

According to Hawkins we, as humans, live at vastly different "levels" of consciousness. All these levels, along with the "truth level" of ANY true/false style inquiry, can be tested for truth and numerically "calibrated" through muscle testing, on a logarithmic scale of 1-1000. According to Hawkins, any person, concept, thought or object that calibrates at 200 (The level of Integrity) or above is positive ("power"); anything below 200 is negative ("force"). So far, so good. Hawkins' "map of the levels of human consciousness" is highly consistent with most spiritual teachings, running the range from Shame (lowest) to Enlightenment (highest). Hawkins' descriptions of the levels are accurate; his personal growth coverage, positive energy and similar concepts are spiritually sound.

(This is further discussed in Dr. David Hawkins book, Power vs. Force)

Below is Dr. David R. Hawkins, M.D., Ph.D. 'List' of calibrated Spiritual Teachers/Teachings/Places/Books and Mantras that are over the conscious level of 500 UNCONDITIONAL LOVE:

[500] - LOVE

This level is categorized by love that is very close to being unconditional, unchanging, and permanent. It does not fluctuate nor does it depend on external factors. Love is a state of being. It is a forgiving, nurturing, and a supportive way of relating to the world. It is not intellectual and does not come from the human mind. Love radiates from the heart Chakra. It has the capacity to life others and accomplishes great feats because of its purity of motive. At this level of consciousness, the capacity to discern essence becomes predominant. The core of an issue becomes the center of focus. As reason is bypassed, there arises the capacity for instantaneous recognition of the totality of a problem. Reason only deals with particulars, whereas Love deals with entireties. This ability, often called intuition, is the capacity for instantaneous understanding without resorting to sequential symbol processing. There is a major paradigm shift in those things, which seemed real, which now seem unreal and vice versa. This level opens to door to benevolence, mercy, and Forgiveness through understanding and nonjudgmental. Only 4% of the entire population of the earth attains this level. Because of the dominating power of light over darkness, one individual at this level counterbalances 750,000 people below the 200 levels. This is the level at which spirituality starts, since below this, individuals are still caught up in the linear world. Also the level of a songbird's song, cat's purr, and a dog's wagging tail.

[505] -

The level of valor. Also the level of Dante.

[510] -

The current level of Catholicism. Also the level of the Ganges River, which demonstrates the power of spiritual intention, the power of prayer. It calibrates there despite having sewage from 100 metropolitan areas, all kinds of filth, even bodies.

[520] -

This level interestingly sees much country music, which may be due to the lyrics often speaking about the problems of the heart, emotionally speaking.

[535] -

The energy level of Christmas, which is probably due to the common practice of giving gifts to others and having festive celebrations with good tidings.

[540] -

Joy – At this level, love truly becomes unconditional. It becomes experienced as inner joy. This is not the sudden feeling of joy because of a turn of events. Rather, it is a constant accompaniment in everything the individual does in every moment of his or her life. Joy comes from each moment of existence. This is also the level of healing and spiritually based self-help groups. What has been known as 'miracles' occurs when someone is at this level of consciousness. Only 0.4% of the global population is at this level. This is also the level of truth of Christian practice in the 6th century AD. This is the level at which the third eye opens, physically known as the Pineal Gland. Devotional acts calibrate at 540, because of the power of their intention. Includes folding hands in prayer, kneeling to pray, genuflection, praying at the Wailing Wall, turning a prayer wheel, etc.

[540+] –

From this level upward, it is the domain of saints, advanced spiritual students, and healers. A capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity is characteristic of this level. The hallmark of this state is Compassion.

[540] -

The calibration of the music of George Harrison, on an overall basis. Also the level of Socrates.

[540-600] -

This level of consciousness is reached after a person has a Near Death Experience, which are spiritually transformative and allowed individuals to quickly get to this level. At this level, the world seems illuminated by the beauty and perfection of creation. Everything happens effortlessly, by synchronicity, and the world and everything in it is seen to be an expression of love and divinity. A Presence is felt whose power facilitates phenomena outside conventional expectations of reality, and often termed 'miraculous' by the ordinary observer. The spiritual teachers in this level are the ones who have the most contact with significant numbers of people. At this level, joy leads many to become spiritual and inspirational teachers, healers, great artists, or even architects who create the great cathedrals that involve sacred geometry, great inspirational music, and the production of beauty in all its forms. Many major persuasions of Christianity including Roman Catholicism, Anglicanism, Christian Science, and many small denominations such as the Quakers calibrate on this level.

[560] -

Carl Jung was at this level. Sigmund Freud was below the level of 500 because of his denial of man's spirituality, whereas Jung affirmed the spiritual nature of human beings.

[575] -

The level consciousness of ecstasy.

[600]-

A Course in Miracles (Workbook year of 365 days of lessons.)

According to David Hawkins, ACIM calibrates around 600+, making it very factual, and quite enlightening. Here is what Hawkins says about the Bible:

Quote:

The Old Testament calibrates at only 190. However, Genesis is at 660, Psalms is 650, Proverbs is 350. If these are excluded then the remaining Old Testament calibrates at only 125. The New Testament calibrates at 640. However if Revelations were removed (calibrates at only 70) then the New Testament would calibrate at 790.

The current bible calibrates at 475 as a whole. To make it authentically "Holy" as the title implies, it would have to exclude all of the books of the Old Testament (except Genesis, Psalms and Proverbs) and Revelations. If that were done, then the bible would be truly "Holy" and calibrate at over 740. Importantly, the Lamsa version of the bible (Translated from Aramaic, Jesus' language) is more accurate than the King James Version (translated from Greek). It calibrates 20 points higher. If the Lamsa bible excluded the old testament (except Genesis, Psalms, Proverbs) and revelations it would calibrate at 810. If Revelations were removed from the Lamsa version of the New Testament, it would calibrate at a whopping 880.

Society calibrates at 204 I think he said, with great minds on earth calibrating around 499-510 ranges.

So at least according to Hawkins, ACIM is very important and highly relevant work. Hawkins own books calibrate from 850-999.5 ranges them, with 1000 being maximum for humanity – that is what Jesus was when he was walking the earth. Hawkins further says that in his calibration studies, students of ACIM at lesson 75 become "Immune" to negative stimuli. He says that this seems to be the critical point in the studies, but that they must be followed from 1-75 before it all really clicks for people.

[600] -

Peace

- This level is associated with the experience designated by such terms as transcendence, Self-Realization, and Christ consciousness. It is extremely rare. Only 1 in 10,000,000 attain this at any given time. It is quite common that individuals at this level remove themselves from society, as the state of bliss that ensues precludes ordinary activity. Some become spiritual teachers; others work anonymously for the betterment of mankind. A few also become great geniuses in their respective fields and make major contributions to society. These individuals are saintly and may eventually be officially designated as such, although at this level, formal religion is commonly transcended and replaced by pure spirituality, from which religions originated. Bliss intervenes at this level and worldly activities stop, sometimes permanently. This level is also noted for the crossing over from the perceptual world of duality, to the perceptual world of Nonduality. Beyond this level, previous lives are easily remembered as well as the circumstances and significance of each life. One individual at this level counterbalances 10,000,000 below the level of 200. Perception at this level is reported as sometimes occurring in seemingly slow motion, suspended in time and space. Nothing is stationary and all is alive and radiant. Although this world is the same one that is seen by others, it has become continuously fluid, evolving in an exquisitely coordinated evolutionary dance in which significance and source are overwhelming. There is an infinite silence in the mind, which has stopped conceptualizing. Enlightenment is reached at levels 600 and higher. A Tibetan abbot once said that Peace is of the greatest importance in our world today. In the absence of peace, we lose what we have gained. In the presence of peace, all things are possible: love, compassion, and forgiveness. Peace is the source of all things. This is also the level of kinesiology.

[605]-

The level of the Kabbalah and Aurobindo. It is a set of esoteric teachings meant to explain the relationship between an eternal/mysterious Creator and the mortal/finite universe.

[610] -

The level of

Lao Tzu and his teachings.

[630] -

The calibration of the phrase Om Namaha Shivaya.

[640] -

The King James Version of the New Testament.

[650] -

The Book of Psalms.

Also the level of 'I AM' awareness and Awareness of the 'I' as being or is-ness. Also the level of "Shanti Shanti Shanti". The Lord's Prayer also calibrates on this level.

[660] -

The perception of the Self as simply Existence.

[700-1000] -

Self-Realization and Enlightenment – An individual at this level counterbalances the negativity of 70,000,000 individuals below the level of 200. This is also the level of Sages. The Self is seen as God Manifest.

The Declaration of Independence resonates at this level.

The Koran

also resonates at this level, as it was written before the fall of Mohamed after he 'took up the sword'.

[700s] -

The Aura emanating from individuals calibrating at this level has an attraction and an effect on visitors. They like to be near the presence of these individuals because they feel incredible inner peace. Serenity replaces fear and anxiety in those who are around individuals on this level. A typical statement given by a person on this level would be something like "There is no world to save; reality is just an illusion." A statement such as this is not understandable to most at lower levels.

[700] -

The level of the phrase Om Mane Padme Hum

[705] -

The level of the

Rig Veda

[700+] -

There are 22 sages on this planet who calibrate at this level or higher, according to Dr. Hawkins. Of those, 20 of them are at 800 or more, of whom there are 10 at or over 900, and one sage at 990.

[740] -

The mantra Om, as opposed to Aum, which is a serious alternation and is why it calibrates at the extremely low-level of 65. This is

also the level of the New Testament, if the Book of Revelations is included. This is also the level of Mohamed at the time he wrote the Koran, before dropping to 130 after he 'took up the sword' at age 38. 'I' is seen as a total statement As the Ultimate Reality.

[750] -

Manifestation calibrates at this level. What appears to be change is the emergence of potentiality out of essence into manifestation. This is also the level of the

Lamsa translation of the New Testament from Aramaic.

[760] -

Mohandas Karamchand Gandhi

[780] -

The Heart Sutra and the Lotus Sutra.

[795] -

Bodhidharma as well as the Zen teachings.

[800] -

Teacher of Enlightenment.

[800s] -

There is not much that is known about this level range. However, it is seen that salvation of all of humanity is a main priority and concern.

[810] -

The level of Ramayana

[840] -

The Self is seen as Beyond Existence or Nonexistence.

[850] -

The higher Self as Logos. This is also the level of Hinduism currently. Also the level of Void, Oneness, Nothingness, Reality as Consciousness, and Reality as Awareness.

[855] -

The level of Allness

[890] -

Hinayana Buddhism (lesser vehicle) and Zen Buddhism.

[800s and 900s] -

Salvation of humanity as a whole is of primary concern. Spiritual reality, essences, and understandings are of importance. Form and its details are irrelevant except as a necessary style for communication. Physical discomfort starts to increase quite visibly in these levels of consciousness.

[900] -

Buddhism was this level in the 6th century AD. The teachings of this particular religion have deteriorated less than any other religion.

[910] –

The Bhagavad-Gita

[930] -

the level of the esoteric teachings of

Jesus Christ as of the 2nd century AD, some of which survived in the Gnostic texts.

"After my departure there will arise the ignorant and the crafty, and many things will they ascribe unto Me that I never spake, and many things which I did speak will they withhold, but the day will come when the clouds shall be rolled away, and the Sun of Righteousness shall shine forth with healing in his wings."

~Jesus, The Essene Gospel of Peace.

[960] -

Mahayana Buddhism (greater vehicle). Also the level of

Huang Po (his book "Dharma of Mind Transmission"

is at the level of the void 850, and was written before Po transcended to 960).

[965] -

The Buddha's Law of Dependent Origination or Interdependent Co-Creation.

[965] -

Transcending the Levels of Consciousness, by David R. Hawkins

[970] -

The Upanishads

The Upanishads -are Hindu scriptures that constitute the core teachings of Vedanta. The Upanishads have exerted an important influence on the Hindu philosophy and were collectively considered one of the 100 Most Influential Books Ever Written by the British poet Martin Seymour-Smith.

[985] -

This is the level of an Avatar.

[990] -

There is only one living sage at this level, according to Dr. Hawkins.

[999] -

The statement "There is no cause of anything" calibrates at this level.

[1000] -

This is the maximum energy level that can be tolerated by the human body and nervous system. It is the extremely rare level of avatars from ages past. No human has ever existed with a consciousness calibration higher than 1000. The archetypes Christ, Buddha, and Krishna are at this level. This state is also the existence of Buddhahood, Christ Consciousness, At-Oneness with the Source Manifest and Unmanifest.

Beyond the human realm of consciousness possibility:

[1000+] -

Buddhahood, Brahman, Christ, Krishna,

The 'I' of Ultimate Reality.

Infinity -

The Source of reality manifest as divinity. The supreme creation Source of consciousness eternal. The Source of all that is.

Interesting Facts

Concerning consciousness calibration, there are some very interesting facts.

- * Powerful patterns are associated with health; weak patterns are associated with sickness. Every thought, emotion, word & action has one pattern or the other. Every moment of our day we are either moving towards health or sickness.
- * Everything calibrates at certain levels from weak to high including books, food, water, clothes, people, animals, buildings, cars, movies, sports, music etc.
- * A good amount of the music today calibrates at levels below 200. Hence it leads to behavior associated with lower energy levels of consciousness.
- * Most movies will weaken people who watch them by bringing their energy levels down below the 200 level of consciousness.
- * 85% of the human race calibrates below the critical level of 200.
- * The power of the few individuals at the top counterbalances the weakness of the masses.
- o 1 individual at level 300 counterbalances 90,000 individuals below level 200
- o 1 individual at level 400 counterbalances 400,000 individuals below level 200
- o 1 individual at level 500 counterbalances 750,000 individuals below level 200
- o 1 individual at level 600 counterbalances 10 million individuals below level 200
- o 1 individual at level 700 counterbalances 70 million individuals below level 200
- o 12 individuals at level 700 equal one Avatar (eg. Buddha, Jesus, Krishna) at

level 1,000

- * Any meaningful human satisfaction cannot even commence until the level of 250 where some degree of self-confidence begins to emerge.
- * When one's consciousness falls below 200 at any given moment you start to lose power and thus grow weaker and more prone to be manipulated by one's surroundings.
- * Parts of one's life will calibrate at a higher level of consciousness while other parts will calibrate a lower levels. It's the overall average that determines one's consciousness.

List of Books - muscle tested by D. Hawkins

BOOKS

Bhagavad-Gita 910

Vedas 910

Zohar 720

Ramayana 810

Mahabarata 780

Kabala 720

Apocrypha 740

Tora 740

Koran 700

Heart Sutra 780

Lotus Sutra 780

Diamond Sutra 700

Gospel of Thomas 660

Dead Sea Scrolls 650

Book of Kells 570

Vedanta 595

King James bible 475

Lamsa bible 495

Genesis (Lamsa) 660

Psalms 650

Proverbs 350

New Testament (KJ) 640

Lamsa bible (minus Old Testament& revelations, but including Genesis, Psalms, & Proverbs 880 Tibetan Book of the Dead 575 San Hedron 240 Yoga sutras (Patanjali) 630 A Cource In Miracles 600 Book of Mormon 510 **SPIRITUAL PRACTICES** Christian communion 700 Transcendental Meditation 220 Qiqong 195 Tai chi 310 Hatha yoga 260 Kung Fu 410 Rebirthing 250 Est 400 Sedona Releasing 490 Avatar workshops 245 Seth books 470 Reiki 285 Scientology 195 Rosicrucian 405 Science of Mind 405 I Ching 430 Theosophy 365 Druids 450 **PRAYERS AND MANTRAS** Lord's Prayer 650 Om 740 Om Namaha Shivaya 630 Shanti Shanti 650 Om Mane Padme Hum 700 Gregorian Chants 595 Japa 525 Jesus' Prayer 525 Rosary 515

Prayer of Jabez 310 Cursing (Lord's name in vain) 45 Damning people to hell 15 Ankh (symbol) 160 Shaktipat Energy 160 **SPIRITUAL CONCEPTS** "None get to heaven but by me" 940 Eye of the I 900 I (as divinity) 980/998 I (as allness) 990 I (as void) 990 I (as supreme) 1000 Buddha Nature 1000 Justice 380 Justice as "eye for an eye" 375 Theology 460 **RELIGIONS** BUDDHISM Mahayana 980 Zen 890 Hinayana 890 Lotus Land 740 Tantric 515 Tibetan 490 Won 405 CHRISTIANITY 1st Century 980 After Council of Nicea 485 College of Cardinals 490 Papacy 570 Coptic 475 Born Again 350 Gnostic 290 Modern Protestantism 510

https://www.actualized.org/forum/topic/63418-enlightenment-scale-500-1000-dr-david-hawkins-calibrated-list/

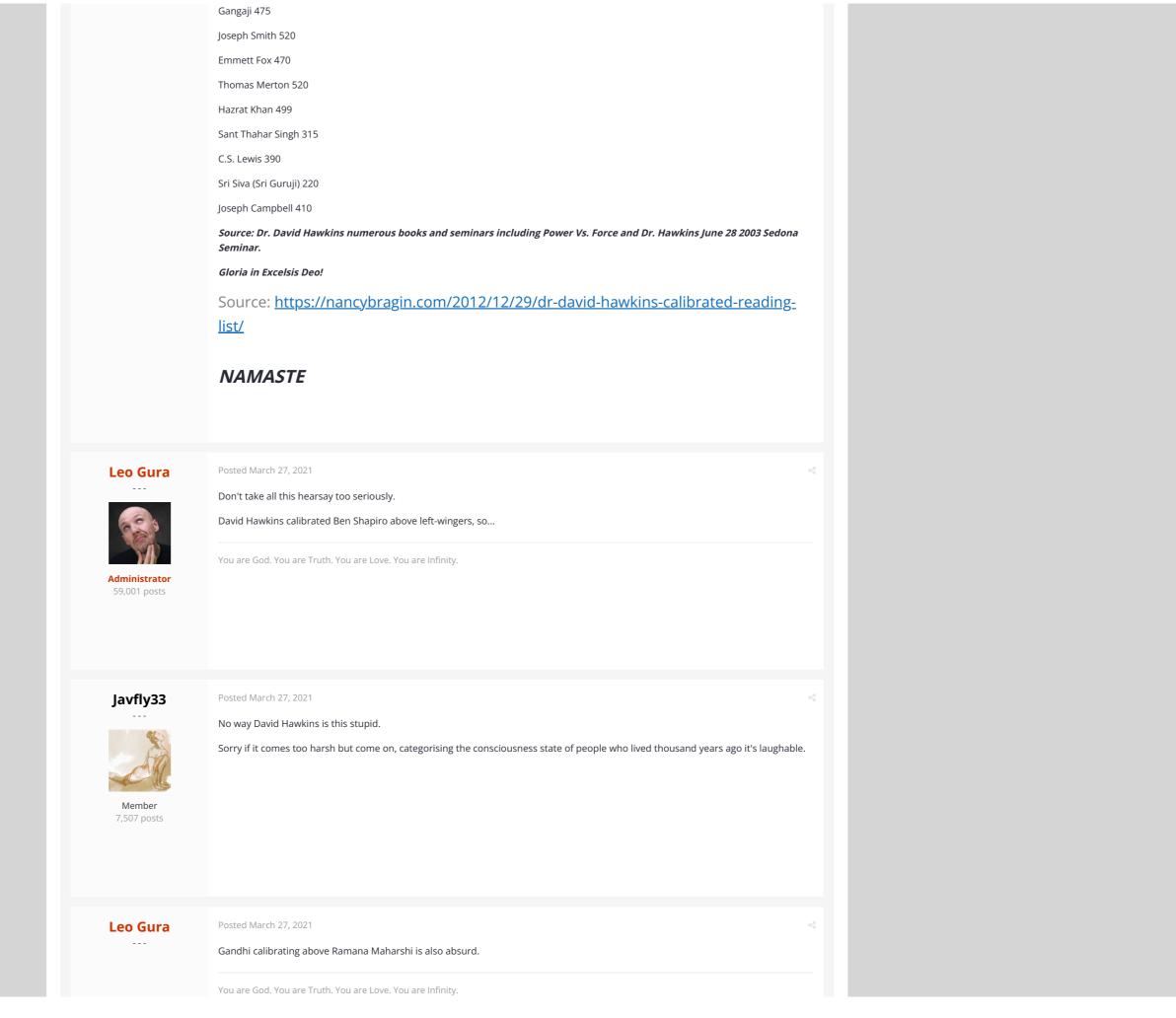
Christian Science 410

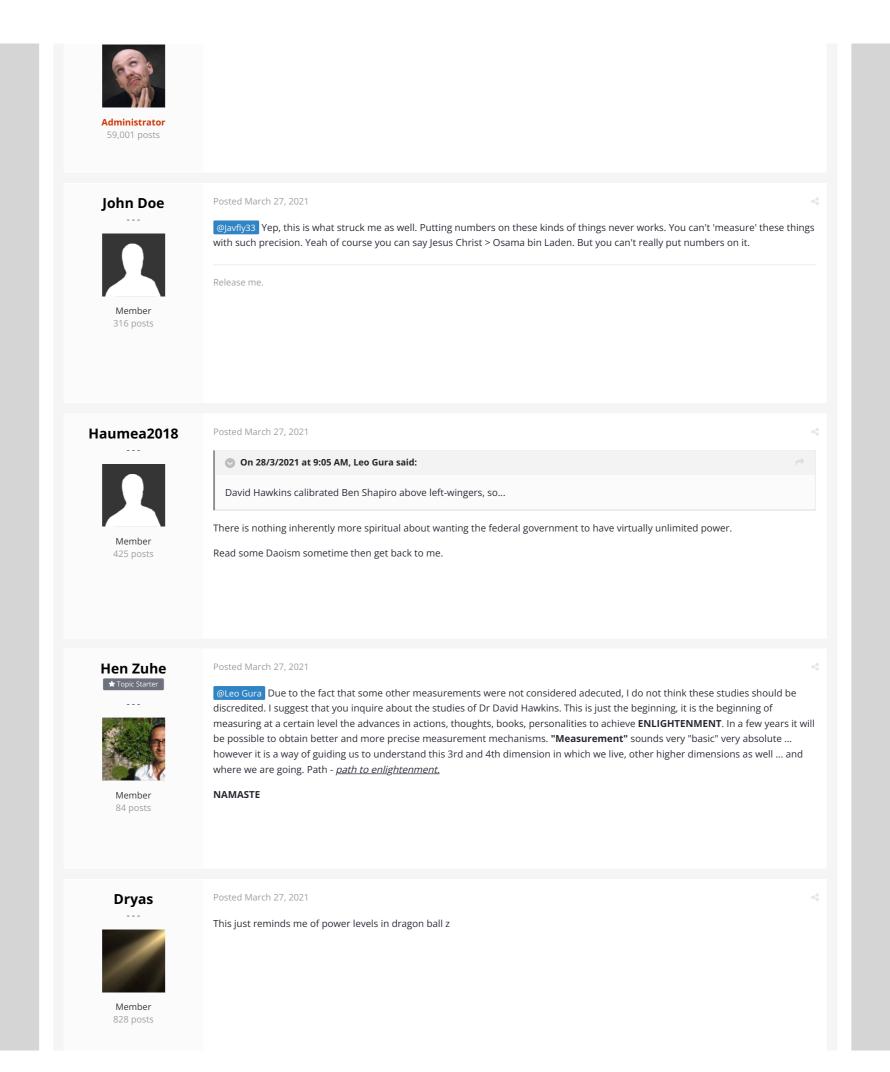
Modern Catholicism 440

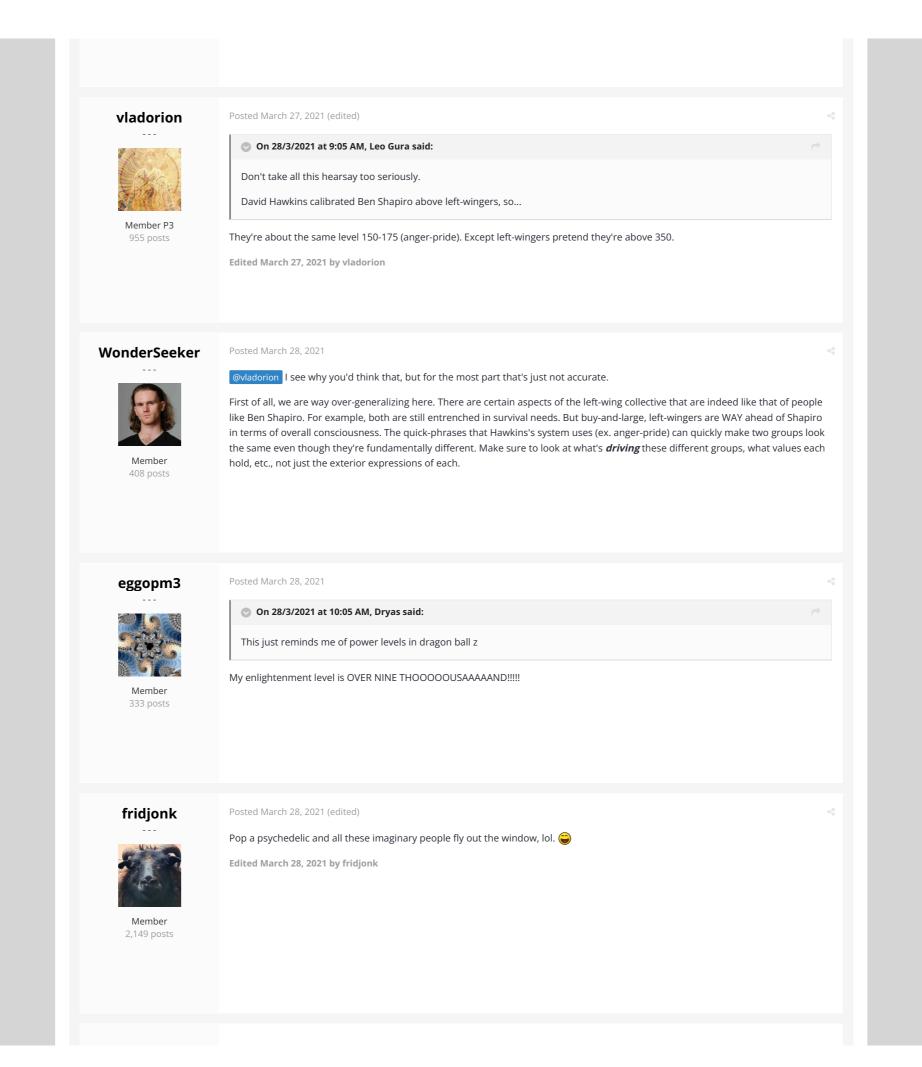
Jesuit Order 440 Catholic position on pedophelia 90 Amish 375 Quakers 505 Unity 540 Pentacostal 310 Puritan 210 TV Evangelist 205 LDS (Mormon) 390 7th Day Adventist 190 Right Wing fundamentalist 95 Right wing fund. Tv evang. 90 Jehovah's Witness 195 HINDU Ancient 700 Modern 499 Hari Krishna 460 Subud 470 Sikh 420 Tamal Siddha Vedanta 330 Raja Yoga 485 Sahaj Marg 410 Jainism 495 Islam 700 Current Mohamadism 325 Muslims 205 Shiite Muslims 55 Judaism (modern) 530 Shinto 350 Taoism 500 Unification Church 150 Wicca 160 New Ageism 185 NAMES OF GOD Buddha Nature (as allness) 1000 Buddha Nature (as void) 980 Native American Great Spirit 850 Yahweh 460 Jehovah 205

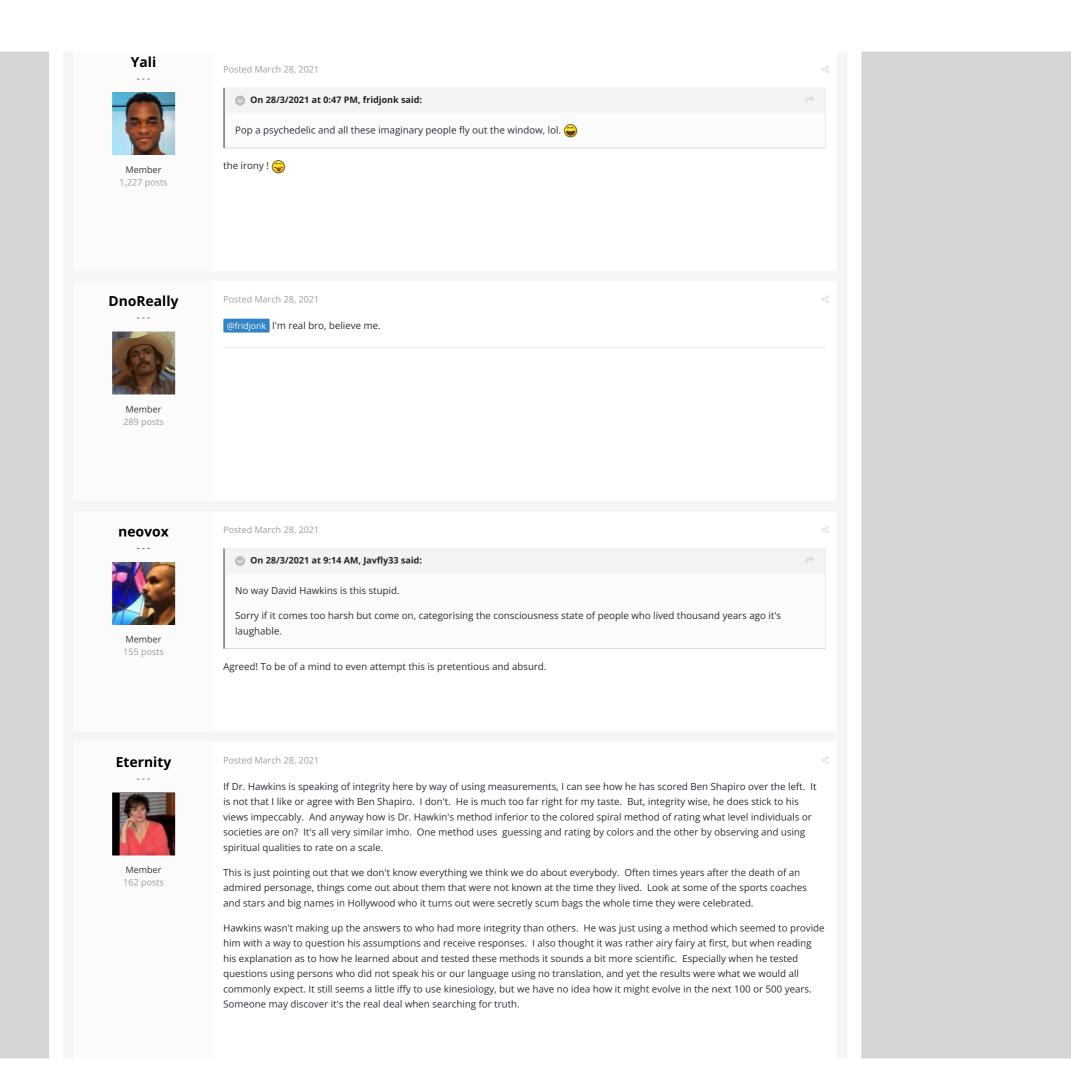
Elohim 100 God of Old Testament 100 Greek Gods 90 Germanic Gods 90 Scandinavian Gods 90 Gods of War 90 Pagan Gods 100 Name of God as "OM" tests negative God Transcendent 1000 God Immanent 1000 SPIRITUAL TITLES Master 700 Saint 700 Lord 1000 Angels 550 Archangels 50,000 Enlightenment 600 Teacher of the Way to Enlightenment 800 Pope 570 True Guru 540 + Guru (prior to 1960's) 540 Guru (since the '60's) 190 Baba 190 SPIRITUAL TEACHER CALIBRATIONS **Avatars** Jesus Christ 1000 Buddha 1000 Krishna 1000 Zoroaster 1000 Spiritual Teachers Huang Po 960 Gandhi 760 Mother Theresa 710 Meister Eckhart 700 Chief Detroit 650 Karmapa 630 Muktananda 750 Vivekananda 610 Ramakrishna 620

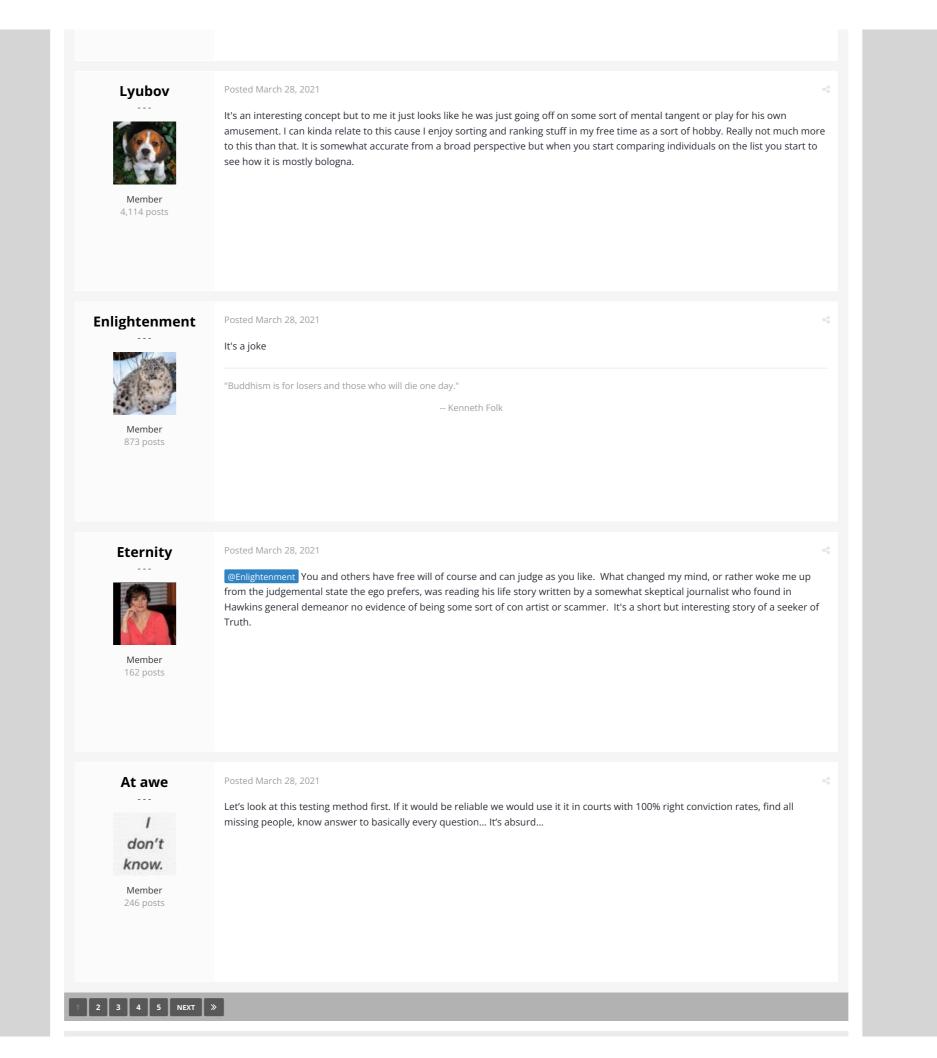
Rabbi Moses de Leon 720 Nisargadatta Maharaj 720 Ramana Maharshi 720 Ramesh Balsekar 760 Confucius 590 St. Patrick 590 Wallace Black Elk 499 John Calvin 580 John Wesley 360 Martin Luther 580 Dalai Lama 570 Maharishi Mahesh Yogi 410 Robert Powell 575 Joel Goldsmith 455 HWL Poonja 370 Wei Wu Wei 475 Charles Filmore 485 Padmasambava 595 Satchitananda 605 Meher Baba 240 Sri Karumay 221 Tenzin Gyaltsen 599 Alice Bailey 445 Vernon Howard 455 Patanjali 660 Peter Ousepensky 335 Robert Schuller 405 Thich Naht Hahn 460 Nostradamus 220 Yogananda 540 Lao Tzu 520 Alan Watts 485 John Blofield 465 Poonjaji 520 Bernadette Roberts 445 Ram Das 420 Chungliang Al Huang 405 C.W. Leadbetter 485 John Bradshaw 460 M Scott Peck 475

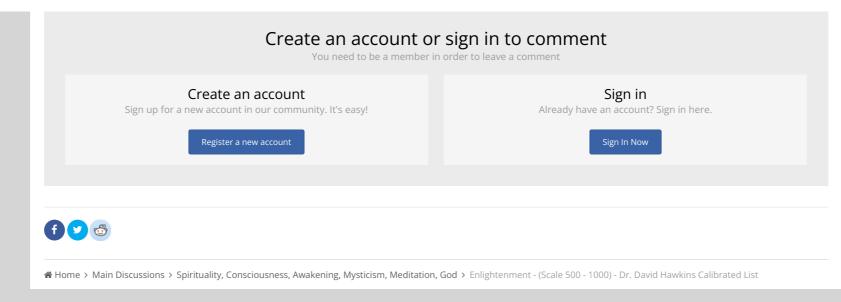












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