



LIMITLESS

to honor Mother Gaia

THE
SCALE OF
CONSCIOUSNESS

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THE SCALE OF CONSCIOUSNESS

Everything in the Universe is connected. Everything that we say, do and think effects the ALL and each other, and the entire of Creation.

Dr. David Hawkins' Map of Consciousness is a scale that identifies consciousness on a range of 0 to 1000. The scale is based on the level of emotions and attitudes that people experience. The lower end of the scale is characterized by emotions such as anger, fear, anxiety, and rage, while the upper end of the scale is characterized by emotions such as love, joy, peace, and understanding. States of enlightenment are at the top of the scale.

According to Dr. Hawkins, courage is the beginning point and catalyst for freedom from the lower realms. The Map of Consciousness also capably displays levels of consciousness as a reflection of resistance versus allowing. As one is more resistant, they are lower on the scale, i.e., rigidity, reactionary, etc. As one is more allowing, one is higher on the scale. As we move away from resistance; as we become more allowing, we become more conscious.

THE SCALE OF CONSCIOUSNESS

As we become more conscious (less resistance), more Innate Intelligence naturally expresses through us. As we become more conscious, we naturally become more blended/partnered with Source. As we become more blended/partnered with Source, we become more exponential in our contribution for making the world a better place.

Allowing is the secret and less resistance produces more allowing. Ultimately, allowing allows the governance and orientation of the frequency of God to express through us—sans distortion for what I like to call “the ride of a lifetime!”

CHECK IN WITH YOURSELF DAILY TO SEE WHERE YOU ARE AT AND TAKE THE NECESSARY STEPS TO FLIP THE ENERGY!



THE SCALE OF CONSCIOUSNESS

Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

DO YOU KNOW HOW IMPACTFUL YOUR VIBRATION IS?

THE MAP OF CONSCIOUSNESS IS EXPONENTIAL!

- ONE PERSON AT 700 COUNTERBALANCES 70 MILLION PEOPLE BELOW 200
- ONE PERSON AT 600 COUNTERBALANCES 10 MILLION PEOPLE BELOW 200
- ONE PERSON AT 500 COUNTERBALANCES 750,000 BELOW 200
- ONE PERSON AT 300 COUNTERBALANCES 90,000 BELOW 200

THE SCALE OF CONSCIOUSNESS

PAIN AND SUFFERING STAGES

SHAME 20

TRAP: THE TRAP WITH SHAME IS ALLOWING OTHERS PROJECTIONS TO BECOME YOUR IDENTITY.

TOOLS

SELF-LOVE DISCIPLINES ARE KEY IN TRANSFORMING SHAME, SPECIFICALLY I AM MIRROR AFFIRMATIONS WHICH HELP THE SHAME BEGIN TO DISSOLVE.

GUILT 30

TRAP: THE TRAP WITH GUILT IS BELIEVING YOU DESERVE PUNISHMENT.

TOOLS

FORGIVENESS IS THE CURE FOR GUILT. PRACTICING FORGIVENESS CEREMONIES OF SELF, OTHERS AND ALL EVENTS. BLESS ALL FOOD & BEVERAGES BEFORE CONSUMING, AS GUILT LIES IN THE STOMACH.

THE SCALE OF CONSCIOUSNESS

PAIN AND SUFFERING STAGES

APATHY 50

TRAP: THE TRAP WITH APATHY IS GETTING STUCK IN DEPRESSION. ENERGY MUST MOVE OR IT BECOMES STAGNANT.

TOOLS

APATHY CAN ONLY BE OVERCOME THROUGH MOVEMENT OF THE BODY. GROUNDING, STRETCHING AND STICKING TO 2-3 DISCIPLINES PER DAY CAN TRANSFORM APATHY.

GRIEF 75

TRAP: THE TRAP WITH GRIEF IS ATTACHMENT AND BEING UNWILLING TO ACCEPT THE PRESENT MOMENT AS IT IS.

TOOLS

EMOTIONAL PROCESSING IS KEY DURING THIS PHASE. WORKING THROUGH THE 7 STAGES OF GRIEF AND ALLOW ALL EMOTIONS TO BE EXPRESSED AND RELEASED. SELF-CARE, NURTURING AND STILLNESS ARE KEY.

THE SCALE OF CONSCIOUSNESS

PAIN AND SUFFERING STAGES

FEAR 100

TRAP: THE TRAP WITH FEAR IS BELIEVING THAT IT IS REAL AND RUNNING AWAY FROM OUR FEARS RATHER THAN FACING THEM.

TOOLS

TRUST IS THE CURE FOR FEAR AND EXITING FIGHT OR FLIGHT. USE THE MANTRA "I TRUST & SURRENDER". GROUNDING + COLD SHOWERS ASSIST THE BODY WITH DISSOLVING FIGHT OR FLIGHT. ALWAYS ASK YOUR ANGELS FOR ASSISTANCE WHEN DISSOLVING FEAR.

DESIRE 125

TRAP: THE TRAP WITH DESIRE IS EXTERNALIZATION. JOY CAN ONLY BE PRODUCED FROM THE INTERNAL STATE.

TOOLS

DESIRES STEM FROM OUR EGO'S WANTS AND NEEDS OF THINGS EXTERNAL FROM OURSELVES. PRACTICE CULTIVATING THE FEELING OF WHAT YOU DESIRE INTERNALLY THROUGH MEDITATION.



THE SCALE OF CONSCIOUSNESS

PAIN AND SUFFERING STAGES

ANGER 150

TRAP: THE TRAP WITH ANGER IS WANTING TO HOLD ONTO IT AS A FORM OF SELF-PROTECTION RATHER THAN ALLOWING IT TO RELEASE.

TOOLS

ANGER STEMS FROM SUPPRESSED PAIN AND OFTEN NEEDS A SAFE OUTLET TO BE VENTED AND RELEASED. JOURNALING, MOVEMENT AND TAKING FULL ACCOUNTABILITY DISSOLVE ANGER. AVOID BLAME AND PROJECTIONS.

PRIDE 175

TRAP: THE TRAP WITH PRIDE IS NEEDING TO BE RIGHT AND REFUSING TO TAKE ACCOUNTABILITY.

TOOLS

PRIDE STEMS FROM LACK OF SELF-LOVE AND VULNERABILITY. ASK FOR HELP AND BE WILLING TO ALLOW OTHERS TO SUPPORT YOU. FOCUS ON OPENING THE HEART CHAKRA THROUGH CONSCIOUS BREATHING.

THE SCALE OF CONSCIOUSNESS

PAIN AND SUFFERING STAGES

ARROGANCE 190

TRAP: THE TRAP WITH ARROGANCE IS THINKING YOU KNOW BETTER, RATHER THAN LEARNING.

TOOLS

ARROGANCE STEMS FROM A DEEP SENSE OF LACK OF EMPOWERMENT. TO COVER IT UP, WE BECOME ARROGANT. CUT CHORDS WITH ALL LOWER THOUGHTS AND USE THE MANTRA: "I DON'T KNOW SHIT."

COURAGE 200

TRAP: THE TRAP WITH COURAGE IS NEEDING EXTERNAL VALIDATION IN ORDER TO EMBODY IT.

TOOLS

COURAGE IS WHERE WE BEGIN TO ENTER THE LIFE ENHANCING STATE, AND WE EXIT THE PAIN AND SUFFERING PHASE. THE KEY HERE IS NOT TO ALLOW THE EXTERNAL TO DICTATE OUR COURAGE, BUT TO FOLLOW OUR HEARTS NO MATTER WHAT THE EXTERNAL CIRCUMSTANCES OR RESISTANCE MAY BE.

THE SCALE OF CONSCIOUSNESS

TRANSFORMATION STAGES

NEUTRALITY 250

**TRAP: THE TRAP WITH NEUTRALITY IS BECOMING
OVERLY PASSIVE AND ENABLING DYSFUNCTION.**

TOOLS

**NEUTRALITY IS THE ART OF SEEING THINGS AS THEY ARE,
WITHOUT JUDGMENT OF GOOD/BAD OR RIGHT/WRONG.
ALWAYS ASK, "WHAT IS THIS SHOWING ME?"**

WILLINGNESS 310

**TRAP: THE TRAP WITH WILLINGNESS IS THAT IT CAN MORPH
INTO FORCING THINGS, RATHER THAN FLOWING WITH THEM.**

TOOLS

**WILLINGNESS IS OUR INNER FIRE THAT IS WILLING TO DO
WHATEVER IT TAKES TO TRANSFORM, HEAL, EVOLVE, ETC.
WE ARE OPEN TO EXPERIMENTING AND FINDING OUT WHAT
WORKS FOR US.**

THE SCALE OF CONSCIOUSNESS

TRANSFORMATION STAGES

ACCEPTANCE 350

TRAP: THE TRAP WITH ACCEPTANCE IS ALLOWING OTHERS TO TAKE ENERGY FROM YOU WITHOUT ANY BOUNDARIES.

TOOLS

ACCEPTANCE IS WHEN WE ARE NOT IN RESISTANCE TO THE PRESENT MOMENT. WE ALLOW ALL THAT COMES INTO OUR EXPERIENCE, BUT THEN WE MUST DISCERN WHAT IT IS CALLING FOR US TO DO/CHANGE/TRANSFORM.

REASON 400

TRAP: THE TRAP WITH REASON IS TRYING TO FIGURE IT OUT, RATHER THAN ALLOWING CLARITY TO COME.

TOOLS

REASON IS WHERE WE LEARN OUR TRUE DISCERNMENT. WE ARE ABLE TO IDENTIFY THE ENERGIES PRESENTED TO US, AS WELL AS ANY ENERGIES WITHIN US THAT ARE A MIRROR, & WE DISCERN THE HIGHEST RESPONSE/STEP TO TAKE.

THE SCALE OF CONSCIOUSNESS

EMBODIMENT STAGES

UNDERSTANDING 450

**TRAP: THE TRAP WITH UNDERSTANDING IS LACK OF WISDOM
AND LACK OF EXPERIENCE DISGUISED AS UNDERSTANDING.**

TOOLS

TRUE UNDERSTANDING COMES FROM GOING THROUGH
AN EXPERIENCE AND GAINING THE WISDOM FROM IT. WE
CANNOT TRULY UNDERSTAND THE HIGHER FREQUENCY
CONCEPTS UNTIL WE GO THROUGH THE LOWER ONES,
TRANSFORM THEM, HEAL THEM AND LEARN FROM THEM.

LOVE 500

**TRAP: THE TRAP HERE IS FEELING YOU ARE IN UNCONDITIONAL
LOVE, BUT ARE ACTUALLY IN CONDITIONAL LOVE.**

TOOLS

UNCONDITIONAL LOVE STEMS FROM BALANCED HARMONICS,
AN INTERNAL BALANCE OF BOTH MASCULINE/FEMININE
POLARITIES AND THE DISSOLVMENT OF ALL EGO
PROGRAMMINGS.

THE SCALE OF CONSCIOUSNESS

EMBODIMENT STAGES

JOY 540

TRAP: THE TRAP HERE IS GETTING CAUGHT IN FAKE JOY, OR ALL "LOVE AND LIGHT" WHILE DENYING DEEPER LAYERS OF EMOTIONS.

TOOLS

JOY IS AN INTERNAL STATE THAT HAS TO BE CULTIVATED EACH DAY. FOCUSING ON EACH PRESENT MOMENT OF "WHAT WOULD BRING MY SOUL JOY" IS HOW WE STAY PRESENT IN THE MOMENT.

PEACE 600

TRAP: THE TRAP WITH PEACE IS BEING ATTACHED TO EXTERNAL PEACE, LEADING TO AVOIDANCE AND PEOPLE PLEASING.

TOOLS

PEACE IS AN INTERNAL STATE OF BEING HEART-CENTERED NO MATTER THE EXTERNAL CIRCUMSTANCES. PEACE IS CULTIVATED THROUGH CONSISTENT EMBODIMENT AND PROCESSING OF ALL EMOTIONS/REACTIONS.

THE SCALE OF CONSCIOUSNESS

EMBODIMENT STAGES

ENLIGHTENMENT 700

**TRAP: THE TRAP WITH ENLIGHTENMENT IS SPIRITUAL
EGO WHICH CONVINCES US WE ARE HIGHER THAN OTHERS.**

TOOLS

**ENLIGHTENMENT IS AN INTERNAL STATE FREE OF ALL BELIEF
SYSTEMS. IT IS HERE WE ARE CONNECTED STRAIGHT TO
SOURCE AND EXPERIENCE LIFE AS A WONDERFUL ADVENTURE,
WHERE WE ARE ALWAYS LEARNING AND EVOLVING.**

UNKNOWN 1000

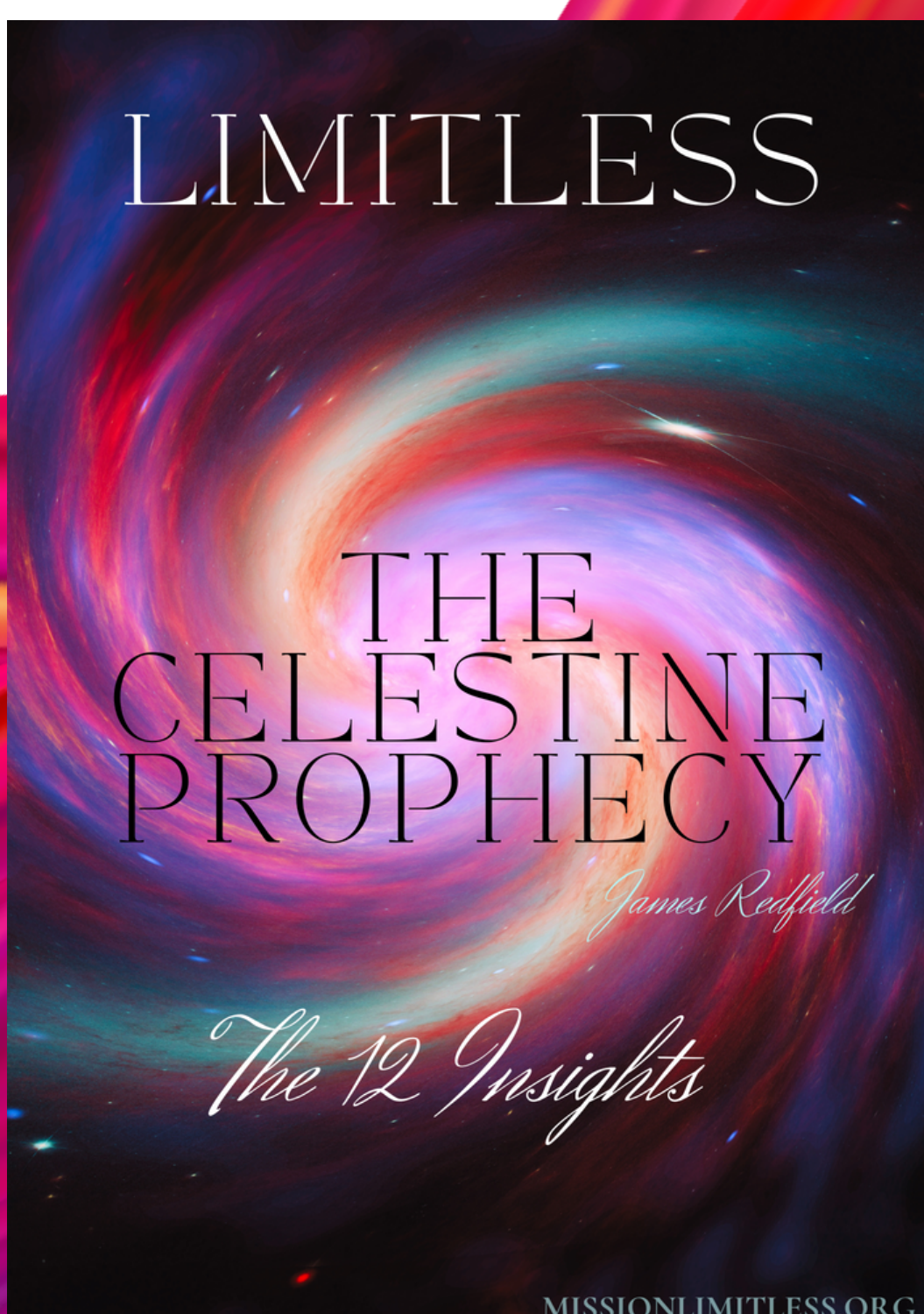
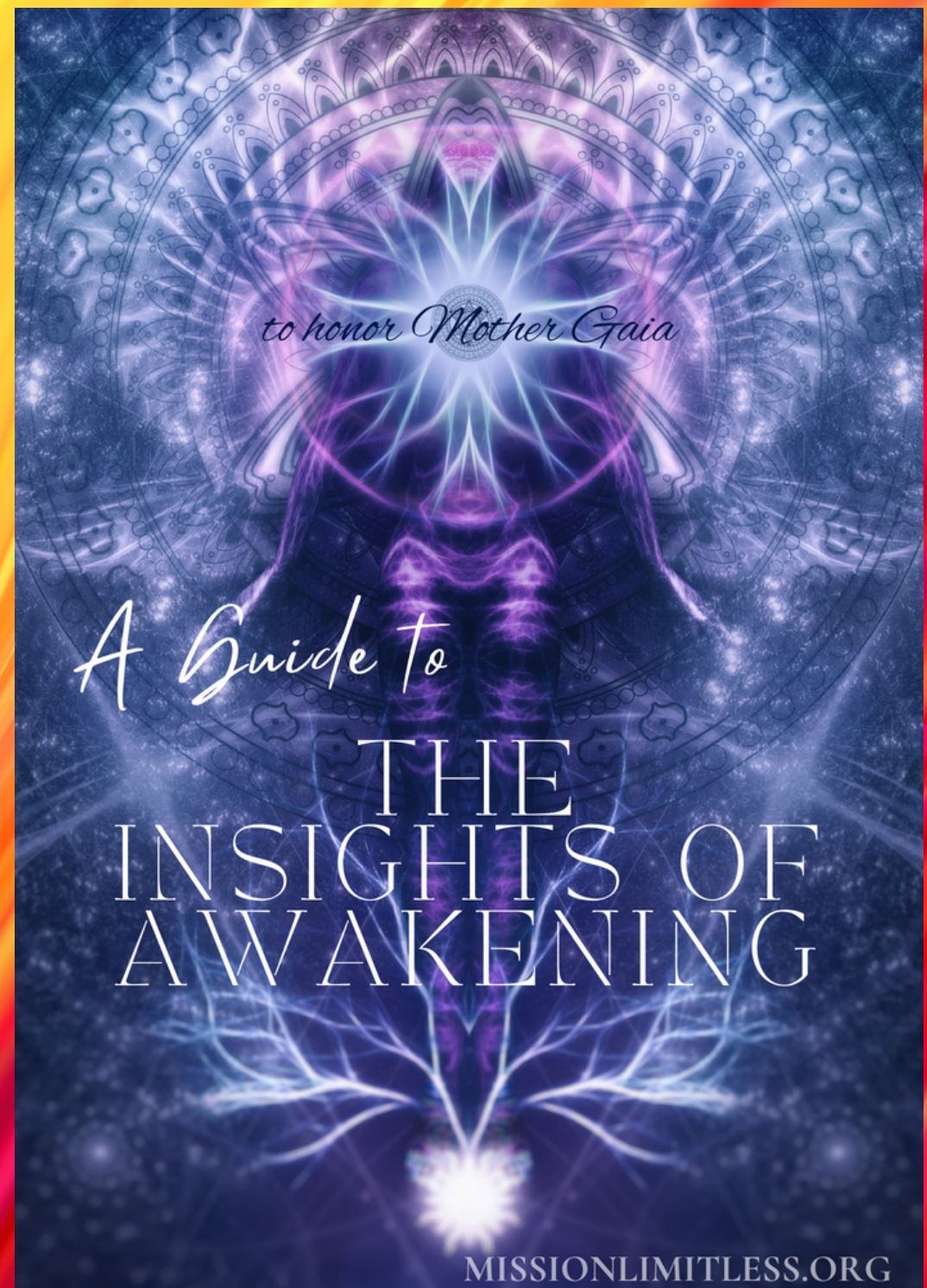
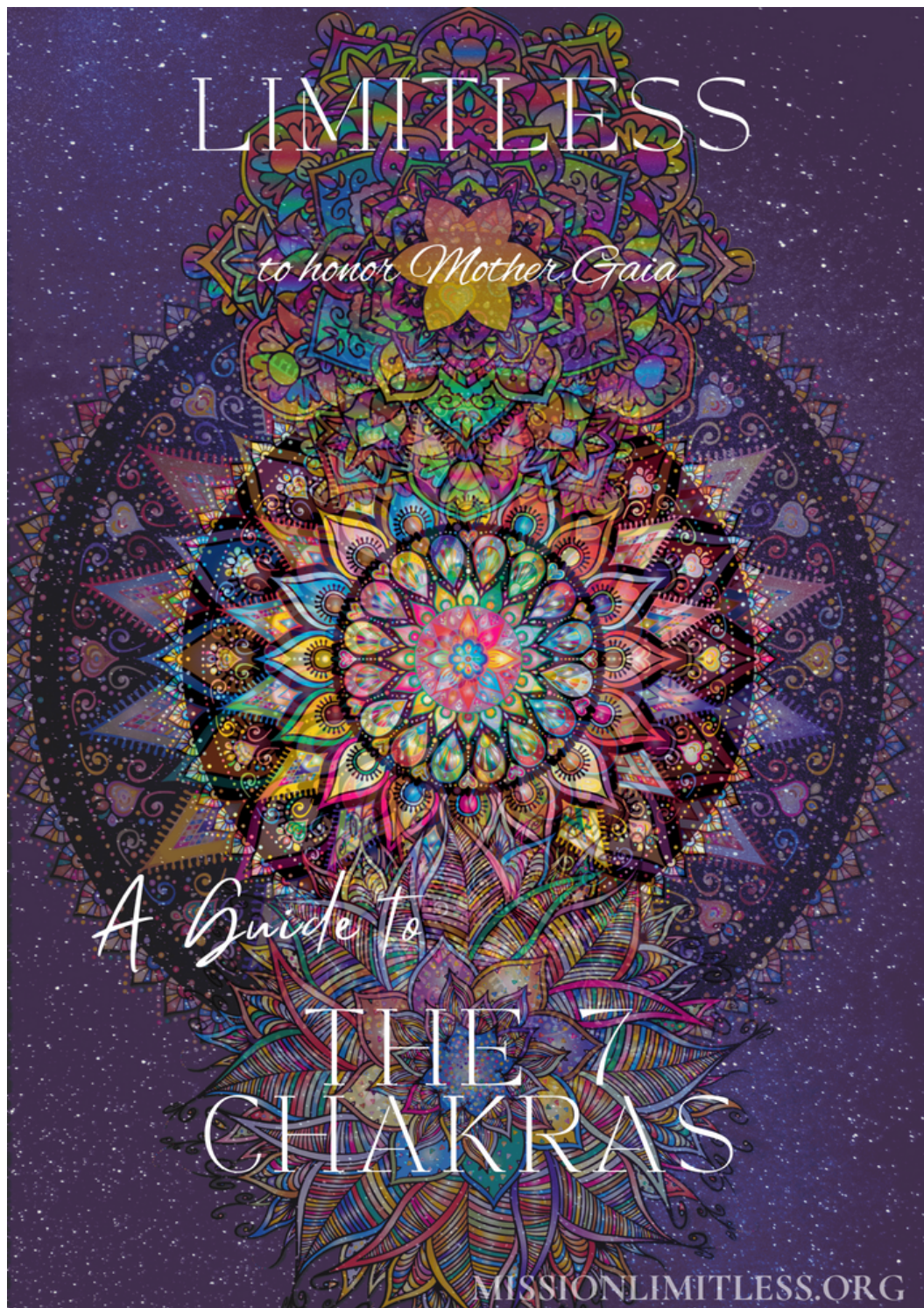
**TRAP: THE TRAP WITH THE UNKNOWN IS THINKING YOU
HAVE IT ALL FIGURED OUT, WHEN SOURCE CAN NEVER BE
FIGURED OUT.**

TOOLS

**LOVE AND THE UNKNOWN ARE THE ONLY TWO ENERGIES IN
EXISTENCE, ALSO KNOWN AS SOURCE (MOTHER/FATHER GOD).
THE UNKNOWN IS LIMITLESS IN EXPRESSIONS & POSSIBILITIES
AND ONE CAN NEVER STRIVE FOR THIS STATE:
IT CAN ONLY BE EXPERIENCED.**

For more information on navigating the Ascension process, we have more content, guides and resources shared on our website under resources.

www.missionlimitless.org



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Mother Gaia