# TRANSCENDING THE LEVELS OF CONSCIOUSNESS

### THE STAIRWAY TO ENLIGHTENMENT

David R. Hawkins, M.D., Ph.D.

## Transcending The Levels Of Consciousness The Stairway To Enlightenment

**David Hawkins** 

#### **Transcending The Levels Of Consciousness The Stairway To Enlightenment:**

Transcending the Levels of Consciousness David R. Hawkins, MD/PHD, 2015-03-17 Discover how to transcend the limitations of the ego relieve suffering and advance your consciousness in this masterpiece from world renowned author psychiatrist clinician and spiritual teacher David R Hawkins M D Ph D The now widely known Map of calibrated levels of Consciousness was presented in Power vs Force in 1995 and has been translated into all the world's major languages This was followed by The Eye of the I 2001 I Reality and Subjectivity 2003 and Truth vs Falsehood 2005 which explored the levels of Truth reflected throughout society Transcending the Levels of Consciousness expands on this work and returns to the exploration of the ego's expressions and limitations giving detailed explanations and instructions on how to transcend them I consider myself a student of David Hawkins and return to his books and work time and time again His wisdom deeply resonates with my lived experiences he is often able to beautifully articulate what I cannot put into words Vex King As with the reading of Dr Hawkins previous books your level of consciousness will advance from exposure to the information itself This opens up avenues to the relief of suffering which fulfills the purpose of the work and the intention to facilitate your own Enlightenment This transformative personal growth book combines elements of psychology spirituality and philosophy and invites you to explore the profound depths of your own consciousness Hawkins genius consciousness concept will inspire you to reach new heights of spiritual and personal development Transcending The Levels of Consciousness is a monumental testament to the boundless potential of the human spirit It is an empowering book that offers inspiration and motivation on your journey of self discovery Experience the profound wisdom of Dr David Hawkins as he elegantly blends spirituality psychology and philosophy to create a comprehensive roadmap to unlock the divine potential within you so that you can step into a higher consciousness The Man Who Mapped Consciousness Susan Hawkins, 2025-06-03 A biography of the late spiritual pioneer Dr David R Hawkins or Doc as he was known to many of his devotees This is more than a biography it s a heartfelt journey an invitation to experience his life and witness the extraordinary legacy he left behind Dr David R Hawkins a man whose existence was a symphony of curiosity discovery and transformation a man who not only was a brilliant thinker but a man of deep compassion and love dedicated to the upliftment of all of humanity From his discoveries as a science based psychiatrist to the confirmed reality of his own unique spiritual experiences David R Hawkins has gifted us with a treasure trove of insights into the human psyche and consciousness itself that are as mind blowing as they are soul nourishing He handed us a road map to Truth with his visionary Map of Consciousness an extremely useful guide in gaining profound insights into the nature or our existence and purpose on earth In this book you will come face to face with the revelations that turned his world upside down and elevated the consciousness of anyone fortunate enough to encounter his work Let s begin this journey of Dr David R Hawkins an extraordinary yet ordinary life whose imprint on the world stands for Truth as the highest endeavor embraces compassion for all sentient beings and in complete surrender and devotion to God as the

Ultimate Reality Spiritual Power and Integrity David R. Hawkins, MD/PHD, 2025-07-01 In this lecture series acclaimed teacher Dr David R Hawkins explains how we can transcend lower levels of consciousness and experience the highest levels in the Map of Consciousness How do we go from the 400s to the 500s Theology philosophy and epistemology will lead us up to the doorway but cannot lead us through the doorway The way out of the box is through Love Joy Peace Beauty Consideration Devotion and the reverence for Truth which is the appreciation of all that is sacred In this book Dr David Hawkins goes on to explore how everything is happening spontaneously and that nothing is causing anything He then talks about content and how it relates to context and how to love your humanness Some of the many topics discussed include Transcending duality no mind silence Asking Who am I vs What am I Stillness letting go aligning with integrity and dissolving content into context Loving your animal nature The concept of happening being illusory And much more Devotion David R. Hawkins, MD/PHD,2025-10-28 Best selling author and spiritual pioneer Dr David R Hawkins unlocks the power of love and the truth of karma guiding you toward a profound new way of seeing reality In this new book derived from Dr David Hawkins s popular Way to God lecture series he explores the transformative power of Unconditional Lovingness and the spiritual significance of karma Dr Hawkins unpacks the ineffable nature of love as a pathway to the Divine He reveals how love manifests in countless forms from duty and commitment to caringness and even love for the body and invites us to recognize its presence as a constant of life He explores traditional devotional practices the power of true forgiveness and the profound surrender that leads to spiritual freedom Then he delves into the complexities of karma how our karmic inheritance shapes our lives and offers opportunities for spiritual growth He explains how this earthly realm functions as a purgatorial space where individuals can undo negative karma cultivate positive karma and accelerate their spiritual evolution Through these teachings you ll begin to see that love is everywhere and to nurture those parts of yourself Karma and Devotion offers deep insights into the journey of awakening providing practical wisdom for those seeking to align with higher consciousness Blessings in Disguise Gary R. Ryan, 2009 Gary Ryan s life was no fairytale His alcoholic father was gone and divine truth for good and he hated his abusive stepfather At twelve he was stealing fighting and drinking which led to jail auto thefts and robberies Despite his attempts to work attend school and maintain good relationships drugs and alcohol always led him back to crime and back to jail Gary was a self will run riot and it would be years before he discovered his problems stemmed from his disconnectedness with higher consciousness Blessings in Disguise is the story of Gary's journey to recovery which began when he successfully completed a two year academic program at Camarillo State Mental Hospital as a student not a patient But through those years he continued to struggle with his addictions as they got in the way of his relationships his work and his ability to find happiness Unsure of where to turn he finally followed his ex wife s suggestion to attend an AA meeting It was her new husband that took Gary to his first meeting where he was introduced to the fellowship of AA and soon came to believe that change was possible and that the life he had hoped for was within reach Gary also credits A Course in Miracles

for helping him grow in the understanding and peace of mind he discovered in this new life of sobriety and integrity His remarkable story will inspire readers to find their own path to serenity and happiness *The Map of Consciousness* Explained David R. Hawkins, MD/PHD, 2020-10-20 A simple and accessible exploration of the best selling author of Letting Go and Power vs Force David R Hawkins M D Ph D most famous work The Map of Consciousness that will help you to experience healing and transcendence World renowned author psychiatrist clinician spiritual teacher and researcher of consciousness David R Hawkins shares that we are all born with an energetic frequency within the vast field of consciousness And with The Map of Consciousness we can truly understand the total spectrum of human emotions and consciousness Using a unique muscle testing method Dr David R Hawkins conducted more than 250 000 calibrations during 20 years of research to define a range of values attitudes and emotions that correspond to levels of consciousness This range of values along with a logarithmic scale of 1 to 1 000 became the Map of Consciousness which Dr David R Hawkins first wrote about in his best selling book Power vs Force With the Map Dr David R Hawkins laid out the entire spectrum of consciousness from the lower levels of Shame Guilt Apathy Fear Anger and Pride to Courage Acceptance and Reason all the way up to the more expanded levels of Love Ecstasy Peace and Enlightenment These higher energy fields are a carrier wave of immense life energy An essential primer on the late Dr David R Hawkins s teachings on human consciousness and their associated energy fields The Map of Consciousness Explained offers an introduction and deeper understanding of the Map with visual charts and practical applications to help you heal recover and evolve to higher levels of consciousness and energy This enlightening book transcends the boundaries of conventional wisdom integrating the realms of psychology philosophy and spirituality in a powerful exploration of human consciousness and human potential to help you be more effective in every area of your life Some highlights include A thoughtful fusion of psychology philosophy and spirituality A comprehensive interpretation of the law of attraction and its intrinsic link with consciousness and personal evolution A scientifically grounded guide to harness the power of positive thinking and its practical applications An insightful perspective on the power vs force dynamic offering fresh insights into personal and professional relationships An enriching collection of practical exercises and affirmations designed to awaken and energize your consciousness Dr David R Hawkins has a remarkable ability to simplify complex concepts Whether you re in search of motivational books for women leadership books for aspiring entrepreneurs or behavior books to comprehend the nuances of human interaction this book can revolutionize how you perceive and interact with the world inspiring profound transformation and positive change That which weakens life energy is to be avoided shame guilt confusion fear hatred pride hopelessness and falsehood That which uplifts life is to be realized truth courage acceptance reason love beauty joy and peace David R Hawkins M D Ph D Whether you re a scholar a personal growth enthusiast or simply on a path of self discovery this book will help you live with more awareness and lead a more conscious and fulfilling life The Kingdom of the Blind D. L. Lamperd, 2024-04-22 The Kingdom of the Blind is a profound exploration into the

depths of spiritual awakening and the transformative journey toward enlightenment Presented as a compelling Discourse this non fiction book serves as an essential guide for those embarking on the sacred path of inner discovery The author delves into the intricate process of spiritual transformation shedding light on the inevitable suffering that accompanies the shedding of the ego and the embrace of a higher state of consciousness As humanity enters the new astrological Age of Aquarius since 2012 the veil over ancient secret wisdom is being lifted making what was once accessible to only a select few available to all This book is a beacon for initiates offering them a gateway to the teachings of spiritual masters and the hidden mysteries that underpin the true essence of life Readers are invited to journey beyond the limitations of ego based thought systems toward the realm of superconsciousness a state of being that promises a profound connection with the universe and an unparalleled understanding of existence Throughout this Discourse the reader is offered the tools to navigate the path to enlightenment armed with the knowledge to understand the cause of their suffering and the means to transcend it This book is not merely a quide it is a companion for anyone seeking to elevate their consciousness and discover the spiritual significance of their journey through life Whether you are a seasoned seeker or new to the path this book holds the potential to illuminate your way toward spiritual fulfillment and the realization of your highest self Perceiving the Divine through the Human Body T. Cattoi, J. McDaniel, 2011-11-07 Cattoi and McDaniel present a selection of articles on the role of the body and the spiritual senses our transfigured channels of sensory perceptions in the context of spiritual practice. The volume investigates this theme across a variety of different religious traditions within Christianity Hinduism Buddhism and Daoism Codes Sue Morter, 2019-03-19 For those ready and willing to build a new life here are the tools Powerful incisive extraordinary writing Neale Donald Walsch New York Times bestselling author of Conversations with God Transform your life with this bestselling revolutionary and accessible seven step guide grounded in energy medicine neurobiology and quantum physics to awaken your true health and potential through energy healing Eighteen years ago health pioneer and extraordinary enlightened visionary Anita Moorjani New York Times bestselling author Dr Sue Morter had a remarkable and profound awakening While meditating she spontaneously accessed an energy field a level of consciousness beyond anything she had ever imagined This dramatic experience changed her life and set her on a mission to discover how to create such radical transformation for her patients Through years of advanced study and research in energy healing and medicine she developed the Energy Codes This life altering program has now enabled thousands of people around the world to overcome pain disease fatigue anxiety and depression and to awaken their innate creativity intuition and inner power Bridging ancient healing practices with cutting edge science The Energy Codes offers a detailed road map to help you experience deep healing in your life Grounded in practical accessible exercises including yoga breathwork meditations and Dr Morter's proprietary Bio Energetic Synchronization Technique BEST protocol The Energy Codes offers deep insights that brilliantly merge the ever blending worlds of science and spirituality to help reveal the truth of our being and the depths of our greatness Jack

Canfield coauthor of the Chicken Soup for the Soul series The Highest Level of Enlightenment David R. Hawkins, MD/PHD,2024-02-06 In this profound book based on a popular audio program Dr David Hawkins gives a primer on his world famous map of consciousness that will help the reader embark on their own journey to an advanced state of consciousness Dr Hawkins's research is based on a well established science called kinesiology which has to do with the testing of an all or none muscle response stimulus A positive stimulus generates a strong muscle response and a negative stimulus results in a demonstrable weakening of the test muscle Clinical kinesiological muscle testing as a diagnostic technique has been verified widely over the past 25 years David Hawkins M D Ph D conducted a 29 year study that demonstrated that the human body becomes stronger or weaker depending on a person s mental state He created a scale from 1 to 1 000 that mapped human consciousness Furthermore he demonstrated that this map can be used as a blueprint to reach higher states of consciousness that can be identified simply by applying a small amount of pressure on an outstretched arm Not only that but this simple method has also been demonstrated to be an effective tool for instantly calibrating human consciousness Dr Hawkins created a scale of consciousness based on current discoveries in advanced theoretical physics and the nonlinear dynamics of chaos theory And this map of consciousness now makes it possible for anyone to advance toward higher levels of enlightenment faster than ever imagined In this book you ll learn how to Advance your level of consciousness and your understanding of human behavior just by learning the map of consciousness Gain instant access to information that is beyond the capacity of all the world's computers Detect the exact point in any complex system where the least effort brings about the greatest result Understand the power of a simple attitude adjustment as well as the consequences of various emotional states Learn how people who calibrate high on the map of consciousness can raise the energy level and calibration of thousands of others just by being in their presence Heal yourself of illness or addiction by reaching the state of consciousness in which it vanishes Learn which foods environments companies books etc are harmful low energy and which are beneficial high energy And Highest Level of Enlightenment; The Hay House, Incorporated, 2024-02-06 Dr Hawkins's research is based on much more a well established science called kinesiology which has to do with the testing of an all or none muscle response stimulus A positive stimulus generates a strong muscle response and a negative stimulus results in a demonstrable weakening of the test muscle Clinical kinesiological muscle testing as a diagnostic technique has been verified widely over the past 25 years David Hawkins M D Ph D conducted a 29 year study that demonstrated that the human body becomes stronger or weaker depending on a person s mental state He created a scale from 1 to 1 000 that mapped human consciousness Furthermore he demonstrated that this map can be used as a blueprint to reach higher states of consciousness that can be identified simply by applying a small amount of pressure on an outstretched arm Not only that but this simple method has also been demonstrated to be an effective tool for instantly calibrating human consciousness Dr Hawkins created a scale of consciousness based on current discoveries in advanced theoretical physics and the nonlinear dynamics of chaos theory And

this map of consciousness now makes it possible for anyone to advance toward higher levels of enlightenment faster than ever imagined In this book you ll learn how to Advance your level of consciousness and your understanding of human behavior just by learning the map of consciousness Gain instant access to information that is beyond the capacity of all the world's computers Detect the exact point in any complex system where the least effort brings about the greatest result Understand the power of a simple attitude adjustment as well as the consequences of various emotional states Learn how people who calibrate high on the map of consciousness can raise the energy level and calibration of thousands of others just by being in their presence Heal yourself of illness or addiction by reaching the state of consciousness in which it vanishes Learn which foods environments companies books etc are harmful low energy and which are beneficial high energy And much more The Stairway to Heaven Tara Springett, 2015-03-10 THE STAIRWAY TO HEAVEN describes nine clearly defined stages of consciousness which explain the development of each person starting from dreamlike unawareness to full enlightenment This groundbreaking book combines Tibetan Buddhist teachings with insights from transpersonal psychotherapy to offer a full understanding of people's psychological mental and spiritual development You will learn To recognise nine clearly defined stages of consciousness in yourself and everybody else how people s sense of self their world view their values and all their behaviours radically change at each stage of their development what kind of help people need depending on their stage of consciousness how to speed up your own development in every area of your life by applying the principles of the STAIRWAY TO HEAVEN Tara Springett M A is a qualified Buddhist teacher since 1997 a qualified psychotherapist since 1990 and a successful self help book author Tara has been helping clients from all over the world to find love success and happiness by applying the nine stages of consciousness of the STAIRWAY TO HEAVEN www taraspringett com Cartographie de la conscience David Hawkins, 2023-02-17T11:43:00-05:00 Un ouvrage sur l expansion de la conscience qui accompagne le lecteur dans son parcours vers la transcendance et la gu rison Chaque tre humain poss de d s la naissance une fr quence nerg tique pr cise en rapport avec le champ infini de la conscience humaine dont ce livre nous propose une explication en profondeur Au cours de 20 ans de recherches le Dr David R Hawkins a utilis un test musculaire tr s particulier pour r aliser plus de 250 000 calibrages et ainsi d finir une gamme de valeurs d attitudes et d motions en corr lation avec les divers niveaux de conscience Associ e une chelle logarithmique allant de 1 1 000 cette gamme de valeurs a donn naissance une cartographie de la conscience que le Dr Hawkins a explor e pour la premi re fois dans son livre succ s Pouvoir contre force Par cette cartographie le Dr Hawkins d voile la conscience sous tous ses aspects des niveaux inf rieurs repr sent s par la honte la culpabilit l'apathie la peur la col re et l'orgueil en passant par le courage l'acceptation et la raison jusqu aux degr s largis que sont l amour l extase la paix et l veil Ces niveaux sup rieurs sont porteurs d une immense nergie vitale La Cartographie de la conscience est un ouvrage indispensable aux enseignements du Dr Hawkins sur la conscience humaine et les champs d nergie qui lui sont associ s la fois entr e en mati re et explication exhaustive de l

chelle de conscience ce livre comporte des tableaux et des applications pratiques destin s aider le lecteur dans sa gu rison son r tablissement et son ascension vers des niveaux sup rieurs de conscience et d nergie The Evolution of Consciousness David R. Hawkins, M.D., Ph.D., 2024-10-15 Spiritual teacher and best selling author of Letting Go offers a thorough explanation of the levels of consciousness In this book renowned spiritual teacher Dr David R Hawkins offers an in depth look at each level in the Map of Consciousness and how it relates in general to the whole field of consciousness He also defines what is meant by linear and nonlinear content and context as well as the radical state of subjectivity awareness and consciousness The Map of Consciousness is used to illuminate the understanding of the ego and our programs and how to be free of them As Dr Hawkins explains the Map is not a hierarchy of worthiness but more like a prism that breaks up the light into different colors Spiritual work is making choices that move us up toward the Light In the second half of this book Dr Hawkins explores How to transcend positionalities Why just hearing certain information can be transformational That there is no such thing as nothingness The Progressive Fields of Realization and the theory of evolution How to disassemble the ego The basics of quantum mechanics Throughout Dr Hawkins speaks on the emergence of positive spiritual energy that is dominating the consciousness field of mankind with profound implications for everyone The whole use of this scale the whole use of what we learn from it is merely to support the intention on the part of everyone here to move forward in consciousness and to fulfill the human potential Pursuing Consciousness Peter Ralston, 2015-03-10 Building on his previous groundbreaking work Peter Ralston once again proves to be a sure footed guide for readers seeking to negotiate the challenging terrain of personal and spiritual growth In accessible language Ralston demonstrates how the lofty goals of self transformation and enlightenment can be achieved with a no nonsense approach available to anyone willing to reach beyond their current experience of self and reality Pursuing Consciousness is a down to earth handbook for staying focused on the work at hand even while tackling such unsettling tasks as investigating deeply ingrained psychological beliefs and identifying common areas of misunderstanding that hamper transformative growth Ralston explains that deeper levels of consciousness aren t just for monks anyone can have an enlightenment experience He shows that enlightenment does not transform the self and transforming the self does not produce enlightenment Once we grasp that these two pursuits take place in entirely different domains of consciousness we can use each to empower the other Ralston provides specific tools for changing the very person that we experience being His work has been acclaimed by people from a diverse range of disciplines including spiritual teachers psychiatrists cognitive scientists physicists and artists As with Ralston's previous works this book points the way to a direct encounter with the true nature of Being and the possibility of real personal change The Path to **Spiritual Advancement** David R. Hawkins, MD/PHD,2024-07-02 From the best selling author and pioneer in the field of consciousness research David R Hawkins M D Ph D comes the first in a series of six books on finding the way to God Dr David R Hawkins always wanted to add further detail to his best selling book Power vs Force a book that opened the door to

so many new truths enlightening information and exciting questions People asked for more and Dr Hawkins realized that consciousness itself continued to grow and evolve As a spiritual teacher dedicated to the highest Truth to God and to his love for mankind he decided to create the lecture presentations these books are based on His lighthearted spirit wonderful sense of humor and real life stories are evident in this book In it the core of Dr Hawkins body of work that he later called The Pathway of Devotional Non Duality is delivered in full This volume consists of Dr Hawkins s finest work from January and February 2002 As you read you will learn about the Map of Consciousness chart from 0 1000 and how it came to be the illusion of causality the great block to spiritual advancement transcending the ego through understanding it and re contextualizing it the role of karma in your life how you can move up the levels of consciousness through spiritual intention and choice radical subjectivity the essence of the experiencing the Presence of God as I the purpose of Dr Hawkins s work to realize the Presence of God These are just some of the many topics Dr Hawkins covers in this inspiring and supportive book

Beyond Illusion David R. Hawkins, MD/PHD,2025-04-29 Best selling author and spiritual pioneer Dr David R Hawkins offers insights into the illusory nature of existence and how to realize a state of higher consciousness In this new book derived from Dr David Hawkins s popular Way to God lecture series he explores perception and illusion how the truth becomes distorted and ultimately the root of consciousness In Part One Dr Hawkins explains how the ego functions in society and that the world out there is a projection of what is within us He confirms that everything is happening on its own and everything is perfect right now He also discusses quantum mechanics and how what you hold in mind tends to manifest In addition he talks about why people don't change even after hearing spiritual truths and how to alleviate this problem In Part Two Dr Hawkins discusses the time honored tradition of meditation which he informs us is our natural state Instead of covering the numerous styles of meditation he delves into the essence of the meditation process itself He talks about how we can obtain the benefits of meditation without going through formal renunciation Dr Hawkins explains two valuable ways of meditating which he experienced himself He also tells us of the various ways to transcend the mind to become aware of the **Enlightened Consciousness** Griff O'Brien, 2008-12-16 Enlightenment's Awakening: An Onliness presence of God Path of Truth-Consciousness Realization Martin Treon, 2015-04-20 This book describes a radical Way or Path of Awakening to transcendent Nondual Self Realization Enlightenment Martyn Wilson, 2015-11-18 Based on his own experiences Martyn tells it as it is With no special qualifications or education Martyn's natural instinct for seeking answers led him down a path to an old discovery The discovery that we all at some point question and seek A discovery that we all put just out of reach A discovery that seems to be impossible to attain Or is it This book is a guide a perspective his truth his story An ordinary guy with a normal life Family work and all the usual stresses until he started to wake up and viewed life from a whole new level Sharing his story from the everyday existence of 21st century living into 21st century being In reading this book Martyn wants you to realise your own truth and to wake up from the mass illusion of this reality Enlightenment the keys to

consciousness not only describes how Martyn experienced his awakening but also gives you tools to enable you to grasp yours too simple exercises for everyday use	

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#### Transcending The Levels Of Consciousness The Stairway To Enlightenment Introduction

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