

David Hawkins Map of Consciousness — Class 9 Summary

Background and Origins

David Hawkins developed the Map of Consciousness through his PhD work in kinesiology, studying under Sheldon Deal (who also provided a testimonial on the back cover of Hawkins' book *Power vs. Force*). His dissertation became the book, which grew into a highly influential body of work spanning multiple volumes. Wayne Dyer called it the most influential book he had read in ten years.

The core premise is that life's real "game" is evolving into higher and higher states of being — not accumulating material goods. The map gives practitioners and clients a concrete, measurable way to track that evolution.

Understanding the Scale

The Map of Consciousness runs from 20 to 1,000 and is **logarithmic**, meaning every point on the scale represents an exponential increase, not a linear one. Moving a client from 201 to 202 in a session is a significant achievement.

The numbers are not measuring hertz or nanometers—they are a way to recognize and communicate the level at which a person is resonating.

Key Thresholds

Level 20 — Shame: The lowest sustainable level. Hawkins states that if a person falls below 20, the body cannot sustain itself, and death — including suicide — becomes likely.

Level 200 — The Critical Threshold: This is the dividing line between force and power. Below 200, the ego is dominant, and people act in force. Above 200, people become empowered. Importantly, Hawkins notes that people below 200 are often harder to muscle test accurately, so getting a client above this threshold early in a session is essential for reliable results.

Level 500 — The Non-Linear Shift At 500, all processes become non-linear and consciousness begins to radiate outward. People at this level are transitioning from a worldly life into something beyond it. Their energy systems become more sensitive and require gentler care.

Levels 600 and Above — Caution Zone. At very high levels, the physical body begins to struggle to keep up. Hawkins himself documented this, and a student in class noted that a friend who was consistently reaching 540 began experiencing significant physical health problems. Yogananda, a well-known example, died at 59 while radiating at a very high level of consciousness. For practitioners, shooting for 600 or above is not recommended.

The Sweet Spot for Practitioners: 310–490 This range allows a practitioner to function well in the world — physically, mentally, and professionally — while still being a powerful elevating force for clients.

Current Global Context

Approximately 78% of the world's population has a calibrating score below 200. The remaining 22% keeps a conscious balance on Earth. Everyone in the class tested above 200.

Important Principles

Moving Up the Scale Gradually: Do not attempt to jump a client from a very low level to a very high one in a single session. Move incrementally — for example, from 200 to 250, then 250 to 310. Dramatic jumps are not realistic or advisable.

Your Own Level Matters. The higher a practitioner's own consciousness, the smoother sessions will flow. High-consciousness individuals like Gandhi and Martin Luther King raised the consciousness of everyone around them. Being in a group, such as this class, can raise everyone's level simply through shared presence.

The Power of Just Being Present. A story was shared about Dr. Bruce Du, who let a patient talk for over an hour, listened with love and compassion, then simply touched the patient's frontal eminences. The patient called the next day, saying it was the best doctor's visit he'd ever had. Sometimes listening with a genuine heart is the most powerful healing of all.

Languaging With Clients

A student raised a critical point: how you speak about a client's level of consciousness matters enormously. People can create harmful narratives around a low reading if it is framed carelessly.

Guidelines for Communicating Results:

- Never label a level as "good" or "bad."
- Help the client understand where they are and what they might be experiencing at that level.
- You do not have to rely solely on muscle testing — you can show the client the chart and ask, "Where do you feel you are right now?" and let them self-identify.
- Wherever they are is completely okay. The question to ask is: "Where would you like to move?"
- Acknowledge that within one person, different areas of life calibrate at different levels. A person is not their overall number.

The Session Protocol: Raising Consciousness in a Specific Life Area

This is the core technique practiced in class. It builds on all previously learned kinesiology skills.

Step 1 — Test the Client's Overall Level of Consciousness

Muscle test to establish the client's general baseline at the start of the session. This gives the client a concrete data point and helps the practitioner identify whether the client is above or below the critical 200 threshold.

If the client tests below 200: Use techniques to bring them above 200 before proceeding, as results below that threshold may be unreliable. The psychological reversal correction (tapping while stating "I deeply and completely accept myself") is particularly effective here.

Step 2 — Identify a Specific Life Area to Work On

Ask the client to choose an area of their life they want to improve. Examples from class included focus and concentration, a major life decision, and a recurring negative belief pattern.

Step 3 — Test the Level of Consciousness in That Area

Muscle test to find the level the client is currently resonating at within that specific area. This number will typically be lower than their overall level.

Once the number is found, refer to the levels-of-consciousness descriptions together with the client and discuss what that level feels like in their life. Let them lead the conversation — ask how that resonates and what they would like to change.

Step 4 — Identify the Target Level

Ask the client where they want to move to. Confirm, via muscle testing, that reaching that level is appropriate and attainable in this session.

Step 5 — Select the Balancing Technique

Muscle test to find which technique is the right fit for this client and this issue. Options include:

- **Small Intestine 3 tapping** (particularly useful for clients below 200)
- **Affirmations with temporal tapping** — have the client state how they want to feel in the chosen life area, in their own words, while tapping around the ear
- **Emotional Stress Release (ESR)**
- **Magnet Technique**
- **Transformational Vocabulary** — identifying and replacing negative language patterns the client is using

Step 6 — Apply Transformational Vocabulary (If Indicated)

Listen for the specific words and phrases the client uses that are keeping them in a lower state. Help them construct a replacement phrase they can use as a cue.

Example from class: A student regularly said, "I'm losing my mind." The replacement pattern developed was: "When I notice I feel like I'm losing my mind, I shift to a state of focus where I can do what I need to do to stay focused."

Step 7 — Install the New Belief With Temporal Tapping

Have the client state their new affirmation or language pattern while tapping around the ear. The phrasing should feel natural and complete to the client. Check in with them — do they feel complete?

Step 8 — Check for Further Procedures

Muscle test: "Are further balancing procedures needed?" If so, test each available option one by one and apply as indicated.

Step 9 — Retest the Level in That Life Area

Once all balancing is complete, muscle test again to find the client's new level in that specific area. Share the result with the client.

Step 10 — Establish a Home Program

Muscle test whether a home program is needed. Discuss with the client what they can do daily to maintain and continue building the new state — for example, daily temporal tapping with their affirmation, or catching and replacing their negative language patterns.

Class Results

The following results were observed during practice sessions:

Group Consciousness Level: The group calibrated at **255** at the start of class. After practicing the techniques on one another, the group retested at **366** — an increase of over 100 points in a single session.

Individual Session — Focus and Concentration Emma began at **224** in the area of focus. After temporal tapping with a custom affirmation and transformational vocabulary work (replacing "I'm losing my mind" with a focus-oriented cue), she retested at **256**.

Individual Session — Editing/Control Pattern Megan, working on a habitual pattern of "always looking for things to fix," discovered the underlying belief was about creating safety through control. After shifting that belief, she noticed a significant energetic shift around her left ear and aura. Her level in that specific area rose to nearly match her overall general level.

Individual Session — Life Decision Bobbi used the Law of Attraction technique to gain clarity on a major decision, reporting a new outlook and greater ability to contemplate the path forward.

Individual Session — Childhood Shame Event Cindy cleared a childhood memory of shame and humiliation that had never surfaced in years of prior spiritual and inner work. She noted that it was clearly the right time to address it.

Individual Session — Dream and Belief Consistency Michael, working on inconsistency around a long-held dream, reported a "real big difference" in score after the session and felt equipped to carry that forward.

Key Takeaways for Practice

You do not need to master every technique before seeing clients. Even one well-applied technique — affirmations, temporal tapping, or simply holding the frontal eminences while someone talks — can produce profound results.

The basics are always: identify where the client has energy blocks, determine what will clear those blocks, clear them, and confirm the result. Keep it simple.

Some practitioners build entire careers around a single technique — EFT tapping, the magnet technique, the affirmation process, or the Hawkins work alone. Find what fits each client, like the glass slipper finding Cinderella.

Practice is everything. As John noted, seeing and hearing are how you learn in class, but saying and doing are where real learning happens. Use the WhatsApp group to regularly schedule practice sessions with classmates.