

7 Levels of Consciousness							
	Fight or Flight	Reactive	Restful Awareness	Intuitive	Creative	Higher Guidance (Visionary)	Sacred (Enlightenment)
What are miracles?	Miracles involve surviving great danger, impossible rescues, a sense of divine protection	Miracles involve incredible achievements and success, control over body and mind	Miracles involve synchronicity, yogic powers, premonitions, feeling the presence of God	Miracles involve telepathy, ESP, knowledge of past or future lifetimes, prophetic powers	Miracles involve divine inspiration, artistic genius, spontaneous fulfilment of desires – wishes comes true	Miracles involve healing, physical transformations, holy apparitions, highest degree of supernatural feats	Miracles involve inner evidence of enlightenment
Levels of Fulfilment	<ul style="list-style-type: none"> <li>* Family</li> <li>* Community</li> <li>* Sense of belonging</li> <li>* Material comfort</li> </ul>	<ul style="list-style-type: none"> <li>* Success</li> <li>* Power</li> <li>* Status</li> <li>* Ego satisfaction</li> </ul>	<ul style="list-style-type: none"> <li>* Peace</li> <li>* Being connected</li> <li>* Self-acceptance</li> <li>* Inner silence</li> </ul>	<ul style="list-style-type: none"> <li>* Insight</li> <li>* Empathy</li> <li>* Tolerance</li> <li>* Forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>* Inspiration</li> <li>* Expanded creativity</li> <li>* Co-creation</li> <li>* Unlimited discovery</li> </ul>	<ul style="list-style-type: none"> <li>* Reverence</li> <li>* Compassion</li> <li>* Devoted service</li> <li>* Universal love</li> </ul>	<ul style="list-style-type: none"> <li>* Wholeness</li> <li>* Unity with the Divine</li> </ul>
1. Who am I?  2. How do I fit in?  3. How do I find God?  4. What is the nature of good and evil?	1. A survivor  2. I cope  3. Fear and loving devotion  4. Good = physical safety, comfort, food, shelter and family  Evil = threat to physical safety	1. Ego personality  2. I win  3. Awe and obedience  4. Good = getting what you want, fulfilling desires  Evil = Threat to getting what you want, to ego, values and needs	1. Silent witness  2. I remain myself  3. Meditation and contemplation  4. Good = clarity, restfulness, inner sense of orderliness  Evil = inner turmoil and chaos	1. The Knower Within  2. I understand  3. Self-acceptance  4. Good = receiving answers, spontaneous knowingness  Evil = self betrayal, threat to intuition	1. Co-Creator  2. I create  3. Inspiration  4. Good = inspiration  Evil = lower consciousness, threat to creativity	1. Enlightened Awareness  2. I Love  3. Grace  4. Good = cosmic force of evolution, truth, beauty and harmony, Sattva  Evil = a cosmic force like any other, not a threat but as Tamas	1. The Source  2. I am  3. Transcendence  4. Good = union of all opposites  Evil = Doesn't exist, there's an understanding that Maya is needed to keep the relative world going
1. What is my life challenge?  2. What is my greatest strength?  3. What is my biggest hurdle?  4. What is my greatest temptation?	1. To survive, protection and maintain  2. Courage  3. Fear  4. Tyranny	5. Maximum achievement  6. Accomplishment  7. Victimisation  8. Addiction	1. To be engaged and detached  2. Autonomy  3. Fatalism  4. Apathy	1. To go beyond duality  2. Insight  3. Delusion  4. Deception	1. To align with the Creator  2. Imagination  3. Self-absorption  4. Solipsism	1. To attain liberation  2. Holiness  3. Martyrdom  4. False idealism	1. Being  2. Universality  3. Nothing  4. Beyond temptation
1. Who is God?  2. How do we experience God?  3. What kind of world did God Create?	1. God the Protector  2. <ul style="list-style-type: none"> <li>* Vengeful</li> <li>* Capricious</li> <li>* Quick to anger</li> <li>* Jealous</li> <li>* Unfathomable</li> <li>* Judgemental</li> </ul> 3. The world of basic survival	1. God the Almighty  2. <ul style="list-style-type: none"> <li>* Sovereign</li> <li>* Omni-potent</li> <li>* Just</li> <li>* The answer to prayers</li> <li>* Rational</li> <li>* Impartial</li> </ul> *Organised into rules	1. God the Peace  2. <ul style="list-style-type: none"> <li>* Detached</li> <li>* Calm</li> <li>* Offer Consolation</li> <li>* Silent</li> <li>* Meditative</li> </ul> *Undemanding  3. The world of inner-solitude and self-sufficiency	1. God the Redeemer  2. <ul style="list-style-type: none"> <li>* Understanding</li> <li>* Tolerant</li> <li>* Forgiving</li> <li>* Non-judgemental</li> <li>* Inclusive</li> </ul> * Accepting  3. The world of insight and personal growth	1. God the Creator  2. <ul style="list-style-type: none"> <li>* Unlimited creative potential</li> <li>* Abundance</li> <li>* Control over space and time</li> <li>* Open</li> <li>* Willing to be known</li> </ul> * Inspired * Generous	1. God of Miracles  2. <ul style="list-style-type: none"> <li>* Transformative</li> <li>* Mystical</li> <li>* Enlightened</li> <li>* Beyond all causes</li> <li>* Healing</li> <li>* Magical</li> <li>* Alchemist</li> </ul> (transforming power)	1. God of Pure Being ("I AM")  2. <ul style="list-style-type: none"> <li>* Unborn</li> <li>* Infinite</li> <li>* Undying</li> <li>* Intangible</li> <li>* Unchanging</li> <li>* Invisible</li> </ul> 3. The transcendent world

		3. The world of competition and ambition			3. The world of art, invention and discovery	3. * The mythical world of response * Prophets and seers	
Chakras	Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown