

What Are Levels of Consciousness?



Ageing, death and the eternal soul within.



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What Are Levels of Consciousness?

Dr David Hawkins did extensive research and study into Levels of Consciousness and we have discovered that his books are an amazingly detailed source of information on the subject. As we refer to them throughout this website and regularly test people's Levels of Consciousness so we thought it would be helpful to give you a summary so that you have some context when reading this website.



Who Are You Really?

This sounds like a silly question because the vast majority of us would answer this question by giving our name. When we look in the mirror we see ourself, in the form of our body and associate this identity with our true selves. This illusion is destroyed in an instant if you've ever seen someone just after someone has passed away. One look at their body and you realise that it's not them. They look completely different from when they were asleep. Their body is now an empty shell and the 'real them' is no longer inside it. For those of you who are sensitive to this moment you may experience the 'real them' being present in the room for a while after they have passed. You will feel a loving, warm presence in the room that emanates love.



If We're Not Our Body, Who Are We?

As many of you reading this website will be aware, our human bodies are merely avatars or vehicles to hold our souls, which are eternal non-physical beings. The body provides our soul with a means to live a physical existence and to gain a depth of understanding that this experience brings. Your true self is your soul and from the universal wisdom that has been passed down through the generations and our testing, we have discovered that most of our souls came into existence at least one million years in the Earth timeline. Your soul is a loving, omnipotent being who exists in all of your layers (physical, auric, soul centre), spans all dimensions, timelines (all potentialities) and pastlives (all actualities). Your intuition is simply your soul 'talking' to you and when you are able to hear, really listen, trust and follow your inner guidance you will find that your life becomes synergistic, harmonious and effortless.



If We're Eternal Beings, Why Do We Get Old and Die?

Our life on Earth (our current incarnation) continues until our bodies no longer can sustain the soul through ageing, illness, trauma, or choice. Up until recently, most of us have experienced life in a body that is not eternal; we see our bodies ageing and not working so well as we progress through the years in our existence on Earth. Most of us believe that because we experience ageing or deterioration of the body, that our lives are limited to this one existence on Earth, but the reality is that our souls never die and that ageing is not a factor of age. What we mean by this is that our bodies don't degrade just because we are older, our bodies degrade because they are not being given what they need to regenerate. We are made of 50 trillion cells and every single one renews within a 2 year timeframe. From this perspective you can see that there is no reason why our cells cannot renew perfectly each time. Some people are beginning to discover ways to enable our cells to regenerate in their original forms, such as raw food. Interestingly, from our testing, we have discovered that this ageing process, our current age and the lifespan we will experience in this incarnation will be changing. We will write another article on this topic in future.



How the Soul is Held in Our Body

From a physics perspective, the soul is actually charged plasma; a field of potentiality. This resides in and permeates all of our cells and gives rise to our aura, the field that emanates from the soul. However each of us holds a different amount of this charged plasma (soul) within our body because, the higher the levels of charge, the more the physical cells need to adapt to hold this charge. The soul is love light and, as you know, the more light you shine, the more the dark corners are illuminated. It's the same for us humans! The more soul we hold, the more our shadows or discordant frequencies, such as trapped emotions, are revealed and this brings with it new revelations, memories and pain. We've all had unique experiences in all of our lifetimes which resonate for each of us differently. The result is that each of us carries a different set of discordant frequencies, imprints and connections and so each of us is able to hold a different level of love light (soul).



How the Amount of Soul We Hold is Changing

As we go through the ascension process, the level of light (the overall frequencies) on our planet increases. This increase in love light helps each of us to clear down our discordant frequencies such as past life experiences, soul contracts, any connections and chords to the inverted matrix, so that our body is able to hold more soul within. This

brings with it many challenges as the level of light increases, our overall vibration increases and many of the lower vibrations within us become less and less compatible with our new vibrational set point. This results in purging of these vibrations which we experience as being overwhelmed with unbearably intense emotions (such as sadness), feeling way more angry than normal, being incredibly easily triggered by people and situations. It's certainly been a difficult ride for everyone on this planet in this respect and the intenseness is not going to let up any time soon.



How Solar Activity Affects Levels of Consciousness

We have noticed that the extra difficult times sometimes seem to coincide with additional solar activity. The sun is an important source of consciousness and this is why no amount of Vitamin D pills can make you feel as good as you do when you spend a day outside in the sunshine. The energy that radiates from the sun is rejuvenating, uplifting, re-energising and very different from that which emanates from the Earth.



How You Can Actually See that the Sun is Ascending

If you weren't sure we are going through an Ascension you only have to look at the sun to realise something is going on! Have you noticed how much whiter the sun is these days? Remember those days when we were children and had to draw the sun and we would put a big yellow circle on the page and draw sticks coming out of it for rays? Well if we asked our children to draw the sun today their circle would be white! That's simply because the sun itself is also increasing in consciousness, becoming of a higher overall vibration, and so the light emitted is of a higher frequency; further up the electro magnetic spectrum and away from the yellow.



How Levels of Consciousness Relate to the Soul Held by Our Body

The amount of soul we hold in our body was studied by Dr David Hawkins who devised a scale by which we can measure our **Levels of Consciousness**, or how much love light (charged plasma) each of us carries. His scale ran from 0 (no soul) to 1000 (the soul held when full enlightenment is reached). He also discovered that each range of levels is associated with a predominance of certain emotions, for instance from 400 to 499, the level of reason, where understanding is important. As with most human science, nothing is set in stone, meaning just because we're at a certain level doesn't mean we can't feel any other emotions.



How Our Levels of Consciousness Change

As we ascend, each of us is learning how to hold more lovelight (soul, plasma) in our bodies and eventually we will reach 1000. This doesn't mean that we will be fully ascended at this level, as there are other changes that are happening in the meantime (eg. an increase in DNA strands to 144; 2 physical and 142 light). We have found that the increase in levels of consciousness is not linear, meaning that someone may have an increase of 10, 25 or over 100 in a moment. We have also found that certain practices accelerate this increase, such as decalcifying the pineal gland and healing. We have discovered through Resonance Testing that levels of consciousness fall significantly when we go to sleep, dropping to between 7-15% of our awake levels of consciousness, depending on how deep a sleeper someone is. Conversely when you wake up naturally, if you pay attention to how you are feeling, you will notice the soul returning to the body as your consciousness levels increase. This can take a few moments or several minutes or even longer. When begin to wake up but never become fully awake, this is when our levels of consciousness never returned in full, often between 50-75% of your usual levels (according to our Resonance Tests). When we are dosing, our levels of consciousness are around 15-26% of our usual awake levels.



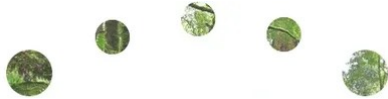
How Our Levels of Consciousness Affect Our Perspective

What we are looking at today is how the soul that we hold within our physical bodies affects our experience and perspective of life and how we interact with others. Below is an extract of the Map of Scale of Consciousness devised by Dr David Hawkins and published in his book [Transcending Levels of Consciousness](#).

Level of Consciousness (Scale 0-1000)	Level of Consciousness (Name)	Emotion (How You Feel)	Life View (Your Perspective of Life)	God View (How You Are)
700-1000	Enlightenment	Ineffable	Is	Self
600	Peace	Bliss	Perfect	All-being
540	Joy	Serenity	Complete	One
500	Love	Reverence	Benign	Loving
400	Reason	Understanding	Meaningful	Wise
350	Acceptance	Forgiveness	Harmonious	Merciful
310	Willingness	Optimism	Hopeful	Inspiring
250	Neutrality	Trust	Satisfactory	Enabling
200	Courage	Affirmation	Feasible	Permitting
175	Pride	Scorn	Demanding	Indifferent
150	Anger	Hate	Antagonistic	Vengeful
125	Desire	Craving	Disappointing	Denying
100	Fear	Anxiety	Frightening	Punitive
75	Grief	Regret	Tragic	Disdainful
50	Apathy	Despair	Hopeless	Condescending
30	Guilt	Blame	Evil	Vindictive
20	Shame	Humiliation	Miserable	Despairing

Extract of the **Map of Scale of Consciousness** from Dr David Hawkins' book **Transcending Levels of Consciousness**

You can see from this that, as our levels of consciousness increase, so our perspective of the world softens, becomes more forgiving, loving, blissful, complete, perfect, then as we reach ascension, all definitions cease and life just is. We have reached a state of complete neutrality where there is no cause or effect and everything is and happens as it does without any apparent reason or action and without judgement from us. We are completely in alignment with our soul; god consciousness, the divine. As our levels of consciousness increase, so does our ego decrease and our consideration becomes altruistic rather than ego-centric.



Dr David Hawkins and Enlightenment

Dr David Hawkins' great works are an inspiration and you will find much greater detail about this subject in this and his other books. In his books he writes that there are very few in the world who have reached Levels of Consciousness of 700 and above however that situation has now changed as our whole world is ascending. We also believe that the state of enlightenment can be reached without withdrawing from society and our challenge that we will all be experiencing over the next few years will be how to reach and maintain this state whilst still functioning in the real world.



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