

## **Power vs. Force: An Anatomy of Consciousness**

by John Maguire

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In his breakthrough book, *Power vs. Force*, David Hawkins, MD., Ph.D., discusses a map of the energy fields of consciousness. On a scale of 0 - 1000, where 700 - 1000 is enlightenment, he calibrates levels which correlate with specific processes of consciousness - emotions, perceptions or attitudes, world-views and spiritual beliefs.

### **Map of Consciousness**

<b>Log</b>	<b>Level</b>	<b>God-view</b>	<b>Life-view</b>	<b>Emotion</b>	<b>Process</b>
700-1000	Enlightenment	Self	Is	Ineffable	Pure Consciousness
600	Peace	All-Being	Perfect	Bliss	Illumination
540	Joy	One	Complete	Serenity	Transfiguration
500	Love	Loving	Benign	Reverence	Revelation
400	Reason	Wise	Meaningful	Understanding	Abstraction
350	Acceptance	Merciful	Harmonious	Forgiveness	Transcendence
310	Willingness	Inspiring	Hopeful	Optimism	Intention
250	Neutrality	Enabling	Satisfactory	Trust	Release
200	Courage	Permitting	Feasible	Affirmation	Empowerment
175	Pride	Indifferent	Demanding	Scorn	Inflation
150	Anger	Vengeful	Antagonistic	Hate	Aggression
125	Desire	Denying	Disappointing	Craving	Enslavement
100	Fear	Punitive	Frightening	Anxiety	Withdrawal
75	Grief	Disdaining	Tragic	Regret	Despondency
50	Apathy	Condemning	Hopeless	Despair	Abdication
30	Guilt	Vindication	Evil	Blame	Destruction
20	Shame	Despising	Miserable	Humiliation	Elimination

All levels below 200 are destructive of life in both the individual and society at large. All levels above 200 are constructive expressions of power. Levels of consciousness are always mixed, so that a person may operate at one level of consciousness in one area of life and on a different level in other areas.

These figures do not represent an arithmetic, but a logarithmic progression. Therefore 300 is not twice the amplitude of 150; it is 300 to the tenth power. An increase of even a few points therefore represents a major advance in power. People who resonate at high levels have a tremendous effect on the entire consciousness of the planet. As more and more people lift their consciousness, the entire world becomes affected.

Everything affects your vibratory frequency and state of consciousness. Your beliefs, world view, self esteem, friends and family, diet and lifestyle, language and reading material, home and work environment, spiritual practices, career, sports and leisure activities, movies, music and television, the political system you live in and where you put your focus (giving to others vs. trying to get things from others) all influence where your consciousness resides.

#### **The Physical and Emotional Effects of Being in States Below 200**

A person's physical and emotional health is affected by the consciousness they are resonating at. If someone is vibrating at a level below 50, they will have very low self esteem and feel responsible for the mess their life is in. They will often experience low energy and poor health. Their beliefs will reflect and support this state of consciousness and will further perpetuate their lack of worthiness and powerlessness. One way to help free a person from these states is to have them tap specific acupressure points(SI 3) as they state, "I deeply and completely love and accept myself (which pulls them up above 200) even though I fell Ö (guilt, shame or whatever the emotion they are stuck in)."

A person resonating around 75 may have lost a loved one and be stuck in grief. Perhaps they decided that life was not worth living because their loved one is no longer with

them. If they stay at this level of consciousness, cancer and other degenerative diseases can develop. They can create a more empowering meaning of their loved ones passing to raise their vibration and free themselves from their grief. One belief they could hold is that death is the moving from the physical form into the spiritual realm, like a caterpillar becoming a butterfly. It is a journey we all will eventually take and one day we will be reunited with our loved ones when we make that journey. Focusing on this belief will not only ease their emotional pain, but also clear energetic imbalances to support health and well-being.

Those who resonate in a state of fear (100) will often see situations and people around them as threatening. They may experience nervous disorders, gastrointestinal upset and kidney problems. Their outlook is that something bad is about to happen and they will try to do what they can to avoid that. To rise above 200 they could shift their focus to the good that surrounds them. By being proactive and focusing on positive emotions and expectations they will actually have more power to draw good into their life.

A person resonating at 150 in a state of anger will tend to see people as threatening to their control. They will try to manipulate others and situations to go the way they want them to. If things don't go their way they get angry and upset, blaming others for their misfortune. People who hold onto anger often develop heart disease, liver problems or other maladies. By raising their consciousness to levels above 200 and focusing on acceptance, forgiveness and understanding, true healing can begin to take place both physically and mentally.

The two most important factors to raising your consciousness is where you put your focus and the meaning you make of things that happen to you. In states below 200

people's focus is primarily on themselves. Above 200 their focus is primarily on others. Buckminster Fuller once said, "*The older I get the happier I become, because I am getting less and less preoccupied with myself.*"

People in states below 200 tend to hold onto past events and create a disempowering meaning about them. In the states of 200 and above, the focus is more on being accepting and present to what is, without coloring it with the past. People in these states accept the past and look for opportunities to create new possibilities in the future.

#### **Power vs. Force Applied to Various Aspects of Life**

True power lives in states above 200. Force, which exists in the states below 200, does not have lasting power. An example of this in politics is Gandhi. He is a great example of how the power of one man resonating at a very high vibration can defeat the force of an entire army. His power came not in weapons of destruction, but in kind words. He did not come from fear, anger or greed. His actions were born of love, reason and reverence for all life.

Martin Luther King followed in Gandhi's footsteps preaching nonviolence and tolerance in his approach to equal rights and dignity for blacks. There was no room for anger, hatred and aggression in his powerful message of freedom for "all God's children".

The Power vs. Force can be applied to personal relationships. The lower states contain judgment, blame, aggression, fear, greed and separateness. The only way to have a truly successful and satisfying relationship is to come from the higher states where love, acceptance and respect are natural expressions.

A business which resonates below 200 is doomed for failure, whereas one that is based

in the higher states is more assured to be a success. Wal-Mart vs. Enron is a case in point. The spirit of the Wal-Mart company resonates at a very high vibration driving its success. When you walk into one of their stores, there is an employee at the door greeting you with a loving smile. The employees of Enron were shown the door by the executives who were filled with greed and deceit. Enron's approach to business had no power to create or sustain success. To be successful in business focus on serving others, not yourself. Zig Zigler says, "*Help enough other people get what they want and you will get what you want.*"

A "war" on drugs can never be won. If our approach to clearing up the drug problem is based on aggression and a lack of acceptance and understanding, it will perpetuate the occurrence of drug use. The 12 Step Programs, which incorporate principles from higher states of consciousness, have been tremendously successful worldwide in helping people free themselves from a state of desire (125), where addictions are born. This organization, which resonates above 350, has tremendous power to lift up people who follow its principles to states above 200.

#### **Attractor Fields**

Hawkins discusses what he calls attractor fields, which are magnetic resonances of consciousness which draw energy towards us. When we vibrate at a level of love and joy, we attract people, events and circumstances that are in harmony with that state of being. Coming from a state of fear, anger or grief often results in further events and situations that will reinforce that state.

From this perspective our game in life can become one of raising our consciousness to draw health, happiness and success to us, rather than dwelling in a state of discontentment trying to manipulate the outer world to try to make us happy. Tony

Robbins says, "*Happily achieve, rather than achieve to be happy.*"

If you resonate in a state of desire (125) and try to acquire more material objects thinking that this will bring you more peace and joy, you will remain in a state of desire. Even if you get what you are looking for, fulfillment of those desires will not bring lasting peace. Once the fleeting gratification wears off, fear of loss of what you've attained or desire for something else will fill the void.

A person who truly lives in a state of inner peace is not dependent on outside circumstances to assure lasting peace. Attaining this state is one of the quests of all spiritual disciplines, finding the "kingdom of heaven" within.

### **The Use of Muscle Testing**

Hawkins suggests using muscle testing to calibrate the vibratory rate of anything you wish to test. He makes statements such as, "This person's overall consciousness calibrates at a level higher than 200." Test. "Higher than 250." Test, etc. By testing a strong indicator muscle to see if you get a strong, "yes" response, or weak, "no" response, you can continue testing until you find the highest number which tests strong to determine the level on the relative scale from 0 to 1000. Remember that we can resonate at one level in our business life and an entirely different level in other aspects of our life. When checking for overall consciousness it is an average.

If you have a major decision to make, such as a career choice, you could state as above, "This career for me calibrates at a level greater than 200." Test. Check all of your career choices to get more input as to which move would be in your highest good.

This testing can be applied to anything, such as: the people we associate with, our beliefs, our language, books and reading material,

spiritual leaders, political candidates, television and movies, sports and leisure activities, food and beverages. In most cases it is sufficient to test whether you get a strong response (indicating what you are testing is resonating above 200) or a weak response (indicating it resonates below 200). The bottom line is to avoid things that are below 200 and incorporate things above 200 into your consciousness.

With a yes or no test of an indicator muscle, where a "yes" is a strong response and a "no" is a weak response, ask whether any specific food, person, activity, etc. is good for you. With language and belief, you can state the word or the belief, and then test a strong arm with the intention that it will be strong if the word or belief enhances your level of consciousness and weak if it drops you below 200.

### **Summary**

Our states of consciousness are vibrational. The levels can be calibrated on a relative scale of 0 – 1000, where below 200 are states which are destructive of life in both the individual and society at large. Above 200 are states which are constructive expressions of power. Everything, especially our beliefs, focus and identity affects our level of consciousness, either bringing us up or down in frequency. Our experience of life is an expression of our level of consciousness. Achieving lasting health, happiness and peace comes through attainment of higher levels of consciousness. We can measure our success not by what we get, but by what we give.

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*"Those of you who are truly happy are those who have sought and found a way to serve."*  
Albert Schweitzer, MD