

## Consciousness Facts

From **The Eye of the I** by Dr. David Hawkins

1. **All things** are Divine in nature. Each is aware of every other. It completely includes everything in total Oneness so that all things are interconnected and in communication and harmony by means of awareness (consciousness) and by sharing the basic quality of the essence of existence itself. Pg. 23
2. All things are in a state of silent rejoicing that their consciousness is an experience of Divinity. Pg. 26
3. Nothing is better or worse than anything else, nor is it of different value or significance. Everything merely “is” and exhibits the beingness of existence. Creation is the Present and the Now. Pg. 28
4. Everything is an expression of the Divinity of Creation and is always in the process of creation. pg. 29
5. Through choices, human consciousness can influence outcomes, but the power of creation is the domain of God. Pg. 30
6. The nature of creation, which is beyond time, space, and causality, is self-revealing and presents itself to the consciousness of Awareness as a gift of the Presence. Pg.
7. Our sensory facilities is a function of consciousness and not our body. (Our belief systems depend on physical illness). pg. 35
8. With major transformation of consciousness, the Presence determines all actions and events. Permanent alteration of consciousness establishes itself and is constantly present in its stillness and silence, even though the body talks and functions in the world. Pg. 36



9. In modern terms, people are run by their software programs of which they are unconscious. Each person is in the process of the evolution of consciousness, with some more evolved than others. Each one represents the unfolding of consciousness under different conditions and therefore has different levels of appearance. It is though each person is caught in a certain level without the consent, decision, and agreement of the will. In other words, the person is like the hardware, and their actions and beliefs are like the software. Pg. 41
10. Consciousness is non-local and can be calibrated numerically, literally into different energy fields starting with the beginning of time. **Everything in the world, including thoughts, concepts, substances, and images, calls forth a response that can be demonstrated as positive or negative. The response is not limited by time, space, distance, or personal opinion, (cloud). This proves the nature of consciousness anywhere and anytime can be explained and documented. All that ever is or was, without exception, radiates forth a frequency and a vibration as a permanent imprint in the impersonal field (Law) of consciousness itself. Pg. 45**
11. All that will be revealed is now a fact according to the Universe. Pg. 45
12. There are 17 levels of consciousness which can be calibrated from 1 to 1000. Knowing this there will be profound benefits to our society when we use this information. Pg. 47
13. Consciousness reacts to stimulus as either yes or no response. Pg. 51
14. A normal state of consciousness is one that is free of all negativity and instead filled with joy and love.



- a. 78 % of the world is actually disturbed. (Below 200). This means that only 22 % of the population is out of the extreme danger Zone of the calibrated levels of consciousness.
- b. The mind of mankind meets the criteria of having been controlled, influenced, and brainwashed in a systematic and continuous manner that is in accord with the definition of such processes in scientific research. Pg. 82-83
- c. Kinesiology, the proven Muscle- testing science, can reveal the truth of anything according to consciousness.
  15. Consciousness is a field of potential energy and is detectable because it is illumined by the light of awareness. Pg. 144
  16. Every advance that we make in our awareness (consciousness) benefits unseen multitudes and strengthens the next step for others to follow. When we seek the good of mankind, all gifts return to their source. Our spiritual intention and focus replace worldly ambitions and desires. Pg. 162-163
  17. Spiritual progress literally benefits all mankind in that it raises the general level of consciousness. Even one iota makes a difference. An obstacle to spiritual growth is impatience. This can be overcome only by surrender. Pg. 168
  18. The nature of the mind is to think. The nature of consciousness is innocent as it records thought and gives it potential. Pg. 172
  19. Your level of consciousness depends on your level of ego. Truth is only found within a certain level of consciousness (above 600)
  20. Consciousness detects and instantly registers every event, thought, feeling, and occurrences and thus knows everything completely forever. This occurrence is impersonal and automatic



and happens because of the innate qualities of consciousness. Pg. 204

21. All actions, events, thoughts, ideas, concepts, and decisions are accompanied by an energy field that can be calibrated. Pg. 205
22. On the levels of consciousness after 200, a polarity shift occurs. It is as though from 200 up, the entity is positively charged, and below 200, negatively charged. Pg. 207
23. The simple decision to be kind, forgiving, and compassionate to all life in all its expressions, including one's own self, is putting the greatest positive energy to a negative world. Pg. 219
24. All resentments calibrate below 200. It has a victim consciousness. Do not harbor them.
25. The rate of increase of the general level of consciousness is held back by the immense number of people who continue to make negative decisions and choices. Pg. 225
26. The miraculous occurs as the consequence of a shift of energy, such as that created by love or prayer. Pg. 226
27. Consciousness, or the capacity for awareness, is formless and is the backdrop from which form can be identified. Pg. 2
28. The swiftest way out of problems and ignorance is by acquiring an understanding of the **nature of consciousness** itself. Awareness of the nature of consciousness catapults one through all problems, limitations, and human endeavors. **It is the most important subject of all subjects to be learned because it underlies all human experience and enterprise.**
29. The domain of spirituality is that of the realm of consciousness. Spiritual development and revolution are therefore facilitated by an understanding of the nature of consciousness itself. They are activated by spiritual motivation and intention. Pg. 285



30. Focus on Love...a state of being. The manifestation of love is the love of God as Creation. Love is transformative. Its power sweeps away all obstacles. It is both the means and the end. Pg. 295
31. A wondrous revelation will come about once we have the intention of kindness, respect, and consideration for All That Is, without exception, and in every detail, including oneself. The qualities of gratitude thankfulness, gentleness, and appreciation are themselves powerfully transforming. Love is the magic catalyst that brings about the awareness. Pg. 299
32. Every thought or action gives off a vibration or a track that is a high-frequency energy pattern associated with the person's energy body. This interacts with the sea of consciousness, which is filled with an infinite number of such energy patterns that emanate from other energy bodies. Within this complex sea of intricate patterns, selections are made that influence the decisions and directions of life. Persistent patterns become reinforced and are therefore more dominant. Each person 's energy body carries with it a historical track of patterns that persist over time and influence decisions, behavior, and the feelings of attraction or repulsion. The Field of consciousness is an infinite sea of interacting energy fields with various levels that can be calibrated. Pg. 305
33. Every kind thought or smile is therefore spiritual and benefits oneself as well as all the world.
34. Love is misunderstood to be an emotion; actually, it is a state of awareness, a way of being in the world, a way of seeing oneself and others. Love for God or nature or even one's pets opens the door to spiritual inspiration. The desire to make others happy overrides selfishness. The more we give love, the greater our



capacity to do so. It is a good beginning practice to merely mentally wish others well in the course of the day. Love blossoms into lovingness, which becomes progressively more intense, nonselective, and joyful. Pg. 328-329

35. Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. That is the greatest gift anyone can give.
36. Every act of kindness, consideration, forgiveness, or love affects everyone. Pg. 392

37. Consciousness was the activating agent of evolution, and within it, attractor fields gave pattern to form; thus, feedback and learning were made possible. Evolution occurred within the attractor fields of consciousness that manifested as more complex life forms and basic intelligence and the capacity for data storage. Pg. 396

38. The evolution of consciousness is important. Even though we have seen major jumps in technology, the consciousness of mankind remained destructive being below 200. On this level there are many possible problems:
  - a. Humanity experiences destructive and negative suffering. Such as fascism, communism, dictatorships and utopian schemes.
  - b. Religions became the oppressors and supported slaughter and cruelties of immense proportion.
  - c. Corruption of power invaded every area of human activity.



- d. People with a high level of consciousness counterbalances mankind.
- e. A consciousness level of 190 nearly brought nuclear annihilation to mankind several times. The “end times” nearly happened when the destruction of humanity shifted into 207 saving us from ourselves with a new possibility. Therefore, it is crucial that the overall consciousness level be kept over 200. Our consciousness in America is currently at 425 a few years ago. With the political and human agendas, I am not aware what our numbers are. Pg. 397-399 There are hundreds maybe thousands of examples proving close encounters of mass destruction, too much to list before 2010.

In *Power vs Force*, Dr Hawkins previews our possible outcomes:

1. “We can change the world not by what we say or do but as a consequence of what we have become. Even the tiniest increase in our own consciousness benefits the world at large. Love is so powerful, he says, that one loving thought in a day cancels out all the negative ones.”
2. “The planet is full of people trying to “change the world” but doing so only at the level of symptom, not source. This kind of force creates counterforce, and we end up with gridlock rather than greatness. Greatness comes from within. **It is the courage to change oneself. This is the message to all our society: as we change, the world is changed.**”
3. “If we are motivated by love, if love is what moves us, then everything we touch and everywhere we go and everyone we meet will be made better because of what we have become as a loving



person. Love is the silent power that Inspires, heals, uplifts, encourages, and improves everything. And because Love is a radiation within the interconnected energy of the universe, which is nonlocal and nonlinear, we make an impact wherever we are. No matter what we are doing. To love any single piece of life is to love all life, for everything is interconnected.

- 4. This pathway is open to all who choose it and become committed to the intention of raising our consciousness. We transform ourselves as we transform the world.**

