

When time stops, all problems disappear, for they are merely artifacts of a point of perception. As the Presence prevails, there is no further identification with the body or mind. When the mind grows silent, the thought I am also disappears, and Pure Awareness shines forth to illuminate what one is, was, and always will be, beyond all worlds and all universes—infinite and beyond time.

People wonder, How does one reach this state of awareness?

I can only share my own experience with you. First, the desire to reach that state was intense. Then came the discipline to act with constant and universal forgiveness and gentleness, without exception. One has to be compassionate toward everything, including one's own self and thoughts.

The individual human mind is like a computer terminal connected to a giant database. The database is human consciousness itself, of which our own consciousness is merely an individual expression, but with its roots in the common consciousness of all mankind.

This database is the realm of genius; because to be human is to participate in the database, everyone, by virtue of his birth, has access to genius. The unlimited information contained in the database has now been shown to be readily available to anyone in a few seconds, at any time and in any place. This is indeed an astonishing discovery, bearing the power to change lives, both individually and collectively, to a degree never yet anticipated.

Man thinks he lives by virtue of the forces he can control, but in fact, he's governed by power from unrevealed sources, power over which he has no control.

Because power is effortless, it goes unseen and unsuspected. Force is experienced through the senses; power can be recognized only through inner awareness. Man is immobilized in his present condition by his alignment with enormously powerful attractor energy patterns, which he himself unconsciously sets in motion.

Moment by moment, he is suspended at this state of evolution, restrained by the energies of force, impelled by the energies of power.

The only way to enhance one's power in the world is by increasing one's integrity, understanding, and capacity for compassion.

The body can discern, to the finest degree, the difference between that which is supportive of life and that which is not.

Introduction

The level of Shame is perilously proximate to death, which may be chosen out of Shame as conscious suicide or more subtly elected by failure to take steps to prolong life.

We all have some awareness of the pain of "losing face," becoming discredited, or feeling like a "nonperson." In Shame, we hang our heads and slink away, wishing we were invisible.

The behavior of people whose consciousness is only in the 20s is dangerous: They're prone to hallucinations of an accusatory nature, as well as paranoia; some become psychotic or commit bizarre crimes.

Some Shame-based individuals compensate with perfectionism and rigidity, becoming driven and intolerant. Notorious examples are the moral extremists who form vigilante groups, projecting their own unconscious shame onto others whom they then feel justified in righteously attacking.

Guilt, so commonly used in our society to manipulate and punish, manifests itself in a variety of expressions, such as remorse, self-recrimination, masochism, and the whole gamut of symptoms of victimhood.

This level is characterized by poverty, despair, and hopelessness.

The world and the future look bleak; pathos is the theme of life.

Apathy is a state of helplessness; its victims, needy in every way, lack not only resources, but the energy to avail themselves of what may be available.

This is the level of sadness, loss, and despondency. Most of us have experienced it for periods of time, but those who remain at this level live a life of constant regret and depression.

At the level of 100, a lot more life energy is available—fear of danger is healthy. Fear runs much of the world, spurring on endless activity. Fear of enemies, of old age or death, of rejection, and a multitude of social fears are basic motivators in most people's lives.

From the viewpoint of this level, the world looks hazardous, full of traps and threats. Fear is the

Energy Level 20: Shame

Energy Level 30: Guilt

Energy Level 50: Apathy

Energy Level 75: Grief

		<p>Energy Level 100: Fear</p> <p>Energy Level 125: Desire</p> <p>Energy Level 150: Anger</p> <p>Energy Level 175: Pride</p> <p>Energy Level 200: Courage</p> <p>Energy Level 250: Neutrality</p> <p>Energy Level 310: Willingness</p> <p>Energy Level 350: Acceptance</p>	<p>avored official tool for control by oppressive totalitarian agencies, and insecurity is the stock-in-trade of major manipulators of the marketplace. The media and advertising play to Fear to increase market shares.</p> <p>Fear limits growth of the personality and leads to inhibition. Because it takes energy to rise above Fear, the oppressed are unable to reach a higher level unaided. Thus, the fearful seek strong leaders who appear to have conquered their own fears to lead them out of its slavery.</p> <p>Even more energy is available at this level; Desire motivates vast areas of human activity, including the economy. Advertisers play on our desires to program us with needs linked to instinctual drives. Desire moves us to expend great effort to achieve goals or obtain rewards. The desire for money, prestige, or power runs the lives of many of those who have risen above Fear as their predominant life motif.</p> <p>Although Anger may lead to homicide and war, as an energy level it's much further removed from death than those below it. Anger can lead to either constructive or destructive action. As people move out of Apathy and Grief to overcome Fear as a way of life, they begin to want; Desire leads to frustration, which in turn leads to Anger. Thus, Anger can be a fulcrum by which the oppressed are eventually catapulted to freedom.</p> <p>Fury over social injustice, victimization, and inequality has created great movements that led to major changes in the structure of society.</p> <p>It's the level aspired to by the majority of our kind today. In contrast to the lower energy fields, people feel positive as they reach this level. This rise in self-esteem is a balm to all the pain experienced at lower levels of consciousness. Pride looks good and knows it; it struts its stuff in the parade of life.</p> <p>The problem, as we all know, is that "Pride goeth before a fall." Pride is defensive and vulnerable because it's dependent upon external conditions, without which it can suddenly revert to a lower level. The inflated ego is vulnerable to attack. Pride remains weak because it can be knocked off its pedestal back to Shame, which is the threat that fires the fear of loss and Pride.</p> <p>At the 200 level, power first appears.</p> <p>At the level of Courage, an attainment of true power occurs; therefore, it's also the level of empowerment. This is the zone of exploration, accomplishment, fortitude, and determination.</p> <p>Courage implies the willingness to try new things and deal with the changes and challenges of life. At this level of empowerment, one is able to cope with and effectively handle the opportunities of life. At 200, for instance, the energy to learn new job skills is available. Growth and education become attainable goals.</p> <p>The collective level of consciousness of mankind remained at 190 for many centuries and, curiously, only jumped to its current level of 207 in the 1990s.</p> <p>Below 250, consciousness tends to see dichotomies and take on rigid positions, an impediment in a world that's complex and multifactorial rather than black and white.</p> <p>At the Neutral level, a person can say, "Well, if I don't get this job, then I'll get another." This is the beginning of inner confidence; sensing one's power, one isn't easily intimidated or driven to prove anything.</p> <p>People of Neutrality have a sense of well-being; the mark of this level is a confident capability to live in the world. This is the level of safety—people at this level are easy to get along with and safe to be around and associate with because they're not interested in conflict, competition, or guilt.</p> <p>This very positive level of energy may be seen as the gateway to the higher levels. For instance, at the Neutral level, jobs are done adequately, but at the level of Willingness, work is done well and success in all endeavors is common.</p> <p>Growth is rapid here; these are people chosen for advancement. Willingness implies that one has overcome inner resistance to life and is committed to participation.</p> <p>At this level, self-esteem is high and is reinforced by positive feedback from society in the forms of recognition, appreciation, and reward. Willingness is sympathetic and responsive to the needs of others. Willing people are builders of, and contributors to, society.</p> <p>At this level of awareness, a major transformation takes place, with the understanding that one is both the source and creator of the experience of one's life.</p> <p>Taking such responsibility is distinctive of this degree of evolution, characterized by the capacity to live harmoniously with the forces of life.</p> <p>The individual at the level of Acceptance isn't interested in determining right or wrong, but instead</p>
	Levels of Human Consciousness		

	<p>is dedicated to resolving issues and finding out what to do about problems.</p> <p>Intelligence and rationality rise to the forefront when the emotionalism of the lower levels is transcended. Reason is capable of handling large, complex amounts of data and making rapid, correct decisions, and of understanding the intricacies of relationships, gradations, and fine distinctions.</p>
Energy Level 400: Reason	<p>At this level, it's easy to lose sight of the forest for the trees, to become infatuated with concepts and theories and end up missing the essential point. Intellectualizing can become an end in itself.</p> <p>Love as depicted in the mass media is not what this level is about. What the world generally refers to as love is an intense emotional condition, combining physical attraction, possessiveness, control, addiction, eroticism, and novelty. It's usually fragile and fluctuating, waxing and waning with varying conditions. When frustrated, this emotion often reveals an underlying anger and dependency that it had masked.</p>
Energy Level 500: Love	<p>The 500 level is characterized by the development of a Love that is unconditional, unchanging, and permanent. It doesn't fluctuate—its source isn't dependent on external factors. Loving is a state of being. It's a forgiving, nurturing, and supportive way of relating to the world.</p> <p>This is the level of true happiness, but although the world is fascinated with the subject of Love, and all viable religions calibrate at 500 or over, it's interesting to note that only 0.4 percent of the world's population ever reaches this level of evolution of consciousness.</p>
Energy Level 540: Joy	<p>As Love becomes more and more unconditional, it begins to be experienced as inner Joy. This isn't the sudden joy of a pleasurable turn of events; it's a constant accompaniment to all activities. Joy arises from within each moment of existence, rather than from any other source; 540 is also the level of healing and of spiritually based self-help groups.</p> <p>From level 540 up is the domain of saints, and 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 energy field; the hallmark of this state is compassion.</p> <p>This energy field is associated with the experience designated by such terms as transcendence, self-realization, and God-consciousness.</p>
Energy Level 600: Peace	<p>It's extremely rare, attained by only 1 in 10 million people. When this state is reached, the distinction between subject and object disappears, and there's no specific focal point of perception. Not uncommonly, individuals at this level remove themselves from the world, as the state of bliss that ensues precludes ordinary activity. Some become spiritual teachers; others work anonymously for the betterment of mankind. A few become great geniuses in their respective fields and make major contributions to society. These people are saintly and may eventually be officially designated as such, although at this level, formal religion is commonly transcended, to be replaced by the pure spirituality out of which all religion originates.</p>
Energy Levels 700–1,000: Enlightenment	<p>This is the level of the Great Ones of history who originated the spiritual patterns that countless people have followed throughout the ages. All are associated with divinity, with which they're often identified.</p> <p>Great teachings uplift the masses and raise the level of awareness of all of humanity. To have such vision is called grace, and the gift it brings is infinite peace, described as indefinable, beyond words.</p> <p>This level of divine grace calibrates up to 1,000, the highest level attained by anybody who has lived in recorded history—to wit, the Great Avatars for whom the title "Lord" is appropriate: Lord Krishna, Lord Buddha, and Lord Jesus Christ.</p>

Power appeals to what uplifts, dignifies, and ennobles. Force must always be justified, whereas power requires no justification. Force is associated with the partial, power with the whole.

Force always moves against something, whereas power doesn't move against anything at all.

Force is incomplete and therefore has to be fed energy constantly. Power is total and complete in itself and requires nothing from outside. It makes no demands; it has no needs.

Because force has an insatiable appetite, it constantly consumes. Power, in contrast, energizes, gives forth, supplies, and supports.

Power gives life and energy—force takes these away.

We notice that power is associated with compassion and makes us feel positively about ourselves. Force is associated with judgment and makes us feel poorly about ourselves.

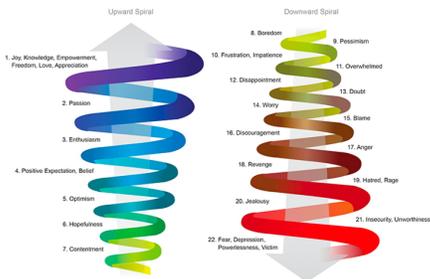
Force always creates counterforce; its effect is to polarize rather than unify.

Force has transient goals; when those goals are reached, the emptiness of meaninglessness remains. Power, on the other hand, motivates us endlessly. If our lives are dedicated, for instance, to enhancing the welfare of everyone we contact, our lives can never lose meaning.

Difference between Power vs Force

- Abundant vs Excessive
- Accepting vs Rejecting
- Admitting vs Denying
- Agreeable vs Condescending
- Allowing vs Controlling
- Appreciative vs Envious
- Approving vs Critical
- Authoritative vs Dogmatic
- Aware vs Preoccupied
- Balanced vs Extreme
- Being vs Having
- Believing vs Insisting
- Brilliant vs Clever
- Candid vs Calculating
- Choosing-to vs Having-to
- Confident vs Arrogant
- Confronting vs Harassing
- Conscious vs Unaware
- Considerate vs Indulgent
- Constructive vs Destructive
- Devoted vs Possessive
- Diplomatic vs Deceptive
- Empathetic vs Pitying
- Enlivening vs Exhausting
- Envisioning vs Picturing
- Eternal vs Temporal
- Excellent vs Adequate
- Experienced vs Cynical
- Flexible vs Rigid
- Forgiving vs Resenting
- Free vs Regulated
- Giving vs Taking
- Healing vs Irritating
- Helpful vs Meddling
- Intuitive vs Literal
- Inviting vs Urging
- Liberating vs Restricting
- Long-term vs Immediate
- Nurturing vs Draining
- Open vs Secretive
- Optimistic vs Pessimistic
- Orderly vs Confused
- Outgoing vs Reserved
- Powerful vs Forceful
- Receiving vs Grasping
- Requesting vs Demanding
- Respectful vs Demeaning
- Sharing vs Hoarding
- Spontaneous vs Impulsive
- Tender vs Hard
- Tolerant vs Prejudiced

Power vs Force Examples



Emotional Guidance Scale