

Dr. David Hawkins Map of Consciousness

State		Emotional State
Enlightenment:	700-1000	Ineffable
Peace:	600	Bliss
Joy:	540	Serenity
Love:	500	Reverence
Reason:	400	Understanding
Acceptance:	350	Forgiveness
Willingness:	310	Optimism
Neutrality:	250	Trust
Courage:	200	Affirmation
Pride:	175	Scorn
Anger:	150	Hate
Desire:	125	Craving
Fear:	100	Anxiety
Grief:	75	Regret
Apathy:	50	Despair
Guilt:	30	Blame
Shame:	20	Humiliation

Each state has an attractor field. Emotion is energy in motion. Attraction is energetic. The predominant state of consciousness and corresponding emotional state causes you to perceive your life and relationships with a corresponding lens. It draws to you people, conditions and events that are limited by the extent of your awareness. Your awareness is limited by your field of consciousness.

Surrender to your Higher Power, or God, is more than changing your perception. It is transitioning from perception to vision.

As long as you believe that guilt is justified in any way, in anyone, whatever he may do, you will not look within, where you would always find Atonement. ²The end of guilt will never come as long as you believe there is a reason for it. ³For you must learn that guilt is always totally insane, and has no reason. ACIM T-13.X.6:1-3)