

Using the Map of Consciousness in the Moment

You need to start using the Map of Consciousness as a way to free yourself from the low vibration emotions when they come up. We hold on so stubbornly to our emotions!! Understanding this Map is your key to freedom by creating new habit patterns. You find the **words that are bolded below on the map of consciousness** and you will be able to see how by following the logic below, you are elevating your energy using the Map of Consciousness.

We have a choice to stay in the low vibrational habit patterns or to have the courage to create a new habit pattern in the moment. Saying your **affirmations** will automatically shift your energy from any low vibration emotion you are connecting with to the vibration of courage which is a 200.

It's at this level of **Courage** that we begin to connect with the pure feelings of the higher chakras. **Affirmations** are on the same level as Courage on the Map of Consciousness. This is why I recommend saying your affirmations with feeling at least once a day, three times each. On my book list, I recommend that you listen to the abridged version of Deepak Chopra's "**The Seven Spiritual Laws of Success**". In that book he recommends that you create a wish list, and read through it first thing every morning with feeling. Feel like you already are experiencing what is on your wish list. When you finish reading through your wish list, put it aside and meditate/pray. This will be your chance to stay in the vibration of these wishes and your guides will do the work to help you manifest your wishes! This is why I recommend you saying your affirmations out loud. When I send you the Word document with your affirmations, print it out and this can be the beginning of your wish list. These affirmations will help you in the moment to begin a new habit pattern of responding in the moment.

In order to find the courage to start a new habit of responding in the moment, you need to **trust yourself** first. Finding **neutrality enables** you to see things from a new, fresh perspective. and then a willingness to be hopeful and optimistic. This will help you to **trusting others more**. Find things to be grateful for. Once you start trusting yourself and others you will find a new **willingness** and develop the power to come to **acceptance**. It's when we are accepting of our reality that we can find forgiveness. **Forgiveness** doesn't mean people will change or your situation will change, but when you accept it,

you can let it go. You learn to **transcend the self** and place your hopes in a more meaningful understanding of life.

We need to **reason** with ourselves and by doing that we can receive insights that help transcend to a new way to perceive reality. That's when we can **love**. We can remind ourselves through **reason** that God's love is always there. You have an **unconditionally loving parental love** that is always there for you to tap into. **The highest aspects of love are forgiveness, compassion, gratitude and patience!** These aspects will always give you the highest perspective of others. They will empower you to have that parental love toward all humans you interact with.

We need to see ourselves as conduits of love. That is our purpose in this lifetime. You need to make effort to find that place in your heart. Then you can become transformed and feel the oneness of love with the Creator and offer that love to those around you. When you can begin to create these kinds of relationships of love, then you will experience **joy**. Once you discover that you have the power to create joy due to these loving relationships, you can begin to find **peace** in your heart again. This peace will enable you to become more **enlightened** every day as you create habit patterns that foster this new habit of loving others.

You are on this earth to create a legacy of love. Living in the present moment is what will get you there. Don't allow yourself to live in the past or the future. The **present moment** is the moment you have to create love. You are a creator!!! The greatest creation any of us can create, is a legacy of love. You can be free! This Map can help you!

You need to create a new habit pattern of disciplining yourself to go beyond your emotions into the higher vibrations that will lead you to love. Let go of your emotions...they are the past. **This Map will be your map in the present moment.** This is the true way to digest your reality in the moment. Let go and have the courage to trust yourself again!

The Map of Consciousness from the book *Letting Go* by David R. Hawkins, M.D., Ph.D.

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