and realize that while we are not our thoughts, we have control over which thoughts we engage with and believe.

Pride and anger are notoriously self-centered. Courage, on the other hand “fights” for other; “it’s not about me.” Duty, discipline, commitment, delayed gratification, making amends, and integrity are highly valued here. In courage, nothing gets left unsaid, and no deed is left undone, all for the betterment of self and humanity. Courage speaks with direct honesty from the heart while taking accountability for one’s own feelings (“I” language when engaging in difficult conversations).

Courage

As pivotal and transformational as courage can be, courage exerts tremendous energy in duality, searching for contention. Courage is invested in right vs wrong and can become overly self-sacrificing, leading to burnout and spiraling down to hopelessness when becoming overwhelmed and overburdened. Courage acts out of obligation rather than of inspiration and dharma. Courage is still very vulnerable because its obsession with fighting for what's "right" can easily slip us down into pride.

To continue our hero's journey towards Love, we relinquish the need to constantly find "evils" to contend with. The battles we wage in our minds only perpetuate the perceived problems of the world. Additionally, we begin to recognize that we are not responsible for solving all of the problems of the world, and actually taking care of ourselves and stepping into our joy allows us to be of greater service to humanity. Stepping into the role of the impartial observer allows us to transcend into our next theme of neutrality.

Neutrality

Neutrality is the theme of rest. When we traverse into neutrality, we've finally surrendered into the arms of Divinity. We've let go of resistance and the need to "fight" for our evolution. Neutrality is no longer interested in picking sides. It says things like "live and let live," "it's none of my business," "to each their own," and "it's all working out in perfect timing for the greatest good."

Many confuse neutrality for lack of feeling/emotion, however the numbing of emotions is more related to the theme of hopelessness. Neutrality still feels and is very much engaged with life— it houses the healthy and integrated form of courage— however would simply prefer not to participate in highly confrontational situations more than absolutely necessary. Neutrality honors its own energy, valuing efficiency, fun, humor, vacation, and self-care. Reggae music reminds me of this theme.



Neutrality

While serving as sanctuary to retreat and recover from the many struggles of the lower themes, neutrality has its own pitfall as it can easily become complacent. So long as status quo is maintained, neutrality remains content with little drive to push forwards. Neutrality is contributing positively to society while also not really having any new goals of self-improvement.

Neutrality is transcended when we self-motivate and reignite our ambitions. After we've received rest and recuperation from neutrality, we're able to eagerly create & serve from a place of inspiration and opportunity rather than the draining obligation of courage... thus propelling us into the willingness to fulfill our life purpose.

Neutrality can also transcend itself in a paradoxical way. By allowing pause to rest, the Universe gifts us with new inspiration birthed from inner tranquility and silence.

Willingness

Where courage perceives obligation, willingness sees opportunity. Willingness acts out of purpose rather than self-sacrifice, surpassing the “status quo” of neutrality and entering the realm of going “above and beyond” and becoming the best version of oneself. Someone who’s in the theme of willingness will literally work all day for the pure fun and enjoyment of it. This is the person who perhaps needs to be reminded to take breaks, eat, and sleep because they are in such a flow state. Willingness also contains a level of perseverance, even thriving in the face of challenge because they love the process, not just the destination.

Desires and willingness are parallel to each other. Desire is obsessed with what it receives while willingness simply wants to express its dharma. Someone in desire would easily give up in the face of struggle, whereas someone in willingness is acting out of pure intrinsic inspiration and has released attachment to compensation. Happiness is now almost entirely internally driven.

Willingness

Ambition, drive, goals, and entrepreneurship all live here. If you're familiar with Spiral Dynamics, willingness is the epitome of orange.

While extremely powerful, willingness can easily fall into overachieving and become overly attached to potential, completion, and perfectionism. This is a slippery slope into burnout, similarly to courage, however willingness is more trying to prove to itself that it can do it, no longer striving for external recognition. Willingness is still therefore attached to results for its own internal validation. In this theme, one becomes so wrapped up in their own process that they miss that they could be working smarter, not harder.

To transcend willingness we realize that our intention to be our best selves is enough, allowing us to have genuine self-acceptance. Our drive to be our best self inherently makes us our best selves in every moment regardless of our achievements and productivity. You are already whole and complete as you are, and this acceptance ironically allows you to create more effective without attachment to the results.

Acceptance

Willingness says "I achieve above and beyond" and Acceptance says "I am enough." Where neutrality values complacency over excess effort, acceptance is full effort & engagement with life without attachment to the results. As we transcend from willingness, this release of attachment ironically allowing us to achieve with greater ease and flow. Additionally, Acceptance is harmonious, compassionate, patient, peaceful, and forgiving, fully transmuting judgement and acknowledging lapses in knowledge with humility. Acceptance doesn't take things personally, is able to appreciate differences in opinions, and is therefore the beginning to understanding Oneness Consciousness.

Interestingly Acceptance's value of harmony leads to aversion of data and facts. Acceptance avoids full disclosure of its wisdom and as well as controversial viewpoints because the last thing it wants is division. It sees others using facts and data for prideful reasons and wants nothing to do with pride.

Acceptance

Acceptance says things like “Let’s just all love each other. I don’t have control over what other people believe. I don’t want to argue or pick sides. I don’t need to know all of the mysteries of life; there’s so much we will never understand.”

We transcend acceptance by seeking to understand. True scientists dive into the mysteries of life with curiosity, not needing to prove anything or take credit. Knowledge acquisition without the ego uplifts humanity, inspires innovation, and allows us to be of greater service to humanity. Awareness is the great healer, and understanding actually cultivates greater compassion, peace, and gratitude.



Reason & Understanding

Acceptance achieves a great deal of self-assurance as it says "I am enough." However, this newfound sense of wholeness can lead to aversion towards seeking further understanding. The transcendence into Reason & Understanding allows for further knowledge that uplifts humanity. The awareness that we are whole, complete, and perfect as we are, allows us to deeply and curiously explore the realm of science without being triggered, because we now know nothing can change the essence of who we are, it can only further our ability to relate to each other and create a harmonious world. Reason & Understanding is logical and humble, understanding that insights/ genius are gifted – not generated by the ego. These are the true scientists and innovators who seek to verify the truth.

Whereas someone in Pride will be trying to "prove" themselves right, those in Reason will genuinely seek the truth without confrontation or argument, unafraid to be "wrong." While Pride loves to point out bias, Reason & Understanding is aware (even if subconsciously) of all lower themes.

The Reason & Understanding

It understands how the perception of humanity filters EVERYTHING we know and therefore simply keeps an open mind. Because of the genuine self-confidence it has achieved, it is able to absorb a greater deal of information and viewpoints. The Truth speaks for itself, so no need to prove anything. Many scientists and politicians of today may outwardly present themselves in the theme of Reason when in actuality they are in Pride.

The shadow side of Reason is an obsession with the details such that it misses the bigger picture. It rejects what it cannot objectively verify. However, at a certain level we recognize we could go down an infinite loop of data collection but never understand the purpose of it all, or even reject our subjective experience as Souls. Therefore, the ultimate transcendence is seeing Love as the MOST logical choice. Eventually our ego minds run out of explanations. All avenues of scientific discovery eventually lead back to our awareness as Souls having a temporary human experience to remember Love as the essential core of Who We Really Are.

Love

As expansive and powerful as Reason and Understanding can feel, it still is very much stuck in the matrix. Reason and Understanding is the unattached observer perspective. The power of the mind reaches its peak here as it is no longer hindered by emotions. However, the mind is so attached to the study of effects that it misses the root that underlies all things: Consciousness. Studying Quantum Mechanics helps us transcend from Reason into Love, from 4D self as mind into 5D Self as Consciousness. This is because Quantum Mechanics reveals how consciousness literally alters reality. Rather than being stuck in one timeline of cause and effect, we now have infinite possibilities. What you feel and experience becomes your reality rather than what you think. You become the Creator of your own reality.

As you enter into Love you find your peace from within. However before your love fully matures, you place limits on your love by creating boundaries around what you choose to love and when you experience love. You are able to fully express gratitude but only towards that which you deem lovable.

Love

This is why when somebody meets all of your preferences you “fall in love” with them (even though you actually “elevate” into love). Then if your preferences or their ability to uphold them change, you “fall out of love.”

The final step we take out of conditional love and into True Freedom & Lasting Happiness is the ultimate realization of Oneness Consciousness. All is Perfect and Divine. From this place we understand that Consciousness is ALWAYS seeking to evolve. Therefore everyone and all things are in their perfect vibration on their own journey. The problems of the world melt into the higher perspective that all Souls are evolving in their own time. Suffering is temporary as we are all immortal Souls from the same Source of Light. Love is all there is.



FOR MORE INFORMATION
ABOUT THE LEVELS OF CONSCIOUSNESS

{AND OUR UPCOMING COURSE ON
CONSCIOUSNESS MAPPING}

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