

# *Levels of Consciousness*

In the course of my coaching work and the exploration of consciousness, levels of energy or “vibratory frequency” I have created a scale of different states from way down at the bottom of earthly existence to way at the top. My own scale of energy levels is inspired by the scales found in the books “Power vs. Force” by David Hawkins, “Ask and it is given” by Esther Hicks and a few other works which I will not disclose here because I cannot otherwise recommend them. These very different sources of similar information were taken, applied and expanded upon in my own work.

The lower your state on the scale, the more distorted perception is, and the lower your ability to create your own reality, the less energy you have. The higher on the scale, the more inner resources you have. The vibration you emanate is the reality you will get back.

This scale is designed to benefit you in many ways. With it you will be able to determine which state you are in and which step of the latter to look at next. You will be better able to relieve your fellow humans. You will be better able to determine the energy-quality of various places, people, objects, movies, music and even societies and countries.

Before I go one word further, take a look at the scale yourself:

## **High levels of consciousness**

16 Serenity, Peace, Lightness, Humor, Happiness

15 Love, Intuition, Appreciation

14 Power, Initiative, Source/Cause

13 Creativity, Beauty, Imagination

12 Enthusiasm, Joy, Positive Expectation

## **Mid levels of consciousness**

11 Intelligence, Knowledge

10 Neutrality, Acceptance, Relaxation, Interest, Attention

9 Courage, Willingness, Eager for Activity/Action

8 Conservative, Orderliness, Boredom, Contentment

7 Pride, Antagonism, Criticism, Discontent, Complaint, Superiority, Blame

### **Low levels of Consciousness**

6 Anger, Domination, Aggression, Coldness

5 Craving, Need, Compulsion

4 Fear, Worry, Shyness, Inferiority

3 Grief, Sorrow, Self-Pity

2 Apathy, Depression, Hopelessness

1 Guilt, Shame, Neurosis

This “scale of consciousness levels” is designed as a *system of thinking* which will allow you to view life and human behavior in a brand new light and make surprisingly accurate predictions about behavioral patterns of others, your own feelings and the events to come into your life (what you emotionally emanate in an overall sense, you will attract within a time-buffer of 2-3 weeks) and to make positive changes.

The reason this stuff has been kept secret for centuries in some circles is because of several misunderstandings it can cause and possibilities for abuse. Suffice it to say for now that this scale is only a *model for orientation* and not “the absolute truth”. Consciousness is not actually linear and dualistic and neither should this scale be used to justify elitist stances. The purpose of it is not to make others look bad but to support them, with respect to their situation, to find relief.

Before continuing to read, have another look at the scale. You might intuitively pick up your own realizations before I share mine with you.

### **Use and Consequences of the Consciousness-Scale**

1. Everything is driven by feeling good/bad

Most of what we do in life we do with the aim to improve our *state* (to change our mental, emotional or bodily well-being). Behind every goal,

desire, resistance, action, plan, worry, etc. lies the essential desire to move in the direction of "feeling good" and avoid "feeling bad". If we ever make choices that "feel bad" then only because we believe the alternative will feel even worse. In this sense we often choose "the lesser evil". Everything we do is driven by what we *think* will make us feel better. The shortcut to fulfillment and the end of confusion is to simply dismiss any "reasons" or "conditions" that have to be met before being happy, and aim directly for the *feeling* you would like to have. Improving your general *state* is an aim superior to *all* other life aims. By putting well-being on place one in your priority-list you become independent of all the conditions that "have to" be met before being happy. And by becoming independent of all these things, people, objects...they are easier to *have/experience*. Well-being is not the goal, its the prerequisite, the basis of all.

## 2. Positive states are effortless, negative states are not

Contrary to popular opinion, positive states of being or emotions are normally not things you have to "reach", "deserve", "work for", "climb up towards" but *native* and natural to your soul since birth. The only things that need a lot of work and effort are negative states (Refer to the chapter "Stream of Life"). Imagine a cork that is floating on the ocean. Pushing the cork down under water takes effort. Let it go and it will pop back up. Having it float above water takes zero effort.

## 3. The scale reflects normal human sequences

In the course of consciousness expansion, the evolution of our personality, spiritual growth or a healing process (for example in the framework of high-energy-therapy, coaching, success experiences, favorable circumstances) the scale depicts the general successive sequence of states that a human normally goes through. The same goes for de-evolutionary processes in a lifetime of hardship. There are exceptions to this sequence in that some will "skip" certain states or only experience changes temporarily, have backslides and other variations outside of the linear concept of this scale. However, the respective states in vicinity of each other are much easier to experience than those further away.

## 4. Every level experiences a different world

Every general level experiences a different "felt truth", perception of reality, life results and intensities of experience. From which vantage point you view life, determines what you notice and perceive. This "felt vibration" affects your thinking, doing, speaking and ultimately what circumstances and surroundings you attract into your life.

## 5. Your habitual state vs. your temporary state

Each and every one of us has a "general experience of life" a general feeling towards life which I call your *basic vibration (habitual emotion)*. This is the state we are in the most often, what we feel the most often, with or without knowing it. From this mid-point we have an average "lowest vibration" and an average "highest vibration". Example: If your basic vibration is 7,5 (Monotonous, Discontent) the highest state you will experience under normal circumstances lies at around 12 (Intelligence, Relaxation) and the lowest state you will experience under normal circumstances lies at around 3 (Sorrow, Self-Pity). If your *basic vibration* is at 1 (Shame, Guilt) it will prove extremely difficult to experience states above 11 (Interest, Attention), but much easier to *ascend* the nearby states of 2 (Apathy) or 3 (Sorrow). If your basic, *habitual* vibration is at 17 (Peace) it will be an extremely rare occurrence to ever sink below 9 (Action-ability, Courage). A new realization you might be making while reading this and comparing it to the scale is that for some people, *feeling like shit* is actually an improvement. For example, whether anger is "good" or "bad" depends on where on the scale you stand. If you are in fear (4) then anger (6) is the best thing that can happen to you.

#### 6. What your basic vibration (habitual state) is composed of

Your *basic vibration* is composed of the following components: "Past" experiences (thoughts and feelings "frozen in time" and stored in your body), your own beliefs, core-beliefs and attitudes, the focus of your current attention, your open and *hidden intentions*, and what you generally say and do most of the time. Furthermore the following factors play a decidedly smaller but existing role in forming your basic vibration: The people you spend time with, your environment, what you eat and drink and how you care for your body.

#### 7. Social Mask Identities

In my view each and every one of us more or less wears "social mask identities". This type of "mask" or "identity" is an emotional state that we *pretend/simulate* to be for certain social occasions in order to appear "agreeable". We use roles and masks to look good in front of others (get approval, avoid disapproval) or to adapt to the level of consciousness of certain groups. If for example we are chronically stuck on level 3 (sorrow, grief), we probably wouldn't show and express that when going to a party but put on a 17 (serenity) for that time. And if 17 is too difficult we might at least put on a 10 (Neutrality). Putting on mask-vibrations once in awhile is an act of courtesy and beneficial. Putting on mask-vibrations too often however, is a path to failure on all levels of your life. When we wear mask-identities or try to upkeep a certain state that we don't really have or don't really feel, a lot of energy is spent. Once the energy is exhausted bodily ailments and disturbances will arise or our act will no longer look convincing and embarrass those around us.

The difference between an acted/fake or temporary high vibration and a true basic high vibration is the amount of conviction and effortlessness with which you can radiate it.

#### 8. Temporarily stuck vs. chronically stuck

Each and every one of us goes through *each and every state several times* within a lifetime...or even within a single day. The "problem" are not the states themselves. Often low or negative states are even the souls *very appropriate* response to certain beliefs/behaviors. The "problem" is being *chronically stuck* in one state over a *longer period of time*. Spending three days in a certain state starts accumulating, by "law of attraction", certain realities and events to match that state. Spending three weeks in the same state, makes it your new basic/habitual vibration and grounds that habit, making it a bit tough to leave again. One reason I mention this is so that you don't start getting paranoid about being in "lower states". If you find yourself in a very low mood, there's nothing to worry about: You have a few weeks time before it starts manifesting as bad events. And if you're already chronically stuck in a low state, there's nothing to worry about either: The document you are currently reading is designed to show you how to get out.

#### 9. Readers attracted to this information are between 7 and 13

A longer version of this scale progresses to higher levels (spiritual and divine levels) and descends to lower levels (psychotic and demonic levels). The short version you see here mirrors the most common states of consciousness and are therefore prioritized. The lower and higher levels would not be reading this document anyway, so there is no point in going in to them (people who are attracted to this type of document or "reality creation coaching" are normally situated between levels 7 and 13 as a basic vibration by the way. It is quite impossible to attract this information on other levels, higher or lower). For every state I've chosen a few words that represent that state as *examples* although I could have listed many more emotions and states synonymously or supplementary.

#### 10. Suppression of Emotions vs. Owning Emotions

An emotional or mental state that is suppressed for a longer period of time (resistance) will lead you down the scale to the next lower state. An emotional or mental state that is willingly accepted (responsibly owned and *appreciated as a signal-from-the-soul*) will lead you up the scale to the next higher state. Example: If upcoming anger (6) is repeatedly suppressed, not allowed it will turn into Coldness (5,5...yes there are also distinctions between the scale-numbers) and eventually to a compulsion (such as twitching or addiction to sweets are something other). If anger is completely owned as in "I acknowledge that I am absolutely sick and tired of this! And I won't shut my mouth about it any more! This is something I absolutely do not want!" you will notice that it

can't be upheld for more than a few minutes and it will transform into 7 and 8 (boredom, contentment). If you completely allow your eagerness or desire to act (9) and be interested (11) this can easily turn into enthusiasm (13). The willing experience of an emotion frees you from an emotion. The suppression of an emotion or the labeling of it as "inappropriate" binds and strengthens the emotion. Negative emotion actually carries a message. The message is that some intention or belief you hold or some action you plan to carry out, is no good for you. By suppressing the emotion you fail to "get the message". Your state will go lower and lower until you *finally get that message*. So even using this levels-scale to label "lower" states as "bad" is not helpful. To acknowledge an emotion without bluntly, unvarnished, as-it-is can free you from it instantly. And if not, simply follow-up the act of acknowledgment as-is with practicing the next two higher states on the list (more on moving out of emotions later).

## 11. Practicing the next higher state

One of the main purposes of the scale is to show and teach that it is not necessarily advisable to aim for states much higher than your current state. This would be akin to trying to get on a ferris wheel that is spinning too fast. The results are disappointment, resignation and maybe even injury. In fact, "aiming much higher than one's current state" is one of the main causes people stay stuck in certain states for a very long time...sometimes even decades or an entire lifetime. Of course, the motto of the able is "aim for the stars and you'll reach the moon". But this motto is only applicable on high levels. If you feel the strength within you, then sure, aim higher than you thought was possible. This will make the closer seem easier to reach. But when in a normal or lower state or if you haven't succeeded with the "aim higher" path, then revise this to "aim only one step higher". If for example you are at 4 (fear) you can ascend from this with 6 (anger). Anger heals fear as it immediately redirects energy from being a persecuted victim to being the attacker that won't take anymore "BS". If you're at 8 (Conservative) you can ascend with by cultivating the qualities of 9 (Courage) or 11 (Interest). If you're at around 12 (Knowledge) the next life challenge with which you can ascend would be 13-16 (Enthusiasm, Creativity, Love). Especially if you wish to uplift others from a lower state it will not work to take in a too high of a state. When helping someone to climb the stairs you pick him up where he is or go up to 3 steps higher. This does not mean that you have to "lower yourself" in order to communicate with someone or help him/her out. "Lowering yourself" won't help at all. What I am referring to is the methodology or vibration you temporarily apply. In frank words: Temporarily "Fake" a lower state without really lowering yourself. Someone who is in 2 (apathy) will not respond to your attempt to enthuse (13) him. And if he does respond he won't respond in the manner you hoped. If instead you can help him feel his suppressed sorrow and sadness and shed a few tears, you have taken him up to 3 in the scale...a major improvement. Once on 3 you might start blaming

other people for his situation (you are "faking it" though). If he catches on and also starts getting angry at others he has ascended to 6. Enough work done for the day. Being on apathy he was so low that this 2-6 process will have to be repeated for a few times until he regains some stability on 6. You see...blaming other people, we have been taught, is a "bad" thing. Unless you're on levels below that...

## 12. Love and Fear

If this scale were reduced to two main states, only "love" and "fear" would be left. All other states are *modifications* and variations of these two. All states below 8 are based on fear/resistance and suck life energy, leading to death and decay. All states above 8 are based on Love/Joy, give life energy, lead towards life and abundance. In this sense 8 is the mid-point of the scale, the "tipping point".

## 13. Recognizing Low, Mid and High

The higher one "vibrates" the more able and aware he/she is. States 0-7 are called the "lower areas" and have the following traits: The individual is more reactive than initiative, more victim of circumstances than cause of the circumstances, more pan-determined than self-determined. The individual is more preoccupied with the past than with the present or future. States 8-12 are called the "Middle areas" and are a mixture of the basic emotions love and fear. Here the individual is sometimes active, sometimes reactive, sometimes cause of the games, sometimes pawn of the games. While lower-states are preoccupied with the past, mid-states are mostly preoccupied with the future and high states mostly preoccupied with the here and now. States 13-17 are called the "higher states" in which the individual is mostly successful, happy and living life in awareness and balance. States above 14 are "spiritual areas" which lie beyond dual or linear viewpoints. From a level 17-20 viewpoint this scale and my writings are utter nonsense :-). The habitual vibration you radiate not only attracts what you experience as "real", which people and challenges you attract. I believe I can deduce your habitual level from your financial income, your choice of spouse, the state of your personal belongings, your hobbies and interests. I enter your apartment and I immediately realize what your vibratory level has been, is and will predictably be in the near future. You have this ability too. And it will help you to relate and communicate and radiate tolerance towards others.

## 14. Working with the Levels

Just because you are experiencing "lower levels" does not mean that that is your "basic vibration" by the way. The higher your basic vibration is, the quicker you move out of these levels. The lower your basic vibration, the more work and repetition you need to ascend.

Apart from your "basic vibration", much of which was formed in your upbringing at the ages 0-18 and your "days form" which shifts from day to day, you also have personality-clusters and parts-of-you which rest on different levels. Some psychospiritual methods aim at "freeing" the "frozen parts" within you. Other psychospiritual methods aim at accessing the parts of you that are already on higher levels. Yet others focusing on utilizing the higher parts of you for work with the lower ones. What "approach" is appropriate depends, in my opinion, on what basic vibratory level you are at.

On a level above 15 therapy, coaching or energy-work is not required. The process of consciousness expansion unfolds by itself, naturally, without the need for intervention by anyone. Between 14 and 8 some type of processing in the areas of spirituality, meditation, mental training, conscious living, reality creation coaching, are helpful. Between levels 8 and 3 therapeutic work, study of self and life and loving care are helpful. Between 2 and 0 medical and social supervision and support are helpful. Below 0 the police is of assistance

## 15. Interesting Processes and Meditations

An interesting process for learning about the scale is to go through each of the states of consciousness in Meditation...from the very bottom to the very top.

Another interesting process is to model or act-like each of the states. Here you would be mimicking each state (from bottom to top) with your talk, body posture, gestures, thoughts, feelings. Once you've coaxed yourself into really feeling and being a state you would progress to the next one. This process can free several layers of limitation and offset an experience of intellectual and spiritual renewal.

## **The Levels of Consciousness in Detail**

This section provides a brief description of each level as an introduction and for later quick reference. On the basis of the typical recognition features of each state you will be able to recognize the various states quickly within yourself and others. While reading you might recognize yourself in *every one* of the states. That's because we all have each state within us and the soul has lived millions of lives in which it basked in every state imaginable. You can ascertain your basic/habitual vibration however, by looking at *whats left* when all distractions and activities cease or by looking at what you have predominantly felt for the last few years. The following descriptions have been exaggerated a bit to make them more easily recognizable. Of course nobody is ever purely in one single state but rather in the *vicinity* of certain frequencies.

### **1 Shame, Denial, Debasing**

In this low-energy state you achieve next to nothing. A typical stream of thoughts in this area: I want to hide. I'm afraid my secrets will be revealed. I don't want to be seen. They might find out about me. The world is unreal, blurry, foggy, inscrutable. I'll act like I'm stupid or dead in order to avoid others and the dangers lurking at every corner. I did something I can't be forgiven for and I'm ashamed. I suppress memories and events in such deep layers of my subconscious that I don't even know that I don't know about them. If I keep up my denial I might be willing to sink into psychosis, crime and other nightmarish scenarios.

Methods of healing: Confession, Revealing Hidden Intentions and Secrets, making amends, re-establishing contact to one's inner sadness, re-establishing contact to other people. Those who are chronically stuck here (as a habitual vibration) will need the assistance of social workers, doctors or probation officers to get back on their feet. Those on higher basic levels who only experience occasional "pockets of shame" can overcome these by admitting to them and then releasing. So if you hold some small pockets of shame you could write a "confessional" of all things you are ashamed of, confront all your sins and then consciously look at the piece of paper, forgive yourself and burn the piece of paper (ritualistically). If Shame is not your habitual vibration that its as *easy as that* to release those pockets. If your shame is a bit bigger because you have transgressed the borders of what is lawful and respectful towards your fellow humans (crime) then you will have to add "making amends" to your confession list. This you do by writing down how you could *make up for* your transgression and then by going ahead and making up for it. That's the best way to release the energy on this level. If for some reason it is not possible to make up for something towards the people you transgressed, then do something to make up towards the universe, towards life. That would be a ritualistic act that is done with the intent to make up. This could be social work you do to give back to society or charity you invest into, or anything else your belief-system accepts as an amends. You know you have "paid your due" when you feel relief concerning your transgression.

### **1.5 Guilt, Guilt Awareness, Humiliation**

I feel guilty and am constantly trying to make amends towards others, put myself lower than others, trying to hide mistakes and reciprocate for my mistakes. My reality revolves around punishment, being punished, punishing, self-punishment, self-debasement. Spending too much time on this level will probably lead to crime in attempt to confirm the guilt and to circumvent "the system" I am hiding from.

Paths to Healing: The same as No. 1. Furthermore: Stability and Security. Being Forgiven. Forgiving yourself after making amends. However, once you've

made amends it's necessary to let go and no longer berate yourself for the bad deeds done. You make real amends once, not again and again (You do not allow society to enslave you just because you've done wrong.)

## **2 Apathy, Hopelessness, Depression, Desperation**

In this bleak and gray state I have no interest, no drive, no impulse, no reaction, no responsibility, no perspective, no goals, no love, no feelings. Key-words to describe the state: Jaded, blunt, indifferent, meaningless, inert, lethargic, heavy, hardly able to act.

This person has actually already given up and resigned. If in desperation he/she was wailing and crying and shouting about, she is *passed* that now...he is *below* that now. He hardly talks and hardly listens. His clothing, his car, his apartment and his belongings are in a state of neglect. The type of indifference displayed on this vibratory level is a negative indifference, as opposed to the positive indifference of equanimity seen on higher levels. Typical phrases you will hear are "I can't", "It's just not possible", "I don't care", "I don't give a shit", "Who cares?", "Nothing matters", "It doesn't matter", "So what?". Sometimes the chronic 2-person tries to pass off his apathy as "Contentment" or "Equanimity". Some people fall for this charade. Equanimity is a peaceful and positive state though, while the disinterest of the apathetic person is negative and involving words such as "death" and "going downhill" and "down the drain" and "it's all falling to pieces" and whatnot. Learning the levels of consciousness you will soon notice the difference.

Therapy and help towards this person prove very difficult. Touch may help, but they don't want to be touched. Contact to the outside world and other people would help, but they don't want to meet anyone. Sunshine would help, but they prefer darkened rooms, darkened spaces. Cleaning up would help but they cannot summon the energy to clean up their surroundings. Connecting them to their suppressed sadness (level 3) would be very helpful...but having already given up they might not respond.

Those who radiate on this level chronically, those who spend too much time on this level will soon find themselves losing their jobs and maybe even their homes. Quite a few homeless people vibrate at level 2. Look into their empty eyes and notice how they've lost all hope. The universe is actually so abundant with energy that it's extremely difficult to get down to that level of squalor and poverty. In this strange sense one could say that level 2 people are "very strong souls", considering they can resist the steady stream of abundance flowing from the "universal field". As for someone on this level using hard drugs: These offer temporary rise on the scale ("Relief at last!") from the utter heaviness and bleakness of what the 2-person terms "reality". Drug *addiction* comes about if the 2-person starts believing that that's the only way to experience relief and that his perception of the bleak really is what "reality" is.

One reason apathy-states often stay in apathy is because feelings such as deep grief and rage (which are higher states with more energy and comparative

relief) are suppressed. Someone on 2 rises to 6 and falls into a mad rage...but is pushed down again because of the apparent "inappropriateness" of it. On a society-level there are some countries who are currently residing on level 2. These require very special diplomatic care as, once they rise to 4,5,6, they will become dangerous to the rest of society. In their rage they will want to attack other nations. So rather than pushing them back into unmoving apathy, a great amount of diplomacy in face of their rage, is in order. Otherwise the cycle goes around and around from apathy to anger and back down to apathy again, without the national healing process being completed.

I will not name names here but it is extremely interesting to observe world politics and economics from the perspective of the levels of consciousness. It is also sometimes disconcerting to see the mistakes made by our politicians who are not quite aware of the levels of consciousness and how to cleanly and lovingly address certain issues and nations. One word of caution though: The undeveloped country is not "inappropriate" and "in need of change". It is simply *different*. Desiring for the whole world to be the same or to agree to certain (western) standards is desiring to suppress the diversity-of-experience a soul longs for. Standardization and "making everything the same" is counter-progressive. The soul *celebrates* differences. Just a word of caution if you start thinking about "freeing the world" from lower states as some cults try to do.

Paths to Healing: Addressing suppressed sadness. Touch. Contact to Nature. Spending time outdoors and in nature. Confrontation with that-which-IS and the fear connected to it. Addressing one's fears. Addressing one's cravings and needs. Cleaning up your living space. Attention and care by social workers and doctors.

For those who only have "pockets of apathy" as opposed to a chronic/habitual level 2 vibration: Do get in touch with the turning points of your life that you gave up a little more of your dreams. What turning point events led you to give up hope? When did you allow yourself to give up more of yourself? What are goals and loves you gave up or lost? What makes you say "I just don't give a damn anymore"?

Do note that that any level person can be met in any profession and any wake of life . For spiritually oriented readers: I've seen cases where a level 2-person in deep apathy tries to pass off his dullness as "enlightenment" and "I have found peace". The true level of "peace" is actually 16, not 2. In the presence of such "enlightened" people you don't feel light and peaceful but heavy and tight. "Enlightened"-level 2 people will attract a gathering of level 2 and level 1 "followers" around them. I add this piece of information for your discernment. Level 16 says "It's all the same" with a smile on his face while level 2 says "It's all the same" with a frown on his face.

### **3 Sorrow, Grief, Self-Pity, Depression, Pity**

Tired and unmotivated, without drive. Self-loathing and self-pity. With some 3-people, regular bouts of crying. Neediness. Talks in sad or pessimistic tone of voice. Needs a long time to get things done. Needs a longer time to respond to challenges or answer questions. Lies and creates *artificial drama*. Creates problems in order to gain pity from others. Easily overwhelmed by outside influences. Sees little hope. Is still in grief five years after a loved one has died (as opposed to the natural 5 week to 5 month span it takes to overcome grief). Tears come easily. Self-doubt. "Why do things like this always happen to me?". The "Poor me syndrome". Strong *preoccupation with the past*. A tendency to be submissive, subordinate, groveling towards others.

These type of victim-mentalities *suck so much attention* from their surroundings that one is tempted to push them back into apathy (2) where they will just *shut up*. (Knowing this scale you will hopefully avoid this temptation from now on).

On this level they will mistake pity with compassion. They will want pity for their bad situation but also go out of their way, yes even castrate themselves in order to be "of service" to other people they pity. But in radiating the energy of pity (rather than strength) they are not actually helping anyone.

I have refused to conduct coaching with the level 3 type person because my techniques and teachings are completely inappropriate for this level. They won't work. I instead send them to the respective therapists. There is a tendency on this level to filter all incoming information to the negative. So...whatever you say...even if it's good news, it will be twisted to mean something bad.

This is a higher energy level than 2 because at least something is being felt, whereas on 2 nothing is felt (Hence the "peace"). Some action is taken but mostly only to appease others and "make a good impression" for others, even if these others are idiots. Level 6 people (dominants, choleric) often abuse level 2 people who are their employees and subordinates. In fact, a level 6 person cannot exercise any power over any other people than level 5,4,3,2,1.

Paths to Healing: Releasing the past. Confronting one's fears. New surroundings. A lot of attention and care (their whole masquerade is done out of the mistaken belief that they are not getting attention, out of their inability to give themselves attention). Conventional Therapy. Defining Priorities.

For those with small level 3 pockets: One way to go about this is to fully cry and cry and cry and cry until tears are no more. If fully allowed the point will come where you ask yourself: "OK, what's next?" This means you have released the issue and are ready for something new. Another way to go about this is to deliberately put yourself into challenging situations you were afraid of. The level 3 person might for example be afraid of simple things such as going to the bank and opening account. I know it's hard to imagine, but that's level 3

for you. By suppressing this fear he/she has sunk from 4 to 3. So by going and actually confronting these things, the level 2 personality can quickly be transformed into level 4: Standing in front of the bank clerk with fear or shyness...but no longer in the stuck state of 3. A repetition of such acts, especially "going out there and getting touch with the world" will transform any pockets of 3. It's so easy to leave 3 (unless it's chronic/habitual) because it requires closing yourself off to the world and the here now reality. Once back in the here now and contact to other people it's very difficult to maintain a level 3 vibration. However, by "getting in touch with others" I don't mean getting in touch with other 3- people but with the rest of whats going on out there.

#### **4 Fear, Worry, Shyness, Panic, Inferiority**

Everything is dangerous. I'm nervous, tense, constantly skeptical, even unduly paranoid. Exaggerates precautionary measures. Insecure. Takes out too many insurances. Tries to *avoid every possible risk before taking action*. Only takes quick action when escaping from some perceived danger. Since he/she is afraid to openly show his antagonism, he often backbites. Talking badly behind peoples backs is a way for him to get energy. The coward that he is he will rarely say it to your face though. Since on this level he is only able to work in a concentrated and competent fashion if he is commanded to do so with fear of punishment he is the *perfect corporate slave*. Without looming punishment his attention is scattered...which makes him seem absent-minded quite often and not actually able to relax and focus. Seeking protection. Avoids new and unusual things, information and people. While a level 5-6 lives the motto "I am good, you are bad", the level 4 lives the motto "I am bad, you are good".

Much of the mechanisms of society are still on a fear-based level 4. And plenty of people still fall for it...being level 4 themselves.

Of course the 4-person is significantly more pleasant to be around with than the levels 3,2,1. Being too shy to garner attention they will often remain in the background. Driven by fear the usually also have more energy to be active and get things done than lower levels...albeit the fact that their fear-driven actions often end in more problems and troubles arising. Acting out of fear will create more situations to fear. However, the grand manipulators of levels 5 and 6 often try to make use of the near-panic action-drive of the 4s. This is how level 5 and 6 criminals and dominants solicit help...by securing the "services" of level 4 people.

The level four person is often faced with a decision between two bads, believing he/she has to do something bad in order to avoid something worse. The whole world view of a level 4 person is that the universe is an unfriendly and evil place and that he is a mere tool of the forces.

The level of reactiveness on this level is stunning. When you find yourself in a pocket of fear, notice how *your perception is distorted to the maximum*. You

leave the house. "Did I turn the oven off? Better go back and check". You see green trash boxes outside. "Whats in those trashcans? I've never seen them before. Are they dumping biological weapons into them? Who is that personell handling them? I've never seen those people. Are they up to evil?". You drive to work. "What will my boss think of me? What should I do so that he thinks better of me? Did I actually turn off the oven? I better drive very, very carefully. Dangerous roads."

Due to their reactiveness they can easily be manipulated. You tell them to do something and they'll do it. If you find yourself making unfair use of this, you are operating from a level 5 and 6 state.

A telltale sign of a level 4 person is that she leads her life according to urgencies dictated by others and outside circumstances rather than what is important to her heart and soul. "Yes, but I must fulfill these tasks by noon...my boss said so...otherwise I'll loose my job!"

Paths to Healing: Relaxation. More relaxation. Massage. Movement. Confrontation with suppressed anger. Expressing anger and blame towards others. Criticizing people, things and the world. Attack. Concentration. Stability. Order. Clean-up. More stability. Conservatism. Rebellion. Regaining Pride.

All of these means also work if you only have some "pockets of fear". The idea is to switch from the submissive reactive role to the attacking, rebellious role. "Enough is enough". "I'm not going to let them bully me anymore". "Who do they think they are!" "Those damn government authorities will no longer suppress me!". "I'm not putting up with this!" While from a higher perspective these would seem to be negative thoughts rather than "paths to healing", *from a level 4 perspective these are very healthy thoughts*. So next time you hear someone constantly complain...he might only be trying to elevate himself from the lower states. Try it out the next time your genuinely afraid: Go to 6 by directing pure, hot, fiery rage at what you were afraid of.

If you are *not* a habitual 4 person (basic vibration), then fear is of service to you in that it shows you which thoughts, intentions, plans, actions or surroundings are no good for you. It is the souls way to say "*Wait. Don't go in that direction*". In this sense, the fear should be appreciated as a *guidance system*. Find out which direction is better and you will feel at ease again.

## **5 Craving, Neediness, Addiction, Compulsion, Unfulfilled Longing, Obsession**

I want, I need, I crave, please give me, I finally have to have. Enslaved by my own neediness. Attention is sucked up by activities designed to get things one doesn't really need. On this level things that are neither important nor urgent are given importance and urgency by the person. A level 5 person will sometimes appear completely cold and void of feelings, frozen, and oddly selfish...if he doesn't get his cravings met. His insatiable appetite serves to cover up an emptiness within. *Not having found fulfillment within he becomes dependent on all kinds of things "out there",* including sex, television, cocaine, and whatever else he believes to lack. The funny thing is: *Even if he does eventually "get it" he's not satisfied and still feels lack.* He is a puppet of the world and a puppet of his own neediness.

Unfortunately of all levels on the scale, he is the easiest to con, scam and manipulate (ironically, because he loves manipulating people himself in order to "get what he needs"). Lower levels are also easy to scam because they are so needy, but they are often too afraid to commit to anything or to make purchases based on coercion. This person however is not as shy and willing to pay hard cash if someone promises the fulfillment of one of his cravings.

Drug addiction, sexual obsessions and extreme perversions, addiction to foods and extreme obesity, burned-out millionaires who have amassed everything but still feel empty – these are some of the things that fall into the 5 category. Sometimes a chronic level 5 state drives one to become a millionaire...in the mistaken belief that this is the answer to all of life's questions.

The less someone feels inside, the more stimuli he/she will need from the outside to feel something at all. Being afraid that he is losing his "feeling" all types of actions need to be undertaken for him to experience life. His feelings dulled he will no longer be aroused by normal sex but would require 10 prostitutes to spank him in order to feel a little trickle of joy. This is an exaggerated description of course, but it makes the point of the needs "dulled senses" lead to.

The moral condemnation of deviant sexual acts is of course not helpful. This only serves to deepen the cravings more. Society has implemented a wicked system of generating need while at the same time putting a taboo on these needs. You will find this with sex and drugs especially. On the one hand Cannabis creates relief in the level 5 person, on the other hand it's outlawed. This double-bind of desire/resistance causes people to get stuck on this level. On the one hand sex is a natural drive which the soul enjoys very much, on the other hand our society frowns upon expressing it fully. *Ambivalence creates a stuckness of attention on a subject.* On a society-level laws must be liberalized a little bit (not to the extreme though, as this would indeed have adverse effects on the current level of consciousness in society) by legalizing soft drugs. This would remove at least one side of the equation (resistance). The

other side of the equation (craving) could then be released by education.

The sad thing about the level 5 person is all the *other aspects of life and people ignored...in favor of artificial cravings*. The basic life attitude of a level 5 person is that life is boring other people are boring and that joy can only be found "out there".

Of course this person has significantly more energy than the lower levels. If he does act, then not on the souls inspiration, but driven by cravings. This will at least cause him to "work on himself" a little bit...if only to have those desires met. Sometimes I have level 5 students in my coachings...that only participate in my coaching in order to get those "outside events" manifest. So their level of energy has at least led them to working on themselves a bit...even if their inner motivation is somewhat misguided and their results will not be entirely satisfactory. Someday they will realize that fulfillment does not come from "out there" and that only a fool waits for the world to make him happy. They will realize that almost all of the goals on their goals-list are not really *their* goals that reflect their souls desire and power, but goals indoctrinated into them by society. And this is exactly why the 5-person is so damn unhappy and unsuccessful: His goals have nothing to do with who he really is.

Paths of Healing: One path to healing comes naturally by letting this person fulfill his cravings already (except for the illegal cravings though) and then having the *self-realization* that he's *still* not happy. At this point he is to be reminded of inner qualities and values and his relationship to other people and other hobbies and interests of life. Another path is to learn to *feel*. To learn to state desires and attentions freely, without expectation-pressure of them "having to manifest". To learn to like something without needing it. "I like sex, I don't need it". "I like money, I don't need it". "I prefer chocolate, I don't need it". Planning and goal setting are helpful on this stage. Confrontation with hurt pride and suppressed boredom are helpful on this stage. His whole life is a sort of rebellion against "the system" and "the boring world". The release of fixed attention is helpful. Helping him to realize that the joy he projects onto certain things happening actually originates within himself and the labels he assigns to certain things. Allowing him to understand that he will more easily be able to "get" those things if he stops running after them (by which they may run after him). The same things apply to "pockets of craving" that some readers of this document will indeed have (we are slowly entering vibratory levels in sync with the readers vibration).

## 6 Anger, Domination, Aggression, Violence, Rage, Revenge

With outbreaks of anger (6.5.) and violence (6.0) this level person controls the levels below him. This person is your choleric, your dominant, tyrant, control-freak. He is more able to act, more able to control, more able to work than lower levels...albeit often in destructive ways. His level of self-confidence is much higher than that of lower levels. For all lower levels this one feels like pure freedom and breaking loose of all constraints. Hence anger-therapy, hence violent sports such as boxing and fighting...which works for and appeals to lower levels. Hence the U.S. Marines who sing songs of patriotism and then go on to kick the living daylights out of an enemy. All of this weakens higher levels but strengthens lower levels. It is in this sense that some of this vibration is actually really needed in order to elevate lower levels. No offense to all the "peace-protesters" in the world, but the macho aggression does serve to elevate the depressed.

The level 6 person likes to talk about power, superiority, destruction, weapons, hate, death. "I am right, others are wrong" is the motto. She takes bad news very seriously and filters out good news. Wants to dominate and suppress. Uses threats of punishment. Can, in some instances, will become physically aggressive.

Men who beat their women are habitual level 6 vibration, while women who let themselves be beaten and stay in the relationship are habitual level 4,3,2. A women who wants to free herself will either take on level 6 herself (hit back) or *leave* the sphere of influence of this man.

However, all levels below 8 do not *really* have strength and are actually *weak* compared to higher levels. Level 6 people believe that something can be achieved with force...vs. true *power*. This is why, if you actually occupy a level 7,8,9 or higher, the 6-person will be afraid of you and feel insecure in your presence. If, while he attacks you, you remain on your higher level rather than falling to 4 (fear), his knees will start shaking and he will loose his composure or his anger will trickle into 7 (mere antagonism). This is the technique Ghandi applied when facing British Troops who were ready to shoot him and beat down his resistance. Had Ghandi fallen into fear he would have been killed on the spot. Had Ghandi fallen into counter-aggression (6) the same thing that happens in almost all wars and armed conflicts would have happened: Many deaths, no final victory for any of the sides. Instead he maintained the extremely high level of Peace (16) and the soldiers were unable to press the triggers of their guns.

Again: They were *unable* to kill him. This is true *power* and far removed from the silly machismo of the level 6 energy that believes it can have anything with brute force. Level 16 knows that it is not the ego that has power, but the universe. The universe has the power to create an entire galaxy, planets, mountains, trees. Compare that to the insecure and infantile ramblings of a level 6 dictator. The dictator doesn't stand a chance.

It is important for you, as a reader, to learn what true power (as opposed to force) is. Because in finding out that there is absolutely nothing that can harm you when you vibrate on a certain level, most of your "problems" will vanish into thin air. If you vibrate on 16 while others vibrate on 4 and a bomb explodes in your midst...you will be the only one not hurt by that bomb. This is no exaggeration. Don't believe it? That's because you haven't experienced the power of 16. Your skepticism is typical of levels 6-12.

Paths to Healing: If you have spent an amount of time on lower levels of fear, grief and apathy, then you do not require a healing from anger. Instead you should be cultivating and reasserting your dominance and superiority before moving on to higher levels. When you are ready though, or if you only wish to heal a few pockets of level 6 you may do so by focusing on level 7: Transforming anger into mere antagonism/complaint.

Another surefire path to healing anger is realizing that it actually expresses *powerlessness* rather than power. Anger is often expressed in the mistaken belief of gaining power. The truth is that rage indicates that something you absolutely *don't want* is happening. It is the polar opposite of something *you want* happening. Therefore, the very moment of red hot anger is a good opportunity to first, let it all out, and second realize: "My rage is indicative of a *strong desire*. But it is also indicative of me being completely focused on the *opposite* of my strong desire. So this is the *perfect opportunity* to formulate my strong desire. What I *do want* is...." And by this you use/channel the red hot energy of anger into a direction you prefer. You utilize the anger for a positive purpose. You will see that your anger concerning a topic dissipates within minutes and never returns again (concerning that topic). You've just worked a miracle. After gaining knowledge of the scale and how it works, your anger (should you have pockets of anger) will naturally decrease...only by having read and understood the energies and motivations involved. Should you encounter someone on 6 and in the midst of burning on 6, try to maintain a completely neutral stance or giving him the right-of-way without any resistance on your side. "Yes, you're right". This is one way to make his anger dissipate within seconds. 6-people are so insecure that they are in constant need of Acknowledgment Acknowledge them fully and they calm down.

## **7 Antagonism, Complaint, "Being Right", Contrarian**

Other Key-Words: Verbal Violence (rather than the physical violence sometimes exerted by Level 6), Dogmatic, Bossy. Constantly making others look bad. Putting others down. Putting others in their place (rather than putting themselves in others place). Dismissing other peoples realities and viewpoints. Feeling the need to convince others of "the truth". Evangelizing. Need to constantly defend own reality. Consistently expresses doubt verbally. Complains everywhere you go. Can never be satisfied.

While lower levels make themselves bad and assign self-blame, level seven makes others (also levels above him/her) bad and assigns blame towards others. Levels below are too afraid to talk badly about others, but this level is blatantly and often annoyingly outspoken in his negative attitude. In some respects this is more pleasant than the hidden antagonism of the level 5 person.

When you see a group of people angrily holding their "peaceful protest" against war, you have an entire 7-group. Higher level protests do not protest *against* war, but *for* peace. Feel the difference? The former focuses attention on war, the latter on peace. These people are subconsciously not really interested in global peace, they're only interested in causing a riot and complaining about "the system".

In science this is the level of the pseudo skeptic who has the compulsion to offer a contrary opinion to everything. This person mistakes constant doubt and negativity with a "scientific stance". True scientists however, reside on level 11. The 11-scientists stance toward spiritual phenomena is: "Maybe valid, maybe not". The 7-scientists stance is: "This is all hogwash". Accordingly the 7-level attracts a lot of hogwash to criticize

The 7s dissatisfaction with life arises from the suppression of Boredom (8) and being fed-up with the Conservative lifestyle of the 8-Person. So rather than transcending level 8 and breaking free to higher levels, he pushes himself down to 7, *below* the level of the Conservative. Yes, that's right: Politically anti-conservative people often push themselves below those who they oppose without realizing it.

The digression from Boredom (8) to Antagonism (7) and finally to Aggression (6) can be easily viewed in violent teenagers. First you see them hanging around somewhere not knowing what to do. "What should we do? Go catch a movie or something? I don't know". As they get increasingly bored they start "getting up to no good" and vandalizing objects for fun. Finally they digress to 6 and beat someone up. If things get worse they are caught by the police and digress to 4 (fear) and are locked up and digress to 2 (apathy).

For 60% of the readers who have attracted this information, level 7 is the lowest they get. 20% of the readers go lower, and another 20% of the readers do not get this low. If this is the lowest you get, that's a good sign and we

could say that your average basic vibration is above that of the general population. More on this later.

7 is the level of religious zealots and dogmatic ideologists. For those who can see levels of energy a contrarian conversation between an evangelical Christian and a staunch atheist can be quite amusing...because they both operate on the very same level of vibration while thinking they are "totally different" from each other.

Paths to Healing: "I can be right without wronging others". "I can respect others belief-systems and opinions". "I admit I am completely unsatisfied with my life and that's why I am bitching and complaining about the government or other people. I need to get a life". If you encounter a 7-person: "You are right". Acknowledge him. Remind him of his successes. Offer him praise. If you let yourself in on a discussion of who is right and wrong, beware that he will never give in and admit you are right. The discussion could go on for years. Have him get to know "working in a team". If existent, have him release his prejudice toward the conservative middle-class. When a 7-person gets on your nerves, remember that he is actually weaker than he appears. Show some compassion.

For those with pockets of antagonism: Start paying more attention to what flows from you towards others and the world than what flows from the world to you. What others say, do, feel, think is less relevant than what you say, do, feel, think. By shifting your focus in this way you will *solve every communication issue and every relationship issue*. That's a promise. Why? Because you get back what you *first* radiate. Paying attention to what others radiate is like only paying attention to the reflection rather than the source. The truth is: First you smile *and then* the mirror smiles. The 7-person does not understand this, but *you* do.

## **7.5. Pride, Arrogance**

I insert this intermediate level between 7 and 8 to show that there are many levels of detail one could go into if one were to make a science out of this. Just like all other levels below 8, the main focus here is on the past. Not on what is happening or what will happen, but on what did happen. This is how below-8 people make the past repeat itself, make the same or similar things happen over and over and over and over again. Each day they live will look nearly identical to the one before, with similar mishaps, illnesses, troubles reoccurring in thousands of variations.

The 7.5. person looks down at others. She is proud of having ascended above the "dirty, stupid, little" lower levels. The reason I do not like giving my scale-of-consciousness to a 7.5. person is because they misuse it to further their utter contempt of "lower" people. This is the level you will find the extremely conservative, the racist, the tight-lipped, the snobbish, the withdrawn, the patriotic and those who are proud of achievements from days long past. They

hold on to achievements that happened a long time ago...without achieving anything new – which is why they hold on to the past. The 7.5. comes from all walks of life and all income classes of course...but you will often find them to be wealthy. Why? Because the wealthy rarely sink below 7.5. This is the “hell” of the wealthy. It is not quite possible to become wealthy with less energy available than 7.5. Then what about the level 5 craver? Yes, they can become millionaires...but only temporarily and only with extreme exertion, exhaustion or by criminal means. The unhappily wealthy who have nothing better to do than to look down on others get stuck here. In their monotonous boredom they are open for intrigues and conspiracy.

When you visit a mansion of a wealthy 7.5. you will notice a distinct vibratory difference to the homes of other wealthy people. Something “heavy in the air”, a kind of monotonous drone not quite heard, and a complete stiffness and humorlessness in conduct. They don't have a sense of humor. Their laugh is a false one (except for their laughter at others suffering). “Daughter! Sit straight! Don't smile while eating!”.

“Life is extremely serious” is the motto of this level. While they have risen above lower levels the problem is that their antagonism towards the lower levels keeps them stuck in a vibratory frequency that never quite rises above the tipping point to happiness (which is 8).

Path to Ascension: Finding interest in other topics and people. Lightening up. Humor. Compassion. Attention. Less work and more play. Severing connections to certain groups.

## **8 Boredom, Contentment, Laziness**

To be precise, 7.5. is boredom mixed with subtle discontent and 8.0 is boredom mixed with subtle contentment. Level 8 is true indifference. Looking for entertainment. Spending a lot of time in front of the TV. Able to act but rarely in a focused way. Able to project interest but rarely consistently. Lazy. Allows for other viewpoints and belief-systems. *Likes to hold smalltalk that leads nowhere.* Neither approving nor disapproving. Sense of humor present. Does not need support from others. Clothes and personal belongings are slightly neglected.

How can you discern this from a level 2 apathy? Well, in the presence of a level 8 person we generally feel alright because he radiates general satisfaction with life. “*Everything is alright*”.

If you live in North America or Europe and you go with the “mainstream”, by doing what everyone else does, *you will eventually stabilize at this point.* Why? Because civilization averages at this tipping point of 8 since a few years. In the 1990s of earth time the world averaged 8 for the first time in more than 10 000 years. Before that, the world averaged below 8, believe it or not.

Yes, the planetary vibration averages at around 8 and you will find most people to hang around at about 8 in a cycle of working for a corporation, paying off bills, consumerism, being hypnotized by the media (TV, Internet), being generally satisfied but not doing or achieving much of their own. Is the hypnotic affect of mass-media spreads through lower-vibe countries these too will be elevated to the level of 8.

Paths to progress: Finding out your life 's purpose and sticking with it. Courage. Discipline. Focus. Generating more income to become less dependent. Finding your joy. Finding what pleases *you* rather than following artificial goals.

### **8.5. Conservatism, Order, Skepticism, Stability**

The 8.5. person leads "an orderly life". His financial income is mostly stable. Belief in authority. Belief in science. Places value on family, good clothes, cleanness, overview. From the perspective of higher levels the 8.5. person is a boring square, a petty bourgeois. But from the perspective of lower levels the 8.5. person is very valuable...a savior. Is able to act and achieve. Limited Imagination and "thinking outside of the box". Acknowledges the existence of other viewpoints as his own while remaining skeptical of everything outside of his knowledge. Needs "proof" of things. "I 'll believe it when I see it" - this attitude slows him down because he will not do anything before its merits are blatantly in front of his nose (he could use a little more trusting his intuition). Change comes slowly. Opens slowly to new projects and ideas. Feels strengthened by "intellectual reasoning" and "connections and contacts" to others (networking). His biggest challenge is level 9 (Courage).

Should you, dear reader, find yourself at levels 1,2,3,4,5,6,7...it can be very, very helpful and healthy for you to aim at the life of the conservative: Clean up your apartment. Bring your house in order. Get a job. Pay your bills on time. Be punctual. Dress properly. Be disciplined. Ever experience that "clearing clutter" and "cleaning up" at home makes you feel better? That's because these activities are level 8 and clear the lower levels.

The 8.5. believes that reality is created through action, through study, work and diligence And if you reside below level 8, than this is true for you. Get off your lazy butt and get to work. That's how to "ascend". Surprised? For some "spiritual ascension" would mean to get to work.

If however you already reside on 8.5. and you are already taken care of financially and already have a sound and functional family support or similar...then it's time to ascend to fresher and more easy-going levels.

Paths to progress: Courage. Trying new things. Rediscovering your enthusiasm. Letting off too much movie-watching and Internet-surfing and investing more attention in your dreams. Considering "passive income" paths.

## **9 Courage**

In this state of energy I experience a relatively positive outlook towards life. I test my courage in Sports, with members of the preferred sex, on the job. I'm always on the verge of "breaking loose" or "breaking free" (especially people who have spent too much time as a corporate slave of level 8). Longing for the freedom of higher states. Wants to "escape it all". Dreams of adventure in foreign countries. Open for new things. This is the state of consciousness that a conservative has who's mind is in the process of expanding. It's also the state of consciousness higher levels sometimes have when sinking lower. Then, rather than going out to get their adventures, they dream of them. Not acting on one's joy over a longer period of time will eventually lead you back down to 8.

Paths to progress: Relax. Learn. Train. Do sports. Move your body. Develop new abilities.

### **9.5. Willingness, Eager to Act, Optimism, Activity.**

Strong interest in self and the other events and people in the world. Usually extroverted and/or open-minded. "Let's go!" attitude. "I'm OK, you're OK" - attitude. Able to concentrate. Lively. Can work good in a team. Is able to work productively and consistently. Often in excellent bodily and mental condition. Can easily discern between fact and fiction. Looks for different viewpoints and ways to change reality. Can process change more easily than lower levels. Says "yes" to life.

This is the level of success. Focus is not on that which is unimportant and not on that which is labeled "urgent" by outside forces but on that which is important to oneself. What is a bit lacking on this level is a sense of "others" an appreciation of others. This level is all about "me, me, me"...hence the persons success. But attention: This egoism is much preferable to the submissiveness of a level 2 person. The 9.5. person, because he is egoistic, radiates high energy...which *uplifts* you while being in his presence. Those many teachings who preach "not to be selfish" are attempting to suppress the 9.5.s zest for life and bring him down to lower levels. And since he is "only" 9.5. there is still the possibility for him to be dragged down by the slow and fearful forces of 8,7,6,5,4.

While your egoism helps you to stay above the crowd, appreciation of and involvement of others will help you rise even higher.

## **10 Neutrality, Acceptance, Relaxation, Interest, Attention, Concentration.**

This person is versatile, willing to learn, more relaxed and "chilled-out" than the hyperactive 9-person. While the 9 person likes speaking, the 10 person will also listen attentively. The 10-person also talks about other realities than his own and is actually able to do something rare indeed: Shift is viewpoint, put himself in the shoes of others. From this ability understanding, compassion and tolerance arise easily. The 10-person is usually very competent in more than one field (the 9 is usually only competent in one area). Likes to communicate. Can think creatively. Can take responsibility to a certain degree and lead others.

On the levels of 1-6 consensus is achieved by domination and overpowering...like in the animal kingdom. On levels 7-9 consensus is achieved by discussion and one person being "right" and the other "wrong". Above 9 consensus is achieved by mutual appreciation and despite differences.

On a society-level the "neutral party" is often the most powerful or unafflicted. Switzerland is a good example of this: While world war II raged around them, they remained fairly unaffected by it.

Because there is not much tension or "taking sides" on this level, no resistance is built up and therefore the pendulum of life makes no radical swings against it. This level is out of harms way. By resisting nothing, nothing resists you.

The path to achieving this level is by putting a primary on relaxation, wellness, massage, spa, vacation. The release of tension will make you more powerful and more able to act. As opposed to the levels below this level actually realizes that achievement is not gained by work or activity alone. Instead one can "attract" and "receive" the goods of life simply by what one IS and radiates.

Another way to stabilize on this level is by not giving anything too much importance, especially not the artificial importances created by society. Self-importance is reduced, the importance of events reduced. Reaction and Reactivity reduced.

Yet another way to stabilize this vibration is by practicing attention or concentration...as in martial arts or meditation or some of my reality creation techniques.

This is one of the highest levels most people can ever hope to turn into a habitual vibration and residing here feels so much like relief compared to the struggle and confusion of lower levels. 10 is beyond the tipping point and much less touched by low vibes than 9 and 8 still are.

For progress: Creative work. Meditation. Learning the various arts and sciences of life.

## **11 Intelligence, Knowledge, Reason, Clarity**

This is not the level of the "true believer in science" which is actually level 7-8, but the level of the scientist, explorer, researcher and genius him- or herself. Oftentimes the creators and inventors of certain things are interesting but the followers are not. The same applies to some cults and religious sects in which the founders are indeed of high-energy...but the followers are not. That is because they are not creating their own path but following that of another...by which they certainly do not become themselves and much less "enlightened".

The person on this energy level is curious, wants to learn and contribute what he has learned to the world. She knows about a myriad of different topics, viewpoints and realities. Knowledge is the main focus of this level. It's a huge jump compared to levels below who are not concerned with knowledge or the nature of reality but only with survival and "paying the rent"...but this level can also be a block to higher levels of spirituality, creative expression and love. Every level is a liberation (from lower) and a block (to higher).

Some so-called "spiritual" people who skip this level of common sense and reasoning will have a difficult time remaining in their spiritual towery heights. The healthy skepticism, knowledge of human nature and diverse interests of the 11 save him from the quacks and charlatans who think they are "enlightened". So while the higher levels are non-physical and spiritual levels, much of what is being offered nowadays as "spiritual" and "esoteric" is in no way, shape or form offering higher than level 10 teachings.

Progress to level 12, 13, 14 is achieved by the type of spirituality that goes for awareness, kindness and higher states of being.

## **12 Enthusiasm, Joy, Positive Expectation**

The more real you get, the more unreal things get. While on level 2 everything seems unreal and fuzzy...like an illusion, we get this impression again on level 12...but in a very different way. This is the level of people who have stopped going after goals which are not their own, living lives which are not their own, and have achieved a synchronization of body, mind and soul. People who realize how effortless it is to flow with the stream of life. This "being real" being truly oneself is magical and will make you madly successful in the eyes of the world. A 12-person has prioritized joy, feeling right, feeling good, doing what feels right (following the path of the soul). It is very easy to get this person to laugh and smile. To some lower levels this person sometimes seems "naive" (especially to the 8.5. person). Here I feel good most of the time, can easily meet the challenges of a day without a dent or scratch, turn visions into reality (or more often have the universe turn visions into reality for me), attract success and riches. But the riches are not attracted by focusing on riches or money. Money becomes *irrelevant* ("getting money" is only of interest to those following artificial goals imposed by society). I am focused on joy, on

doing what I enjoy on a day to day basis...by which money is attracted *automatically*. Looking for some "strategy" by which to "get" money is a telltale sign of a level 4-7 person.

You are going hiking and your shoes are too small so they cause a blister on your foot. A level 1-7 person will constantly be bitching and complaining about the pain. A level 8-12 person will notice the pain but endure without a word. And a level 12 person will *not even notice*. This is why healing happens so quickly on these levels. It is difficult to maintain a cold or flu for more than a day when the body is filled with joy. Very difficult indeed.

Adverse events are a rarity. And if they do happen they are not felt as adverse events but as interesting phenomena or challenges which can easily be overcome.

Your house burns down. On levels 1-7 you are saying "OK, that's it. My life is over with. I lost". On levels 8-11 you're saying: "OK. Tough luck. But I'll get back up again. I'll make it!". On level 12 you are saying: "Well that's fantastic! Now that this old piece of crap has burned down something much better can come in!". No joke...this is the confidence level of pure positive power.

The self-confidence radiates towards people around you and has the power to heal those around you without either them or you being quite aware of it.

This level can be stabilized by applying some of the reality creation tools.

### **13 Appreciation, Gratitude, Harmony**

This level contains things such as appreciation of life and others, appreciation of simple things, instant forgiveness of self and others, authentic gratitude and accepting things as they are. People on this level don't fight against anything but flow in complete trust of life's process. They use no force to achieve anything and offer no resistance. The depth of gratitude creates moments of intense energy and almost supernatural ability and stunning beauty.

Progress is achieved by accepting power and responsibility and contributing one's energy to the betterment of humanity.

#### **13.5 Creativity, Beauty, Imagination**

This is the levels of successful or good actors, artists, musicians, dancers, performers. These are very able people who can turn their imagination into physical realities, receive/channel ideas "from nothing", inspire crowds, associate brilliantly and produce things of benefit to society. This level of consciousness is not much concerned with the world and its up and down, left and right frenzies. It channels beauty and art from higher realms into physical realms.

## **14 Power, Source, Initiative, Responsibility**

This is the level of "reality creators" who don't react to the world but have the world react to them. They do not wait for the right circumstances, they create the right circumstances. This is different than the macho act of level 6 though. The 14 person feels no fear and is willing to take responsibility on a grand scale. Because he has control over himself, he also has control over others and events. If you wish to control things, first learn to control yourself. Oftentimes the 14 person is very influential and wealthy. Sometimes they choose anonymity over wealth and power though. Lower levels are focused on the past. Mid-levels on the future. Levels above 14 are focused on the here and the now. There is not much "waiting" for something here but pure and raw initiative driven by divine inspiration. This is actually the highest level of the willful ego. Above this level the willful "I do it" and "I decide" (which is done to the most extreme on this level) starts to recede for the benefit of a higher and divine power.

## **15 Love, Unconditional Appreciation, Surrender to the Universe, Intuition, Higher Self**

A typical command in my coaching work is to have people focus on things they already appreciate as to increase their energy level. On this level one needn't find things to appreciate because one IS appreciation itself...appreciation of everything. This is the level of unconditional love.

Lower levels try to imitate this level by "falling in love" with someone. But this "being in love with someone" (love-with-conditions, love-attached-to-an-object) is only temporary, a "preview of 15" so to speak, because it is made dependent on circumstances. When "in love" you can experience a little bit of 15 for about 3 weeks.

The real level 15 is something quite different and hardly experienced by anybody currently on this planet. At least not as a habitual vibration. This person is immersed in and steeped in love. Her presence does have a healing effect on anybody near her. You can tell if someone is in this state if your state immediately changes when seeing or hearing or touching or being near the person. Spontaneous healing and miracle is not unusual on this level.

The popstar craze that some teens experience is due to the fact that some stars can temporarily take in a level 15 when getting mass-attention. These popstars then have the aura of enlightened gurus who transfer energy to their disciples. Of course, since the crazed teenagers have not found the source within themselves this "high" is only short-lived.

If you ever wish to get anywhere near this state, you quit following your strategizing, calculating and desperately needy mind and instead follow your intuition and immediate *feeling* of things.

A side-note: Paranormal perception and states of lucidity are side-effects of this energy state but no longer very important on this level. That's the paradox: By the time you gain paranormal abilities such as out-of-body travel, clairvoyance, remote viewing, etc...you no longer care about them.

## **16 Happiness, Humor, Bliss**

The pure lightness of being. In this state the world actually looks completely different. Colors are perceived as more intense. The world is perceived more deeply three-dimensional. Sounds are more interesting. Objects seem to have a shimmering glow about them. You almost see the world as energy. Most of us would experience this state only temporarily...if ever. This is the stage you'd probably stop taking any of what I am writing here seriously. Any form of limitation or "reasoned concept" sounds laughably absurd and can be the cause of laughter. Rushes of energy and bliss can be felt throughout the body almost all day. Dualities slowly but surely disintegrate.

### **16.5 Peace, Lightness, Serenity, inner silence, blessedness**

This is quite similar to 16 except that it is even more deeply peaceful and tranquil. The higher on the scale the less there is to say about the states, actually. Many aim at this level but few can experience it for a longer period of time. I believe it's safe to say that at the time of this writing (2002-2009) there are no more than a 100 people on the planet that carry this vibration as a *basic vibration*. One reason for this is that this vibration does not match earth's average vibration (8) but that of other realms and dimensions. In other words: Those vibrating on this level don't stay around for too long. Those who do stay around experience deep and expansive wideness and peace even in chaotic and loud circumstances. While drifting towards level 17 one falls into states of pure being-ness, non-duality, pure observation, pure universal floating and pre-illumination. kBut fact is, it is difficult to describe what happens above 16.5 because this world has not created the vocabulary and definitions for it.

## **A Powerful Coaching Session**

As mentioned earlier you can achieve good results by going through the entire scale from bottom to top. The following section is a list of questions a coach could ask a student to help him "get into the state" or to *match* the particular vibration. If the reader is working "solo" he can ask himself these questions. Prerequisite for using this technique is not to spend too long of a time in the lower states. Lower states are expressed, felt, experienced...but then they are released by acknowledgement and *moving on to the next higher state*.

This procedure can be repeated if deemed necessary. The basic idea of it is to gain enormous flexibility in terms of "shifting states" rather than being habitually stuck in a single emotion for long periods of time. The idea is also that "higher vibe people" have no problem or fear of temporarily taking on

lower vibrations. It's the reluctance or fear of lower vibes that gives them power. Deliberately going low, like you are doing it in this process is something very different than automatically falling into it. Please note that these questions are only *examples*. Add your own if you feel like it.

### **Level 1 Shame, Guilt**

This state is about parts of self that are hiding, parts of self for which one does not want to take responsibility. The aim of this state is to re-integrate these parts.

What are you ashamed of about yourself?  
What do you wish you wouldn't have done?  
What are you very embarrassed about?  
What can you not forgive yourself for?  
What are you trying to hide?  
What is your most evil, insane or nightmarish thought/vision?

### **Level 2 Apathy/Depression**

This state is about things, actions, motivations, etc. that are merely viewed as "things", as part of the unchanging and unchangeable environment. The aim of this emotional level is to realize that you do have some control, free will and ability to make decisions and choices.

What are things you don't give a damn about?  
What are things that don't matter at all?  
Why does nothing matter?  
Is there something you just can't do anything about?  
What things are hopeless?  
Why are you even trying?  
Why is life meaningless?  
Why can nothing be changed?

### **Level 3 Grief, Self-Pity, Sorrow**

This state is about things that are lost and things that are not here or can't be had or regained. It's also about "missed opportunities". In reality it's about inner loss, about parts of yourself you have alienated yourself from. The aim in this state is to re-discover and re-gain parts of you that you have lost.

What do you remember that you have lost?  
What is something sad?  
Whats missing in your life?  
When is the last time you laughed, danced, sung?  
What or who should be here but is not?  
Who have you lost?  
What opportunity have you missed?

Who or what do you feel sorry for?  
Who do you pity?  
What about yourself do you pity?  
Who will not make it by himself?  
Who needs your help?

#### **4 Fear, Inferiority**

This state is about fear of the unknown, not looking, not confronting, running away. The aim in this state is to confront, learn and allow more dominance and authority within.

What should not happen?  
What are you trying to avoid?  
What would be the worst thing that could happen?  
And what would be worse than that?  
Is something threatening you?  
What mustn't happen under any circumstances?  
Is someone or something following you?  
Is someone out to get you?  
What are the secret evils of the world?  
How do you feel in the dark?  
What do you need insurance for?  
Is there something hidden in your life?  
What is your relationship to the unknown?  
How do you feel about the paranormal?  
Is there something that mustn't find out about you?  
What is scary or frightening to you?  
What don't you want to see?  
What forces are controlling you?  
What's going on "behind the curtain"?

#### **5 Neediness, Craving, Compulsion, Addiction, Hidden Hatred**

This state is about unfulfilled desires, inner emptiness and addiction. It's also about "projected hate", meaning secretly despising others for things they never said or did. The aim in this state is taking responsibility, finding inner values, releasing fixed attention and regaining communication-lines with other people.

What should someone have not done to you?  
What do you crave?  
What are you addicted to?  
Why are you addicted to that?  
Who do you hate without telling the person?  
What have you been longing for for a long time now, without getting it?

## 6 Anger, Rage, Aggression, Violence, Dominance

This state is about weakness, parts of yourself you don't want to see, and about unfulfilled goals and desires. The aim in this state is to let go of what you don't want and find out what you *do* want.

Who is an evil person?

Who would you let die if you could get away with it without being caught?

Who would you want to hurt?

What do you want to destroy?

Why does destruction feel good sometimes?

Who is utterly stupid?

Why are these people so stupid?

What are some mistakes you made?

What do you regret?

What would you like to make amends for?

What do you actually desire?

What are your goals?

What do you want instead of the bad things?

## 7 Antagonism, Complaint, Pride

This state is all about holding on to past successes when nothing new comes up. It's also about "fighting the system" and a general dissatisfaction with the world. The aim in this state is to find worthwhile and positive things to do.

Who's fault is the situation you're in?

Who is to blame?

Who are the idiots?

Who is wrong?

Who is lower than you?

For which parts of your life are others responsible?

What exhausts, frustrates and irritates you?

What do you protest?

## 8 Boredom, Conservatism, Order

This state is about security, stability, order, cleanness, money, being decent, being satisfied, being alright. The aim in this state is to find the courage and focus to do new things.

What are you not interested in?

With who's life do you have nothing to do?

What do you not have time for?

What is stressful?

What is frustrating?

Whats on TV?

What are you not in the mood for?  
What's for dinner?  
What are your neighbours doing?  
What kind of dogs do you prefer?  
What's currently on the news?  
What sports statistics do you know about?  
What is right livelihood?  
Why don't you have much time?  
What are some things on your to-do-list?

## **9 Courage, Willingness, Eagerness to Act**

This state is about "breaking free", sports, outdoor activities, hobbies, travel, dreams of sexual adventure (while only occasionally fulfilling them), Health, etc. The aim on this level is to find more relaxation in balance to all the activities being done.

What have you achieved?  
What accomplishments are you proud of?  
Whats good about sports?  
What do you like about the outdoors?  
What do you do in your freetime?  
What are some adventures you've been on?  
What is a sexual fantasy you have?  
What would you like to do just for fun?  
What else would be fun?  
What do you have the courage to do?  
What do you do or will you do for your health and fitness?

## **10 Neutrality, Interest, Relaxation, Attention**

What interests you?  
What do you want to find out about?  
What does relaxation mean to you?  
Can you fully relax now?  
What is neutrality for you?  
Suppose you just observe things as they are?  
Can you focus your attention on something?  
What are others viewpoints you find interesting?  
What are some things you believe but others dont?  
What are some things others believe but you dont?  
What are some things you and others believe?  
What are some things you and others dont believe?  
What is interesting?  
What is soothing?  
What are some quiet and calm places you know of?

## **11 Intelligence, Knowledge**

What is something you know about?  
What is some factual knowledge you have acquired?  
What is certain?  
What are you an expert in?  
What things can you predict because of your expertise?  
What is a fascinating subject you'd like to learn?  
Why is learning and knowledge so important?

## **12 Enthusiasm, Joy, Positive Expectation**

What makes you enthusiastic?  
Who do you admire?  
What are things you like?  
What are you looking forward to?  
What would you not mind experiencing?  
What do you have positive expectations about?  
What do you like about yourself?  
What do you like about others?  
What are some nice things in life?  
What good thing do you sense will happen yet in your life?

## **13 Creativity, Beauty, Imagination**

What beautiful thing have you seen?  
What beautiful thing have you heard?  
What beautiful thing have you felt?  
What beautiful things can you remember?  
What creative things do you do?  
What have you created during your life?  
What beautiful thing can you imagine?  
What are some new ideas you have?

## **14 Power, Initiative, Source**

What is initiative?  
In which areas have you experienced power?  
What are you 100% in control of?  
What are some things that you decided that came to be?  
What is your sphere of influence?  
What are some things you could actually do and achieve?

## **15 Love, Intuition, Appreciation**

What were some moments of love in your life?

What do you deeply love?

What do you deeply appreciate?

What is sacred to you?

What is special and unique?

What is the best thing that ever happened to you?

What is a miracle you have seen yourself or heard about?

What is evidence of the workings of a higher force/source?

What are some examples of the abundance of the universe?

What is exhilarating?

What are some of the best things to exist?

What is a moment you felt an intuitive hunch that turned out to be right?

## **16 Serenity, Peace, Lightness, Humor**

What is funny about life?

What is funny about yourself?

What is serenity?

What is peace?

When do you feel at peace?

When do you feel completely happy?

This completes the *Basic Scale of Consciousness* with more than enough information to process. After finding out about the scale it takes about one year to process all the information (this happens automatically though, without any action necessary on your part...except for a little bit of a general awareness of the scale).

You may extrapolate this knowledge on energy levels on all kinds of things...sports-teams, politicians, jobs, office-rooms, philosophies, movies, music, etc.

Enjoy Life. Its all about having fun.