

Audiobook Supplemental Material

TRANSCENDING  
THE LEVELS OF  
CONSCIOUSNESS

THE  
STAIRWAY TO  
ENLIGHTENMENT

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**MAP OF THE SCALE OF CONSCIOUSNESS®**

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

CONSCIOUSNESS LEVELS OF ARCHAEOLOGICAL ERAS			
TIME PERIODS ROCK SYSTEMS	APPROXIMATE DURATION MILLION YEARS	LIFE FORMS	CALIBRATED LEVEL OF LIFE
Quaternary	1	Rise and dominance of man	212
Upper Tertiary	60	Modern animals and plants	212
Lower Tertiary		Rapid development of modern mammals insects and plants	112
Upper Cretaceous	60	Primitive mammals; last dinosaurs	84
Lower Cretaceous		Rise of flowering plants First birds, first mammals.	
Jurassic	35	Diversification of reptiles; coniferous trees.	68
Triassic	35	Rise of dinosaurs; cycad-like plants; bony fishes	62
Permian	25	Rise of reptiles. Modern insects. Last of many plant and animal groups	45
Pennsylvanian (Carboniferous)	85	First reptiles, amphibians, primitive insects; seed ferns; primitive conifers	35
Mississippian (Carboniferous)		Climax of shell-crushing sharks.	33
Devonian	50	First amphibians, first land snails. Primitive land plants. Climax of brachiopods First traces of land life.	27
Silurian	40	Scorpions, First lungfishes Widespread coral reefs.	17
Ordovician	90	First fish. Climax of trilobites. First appearance of many marine invertebrates.	12
Cambrian	70	First marine invertebrates	8
Proterozoic Archeozoic (Precambrian)	Over 1300	Protozoa	2
		Algae, Lichens, Bacteria	1
<u>Age of oldest dated rocks is about 1,850,000,000 years</u>			
Source: Adapted from Britannica World Language Dictionary. New York: Funk & Wagnalls Co.			

## Animal Kingdom

Bacteria	1	Snakes	45
Protozoa	2	Alligators	45
Crustaceans	3	Dinosaurs	60
Insects	6	Whales	85
Arachnids	7	Dolphins	95
Amphibians	17	Migratory birds	105
Fish	20	Birds of prey	105
Octopus	20	Rodents	105
Sharks	24	Rhinoceros	105
Vipers	35	Baboons	105
Komodo dragon	40	Song birds	125
Reptiles	40	Doves	145
Predatory mammals		Polar bear	160
(hyena, lion, tiger)	40	Grizzly bear	160
Water buffalo	175	Farm horse	240
Black bear	180	Cats	240
Jackal, foxes	185	Parrot, African gray	240
Wolves	190	Family cat	245
Hippopotamus	190	Race horse	245
Javelina	195	Dogs	245
Grazers		Family pig	250
(zebra, gazelle, giraffe)	200	Black crow	250
Deer	205	Gorilla	275
Bison	205	Chimpanzees	305
Domestic pig	205	Exceptions:	
Elk	210	Alex, trained African gray	401
Dairy cow	210	Koko (trained gorilla)	405
Sheep	210	Song bird's song	500
Range cattle	210	Cat's purr	500
Elephants	210	Dog's wagging tail	500
Monkeys	210		

### Correlation of Levels of Consciousness and the Rate of Happiness

LEVEL	LOG	PERCENT
Enlightenment	700-1,000	100
Peace	600	100
Joy	570	99
Unconditional Love	540	96
Love	500	89
Reason	400	79
Acceptance	350	71
Willingness	310	68
Neutrality	250	60
Courage	200	55
▲		
▼		
Pride	175	22
Anger	150	12
Desire	125	10
Fear	100	10
Grief	75	9
Apathy, hatred	50	5
Guilt	30	4
Shame	20	1

## THE DUALITIES OF SHAME

Attraction	Aversion
Self-punitive	Self-forgiveness
Depression	Choose life
Judgmental	Surrender to God's Mercy
Negativity	Let go of position
Shrink, hide	Be visible
Self as worthless	Affirm gift of life
Rigid self-view	Correctable, flexible
Condemn	Forgive
Mortification	Choose self-worth
Denigrate	Honor self
Self-hatred	Self-forgiveness
Severe	Benign
Imbalanced	See both sides
Blame self	Blame ego's ignorance
Exaggerate faults	Transcend limitations
Partial selective view	Balanced overall view
Self as loser	Self as corrected
End of the road	Beginning of the new
Unlovable	Worth as child of God
Error unforgivable	Error as lesson
Narcissistic orientation	Concern for others
Serve self	Serve life
Indulgent self-evaluation	Let go of egoistic position
Self as center of life	Self as participant in life
Focus on self	Focus on others
'Should have'	Was not able then

## The Dualities of Guilt and Hate

<b>Attraction</b>	<b>Aversion</b>
Make judgment	Surrender judgment to God
Punish self or others	Forgive self or others
Refuse mercy	Accept mercy and compassion
Justify negativity	Surrender secret pleasure
Project feelings	Take responsibility
Choose perception	Choose essence
Rigid, narrow view	Flexible, see both sides
Penance, self-indulgence	Service to others
Cling to position	Ask God for miracles
Justify	Relent, choose options
Act out	Transcend
Enjoy meanness	Enjoy being gracious to self/others
Act against self and others	Act to help self and others
Choose the negative	Choose the positive
Be 'right'	Be wrong
Helpless, stuck	Flexible, grow
Reinforce	Transcend
Stuck in past	Live in the now
Malignant, cruel	Benign, merciful
Stingy	Benevolent
Project responsibility	Choose to be author
Vengeful	Merciful
Be small	Choose 'bigger than that'
Grasping	Benevolent

## The Dualities of Apathy

<b>Attraction</b>	<b>Aversion</b>
Blame, project ‘cause’	Responsibility, own
“I can’t”	“I won’t”
See self as victim	See self as co-player
Indifference	Caring
Defeatist	Optimist
Justify, rationalize, excuse	Take action
See self as helpless	See self as able
Hopeless	Hope
Negate self-worth	Choose self-worth as gift from God
See self as weak	See self as potentially strong
Refuse solutions	Willing, accept
Self-sabotage	Self-endorsement
Indolence, sloth	Energy of action
Pessimism, cynical	Trust, faith, hope
See self as unworthy	Accept value of life
Future looks bleak	Future holds opportunity
See self as incapable	See self as willing to learn
Rigid, inflexible	Malleable, capable of growth
Passive	Active, put forth the effort
Reject help	Accept help
Self-pity	Compassion, then move on
Cling to position	Surrender positionality
Self-indulgence	Move on, ‘get over it’
Excuse	Self-honesty
Sink lower	Evolve, move up
Succumb	Resist, refuse, reject



<b>Specific</b>	<b>Class</b>	<b>Abstract</b>
'Old Rover'	'Dogginess'	Companionship
Money	Asset	Survival
Wealth	Means	Importance, prestige, comfort
Lover	Relationship	Sex, pride, security, companionship
Relative	Family, Tribal	Group identity
Auto	Possession	Practical transport, comfort, status
Title	Survival	Pride, status
House	Habitat	Convenience, survival, security
Luxuries	Possession	Comfort, pride, status
Job	Economic	Survival, status, skills
Youth	Opportunity, learn	Open future, vigor, attraction
Mate	Personal	Companion, help- mate, affection, love
Parent	Relationship	Family/group identity, the past
Child	Relationship	Love, future potential, parental role
Health	Physical/life	Survival as a body
'Valuables'	Possession	Sentiment, 'mine', familiarity
'Necessities'	Possession	Convenience

## The Dualities of Grief

<b>Attraction</b>	<b>Aversion</b>
Cling to	Let go of
Live in past	Live in the now
Undo	Accept
Bargain with God	Accept limitation - karma
Hope to change, entreaty	Surrender
See as loss	See as opportunity to move on
Refuse, deny	Work through
Anger, resentment	Acceptance
Self-blame	Accept limitation
Feel empty	Replace with new values
Lessened	Compensate
Equate 'other' or 'that' as source of happiness	See happiness as internal
Dependent on externals	Depend on self
Resist	Transcend
Despondency	Hope
Go back in time	Move forward to options
Emotionalize	Minimize
Seek sympathy	Sufficiency of self
Avoid, control	Accept, work through
See loss as permanent	See loss as temporary
See source of happiness as 'out there'	See source of happiness as 'in here'
Irreplaceable	Future has promise
Life full of problems	Life full of solutions
Bitter	Faith and hope

## The Dualities of Fear

<b>Attraction</b>	<b>Aversion</b>
Excitement of danger	Stay 'cool'
Panic, overreact	Self-control
Dramatize	Handle calmly
Emphasize	Deflate
Gain attention, help	Self-sufficient
Survive	Trust God
Protect	Lose, loss
Control	Surrender
Emotionalism	Think clearly
Exaggerate	Minimize
Imagine	Stay logical
Project to future	Live in the now
Proliferate	Suppress imagination
See enemies	See safety
Resist, defend, avoid	Accept
Elaborate, escalate	Reduce perceptions
Harbor	Work through
Justify	View realistically
Project cause	Own responsibly
Death	See life as eternal
Focus on body	Focus on spirit
See life as physical	See spiritual as reality
Loss of youth, money, possessions	See source of happiness as intrinsic
Loss of love of others	See Self as Source
Depend on self	Trust in God, Self

## The Dualities of Desire

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<b>Attraction</b>	<b>Aversion</b>
Special	Common
Win, gain	Lose
Wealth	Poverty
Control	Passive
Get	Lose
Crave	Frustrated
Force	Weakness
Approval	Criticism
Success	Failure
Fame	Anonymity
Stubborn	Give in
Aggression	Submission
Resist	Change
Defend	Surrender
Acquisition	Poverty
Conquest	Lose
Popularity	Unnoticed
'Have to have'	Prefer
Important	Ordinary
Feel 'high'	Just normal
Exceptional	Average
Noticed	Ignored
Excitement	Boredom
Glamorous	Common
Change world	Change self
Possession	Simplicity
Display	Bland
Superior	Common

## The Dualities of Anger

<b>Attraction</b>	<b>Aversion</b>
Act out feeling	Self-control
Intimidate	Forgive
Hold on	Let go
Punish, get even	‘Go Scot free’
Self-vindication	Exoneration
Dump on others	Restraint
Excitement, ‘stirred up’	Stay ‘cool’
Emotionalize	Think
Dramatize	Ignore
Express	Stifle
Prove self	Dismiss
Be right	Be wrong
Enlist support	Keep to oneself
Puff up	Appear weak
‘Macho’	‘Wimp’
Growl, show teeth	Be calm
Excitement	Peace
Snarl	Reason
Threaten	Compromise
Judgmentalism	Acceptance

**Dualities of Pride**

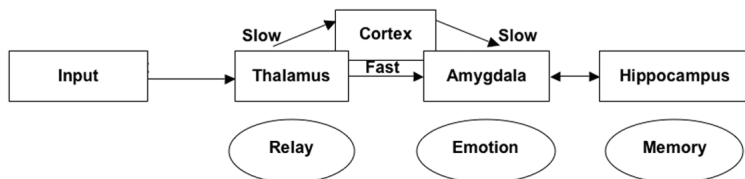
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<b>Attraction</b>	<b>Aversion</b>
Vain, proud	Humility, humble
Be more	Be less
Important	Nobody
Admired	Looked down on
Status	Common, ordinary
Noticed	Ignored
Special	Ordinary
Better than	The same
Superior	Inferior
Attractive, fashionable	Dull
Be right	Wrong
Opinionated	Silent
Thrill	Dull, pedestrian
'Insider'	Excluded
Exclusive	Common
Succeed	Fail

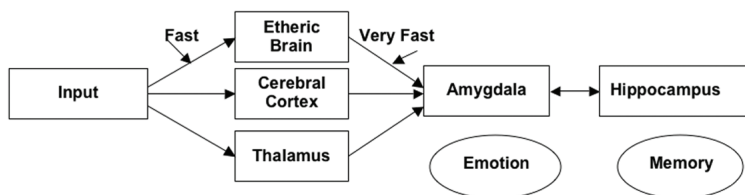
## BRAIN FUNCTION AND PHYSIOLOGY

### BRAIN FUNCTION AND PHYSIOLOGY

#### Lower Mind (Below 200)



#### Higher Mind (Above 200)



### Below 200

- Left-brain dominance
- Linear
- Stress—Adrenaline
- Fight or flight
- Alarm—Resistance—Exhaustion  
(Selye—Canon: Fight/Flight)
- ▼ Killer cells and immunity
- Thymus stress
- Disrupt acupuncture meridian
- Disease
- Negative muscle response
- ▼ Neurotransmitters—Serotonin

Track to emotions twice as fast as through prefrontal cortex to emotions  
Pupil dilates

### Above 200

- Right-brain dominance
- Non-linear
- Peace—Endorphins
- Positive emotion
- Support thymus
- ▲ Killer cells
- ▲ Immunity
- Healing
- Balanced acupuncture system
- Positive muscle response

Track to emotions slower than from prefrontal and etheric cortexes  
Pupil constricts

**Table 1: Function of Mind—Attitudes**

<b>Lower Mind (Cal. 155)</b>	<b>Higher Mind (Cal. 275)</b>
Accumulation	Growth
Acquire	Savor
Remember	Reflect
Maintain	Evolve
Think	Process
Denotation	Inference
Time = restriction	Time = opportunity
Focus on present/past	Focus on present/future
Ruled by emotion/wants	Ruled by reason/inspiration
Blames	Takes responsibility
Careless	Disciplined
Content (specifics)	Content plus field (conditions)



<b>Lower Mind (Cal. 155)</b>	<b>Higher Mind (Cal. 275)</b>
Concrete, literal	Abstract, imaginative
Limited, time, space	Unlimited
Personal	Impersonal
Form	Significance
Focus on specifics	Generalities
Exclusive examples	Categorize class—inclusive
Reactive	Detached
Passive/aggressive	Protective
Recall events	Contextualize significance
Plan	Create
Definition	Essence, meaning
Particularize	Generalize
Pedestrian	Transcendent
Motivation	Inspirational, intention
Morals	Ethics
Examples	Principles
Physical & emotional survival	Intellectual development
Pleasure and satisfaction	Fulfillment of potential

**Table 2: Function of Mind—Attitudes**

<b>Lower Mind (Cal. 155)</b>	<b>Higher Mind (Cal. 275)</b>
Impatient	Tolerant
Demand	Prefer
Desire	Value
Upset, tension	Calm, deliberate
Control	Let go, surrender
Utilitarian use	Sees potential
Literal	Intuitive
Ego-self directed	Ego, plus other-oriented
Personal & family survival	Survival of others
Constrictive	Expansive
Exploit, use up	Preserve, enhance

<b>Lower Mind (Cal. 155)</b>	<b>Higher Mind (Cal. 275)</b>
Design	Art
Competition	Cooperation
Pretty, attractive	Aesthetics
Naïve, impressionable	Sophisticated, informed
Guilt	Regret
Gullible	Thoughtful
Pessimist	Optimist
Excess	Balance
Force	Power
Smart, clever	Intelligent
Exploits life	Serves life
Callous	Merciful
Insensitive	Sensitive
Particularize	Contextualize
Statement	Hypothesis
Closure	Open-ended
Terminal	Geminal
Sympathize	Empathize
Rate	Evaluate
Want	Choose
Avoid	Face and accept
Childish	Mature
Attacks	Avoids
Critical	Accepting
Condemning	Forgiving
Skepticism	Comprehend

**Table 3: Function of Mind—Attitudes**

<b>Lower Mind (Cal. 155)</b>	<b>Higher Mind (Cal. 275)</b>
Guarded	Friendly, charitable
Cynical	Optimistic, hopeful
Suspicious	Trusting
Selfish	Considerate
Stingy	Generous
Calculating	Planning
Devious	Forthright
Quixotic	Stable
Fussy, choosy	Easy to please
Short of money	Adequate for needs
Insists	Requests
Excess	Balance
Rude	Polite, gracious
Extremes	Compromising
Rush, hurry	'Keep moving'
Avarice	Money isn't everything
Lust	Desire
Ungrateful	Appreciative
Downgrades	Compliments
Condemn	Disapprove
Sexist	Humanist
Stultified	Progressive
Focused on self	Concern for others & the world
Opportunistic	Fits life plan
Complacent	Self-improvement
Vulgar, gross	Restrained, subtle
Prevaricate	Honest, truthful
Envy	Appreciation, respect
Grim, heavy	Sense of humor, lighthearted

**Positive Personality Traits – Part I**

Available	265	Equitable	365
Balanced	305	Ethical	305
Benign	225	Fair	305
Calm	250	Faithful	365
Considerate	295	Firm	245
Content	255	Flexible	245
Cordial	255	Friendly	280
Decent	295	Genuine	255
Dependable	250	Glad	335
Diligent	210	Happy	395
Diplomatic	240	Hard Work	200
Easygoing	210	Healthy	360

**Positive Personality Traits – Part II**

Helpful	220	Protective	265
Honest	200	Rational	405
Honorable	255	Reliable	290
Humane	260	Respectable	250
Humility	270	Respectful	305
Idealistic	295	Responsible	290
Kind	220	‘Salt of the Earth’	240
Nice	255	Sane	300
Normal	300	Sense of humor	345
Open	240	Sensible	240
Orderly	300	Stable	255
Patient	255	Supportive	245
Persistent	210	Thoughtful	225
Pleasant	220	Tolerant	245
Pleasing	275	Warm	205
Polite	245	Wisdom	385
Positive	225		

## **Calibrations of The Great Books of the Western World**

Aeschylus 425	Faraday 415	Marx 130
Apollonius 420	Fielding 440	Melville 460
Aquinas, Thomas 460	Fourier 405	Mill, J. S. 465
Archimedes 455	Freud 499	Milton 470
Aristophanes 445	Galen 450	Montaigne 440
Aristotle 498	Galileo 485	Montesquieu 435
Augustine 503	Gibbon 445	Newton 499
Aurelius, Marcus 445	Gilbert 450	Nicomachus 435
Bacon, Francis 485	Goethe 465	Pascal 465
Berkeley 470	Harvey 470	Plato 485
Boswell 460	Hegel 470	Plotinus 503
Cervantes 430	Herodotus 440	Plutarch 460
Chaucer 480	Hippocrates 485	Ptolemy 435
Copernicus 455	Hobbes 435	Rabelais 435
Dante 505	Homer 455	Rousseau 465
Darwin 450	Hume 445	Shakespeare 465
Descartes 490	Huygens 465	Smith, Adam 455
Dostoevsky 465	James, William 490	Sophocles 465
Engels 200	Kant 460	Spinoza 480
Epictetus 430	Kepler 470	Sterne 430
Euclid 440	Lavoisier 425	Swift 445
Euripides 470	Locke 470	Tacitus 420
	Lucretius 420	Thucydides 420
	Machiavelli 440	Tolstoy 420
		Virgil 445

## Diagnostic Differential: Infatuation vs. Love

Quality	Passion/Attraction (Level 145)	Love (Level 500+)
Locus	Self/ego	Self/spirit
Origin	Animal instinct	Spiritual state
Mental function	Impaired reality testing	Uplifted
Intention	Mate, get	Bond, enjoy
Duration	Transitory	Permanent
Hormone/endocrine	Adrenaline/sex hormones	Endorphins
Emotions	Excess/imbalance	Calm/balance
Brain physiology	Left brain-physical	Right brain-etheric
Stability	Impaired/desperate	Enhanced
Emotional	Frantic, fearful, torment	Self-fulfilling
Body functions	Impaired; loss of appetite and sleep	Improved
Description	Addiction, craving	Fulfillment, content
Pathology	Suicide, stalking, despair, depression	Well-being
Judgment	Impaired	Improved
Perception	Exaggeration, glamorized	Illuminated
Intention	Possess, capture, control, own	Be with
Emotional	Frustration, anxiety	Gratitude, satisfied
Productivity	Disrupted	Enhanced
Self-image	Inflated	Positive
Loss	Depression, rage, hate, blame	Grief, regret, longing
Balance	Erratic, overstimulated	Steady
Social image	Inflated	Enhanced
Intellectual function	Romanticizing, Lower Mind	Realistic, Higher Mind
Consciousness level	Lowers	Raises
Style	Involvement	Alignment
Pattern	Individualism	Concordance
Relatedness	Demanding, limiting	Harmonious, expansive
Good	Satisfy, own	Fulfill, complete



<b>Authentic Spiritual State</b>	<b>Pathological State</b>
Samadhi	Catatonic
Religious ecstasy	Mania (bipolar hyper-religiosity)
Illumination	Grandiosity
Enlightenment	Religious delusion
Piety	Scrupulosity
Inspiration	Imagination
Visions	Hallucinations
Authentic spiritual teacher	False guru, imposter, spiritual con artist
Devotion	Zealotry, hyper-religiosity
Committed	Obsessed, brainwashed by cult, victimized
Dark night of the soul	Pathologic depression
Detachment	Withdrawal, indifference
Nonattachment, acceptance	Passivity
Transcendent state	Mutism
Trusting	Naïve
Advanced state	Psychosis, egomania
Beatific	Euphoria
Humility	Low self-esteem
Spiritual sharing	Proselytizing
Commitment	Religiosity
Inspired	Messianic
God shock	Schizophrenic disorganization
Spiritual ecstasy	Manic state, high on drugs
Genuine spiritual leader	Spiritual politician, cult leader
Free	Psychopathic
Teaching	Controlling

**For Reference**

**Calibration Levels of Some Teachers  
and Writings in the 600s**

<b>Teachers</b>		<b>Writings</b>	
Abhinavagupta	655	Abhinavagupta	655
Aurobindo	605	<i>A Course in Miracles</i>	
Karmapa	630	(workbook)	600
Kasyapa	695	Aggadah	645
Magdeburg	640	Genesis (Lamsa Bible)	660
Muktananda	655	Gospel of St. Luke	699
Satchidananda	605	Gospel of St. Thomas	660
Towles, J.	640	Kabbalah	605
Tzu, Lao	610	Teachings of Lao Tzu	610
Vivekananda	610	Midrash	665
		Mishneh	665
		New Testament	
		(King James)	640
		Psalms (Lamsa Bible)	650
		Vijnana Bhairava	635

**For Reference****Calibration Levels of Some Teachers  
and Writings in the 700s**

<b>Teachers</b>		<b>Writings</b>	
Bodhidharma	795	Bodhidharma,	
Charya, Adi Sankara	740	Zen Teachings	795
de Leon, Moses,		Cloud of Unknowing	705
of Granada	720	Diamond Sutra	700
Dogen	740	Heart Sutra	780
Eckhart, Meister	705	Koran	700
Gandhi, Mahatma	760	Lotus Sutra	780
Maharaj, Nisargadatta	720	New Testament (King	
Maharshi, Ramana	720	James, minus Revelation)	790
Patanjali	715	Rig Veda	705
Plotinus	730	Yoga Sutras, Patanjali	740
Shankara	710	Ramayana	810
Teresa, St. of Avila	715	Teresa, Mother	710

	<b>Calibration Level</b>
Reality as witness/observer	600
Arhat	800
Seeing into one's 'self-nature'	845
Void	850
Oneness	850
Nothingness	850
Reality as Consciousness	850
Reality as Awareness	850
Omniscience	850
Omnipresence	850
<hr/>	
Omnipotence	850
Allness	855
The Buddha	1,000
The Creator	Infinity
Divinity	Infinity
God	Infinity

**For Convenient Reference**

**Calibration Levels of Teachers and Writings at 850+**

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Bhagavad-Gita	910
Huang Po, Zen	850
Lamsa Bible (minus Revelation and Old Testament except Genesis, Psalms, Proverbs	880
Nicene Creed	895
Upanishads	970
Vedas	970
Zohar	905

<b>Below 200</b>	<b>200 to 499</b>	<b>500 to 600</b>	<b>Over 600</b>
Linear content	Content plus context	Context plus content	Context
Literal, concrete	Objective	Subjective	Ephemeral
Materialistic	Moral	Loving	Compassion
Cause – Effect	Cause – Effect	Intentional	Unfoldment
Pedestrian, mundane	Sophisticated	Abstract	Awareness/witness
Left-brain physiology	Right-brain physiology	Etheric plus right brain	Etheric brain
Definable, describable	Identifiable	Experiential	Confirmable
Mechanical, simplistic	Multifactorial	Volitional	Emergent
‘Animal’	‘Human’	Spiritual	Enlightened
‘Think’	Reason	Appreciate, value	Knowingness
Body	Mind	Spirit	Presence
Narcissistic	Self plus others	Selfless	Self

<b>Level</b>	<b>Temptation</b>
Courage	Bravado, macho, risk taking
Neutrality	Indifference, withdrawal
Willingness	Overcommitment, overinvolvement
Acceptance	Failure to take appropriate action
Reason	Intellectualism, stuck in cause and effect, rationalization
Love	Seduction, exploitation, misidentified as personal
Joy / Ecstasy	Poor judgment

## Comparative Dualities

<b>Anticipated Pleasure</b>	<b>The Fears</b>
Control	Surrender
Familiarity, habit	Change, uncertainty, strangeness
Cling to the old	Fear of the unknown or the new
Easy way	Hard, effort
Ignore, deny, reject	Upset, look at, face
Refuse to own	Take responsibility, be accountable
'I can't'	The truth of 'I won't'
'Don't want to'	'Can't'
Rigidity, repetitious	Learn
Homeostasis, stability	Reprogram, shift, off-balance
The past as an excuse	The present as the change agent
'No will power'	Confront with lack of willingness
'Try', 'going to'	Do
'Tomorrow'	Now
Procrastinate	Failure
Pretend	Be honest
Unwilling, resistance	Acceptance



APPENDIX A

MAP OF THE SCALE OF CONSCIOUSNESS®

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

## APPENDIX C

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