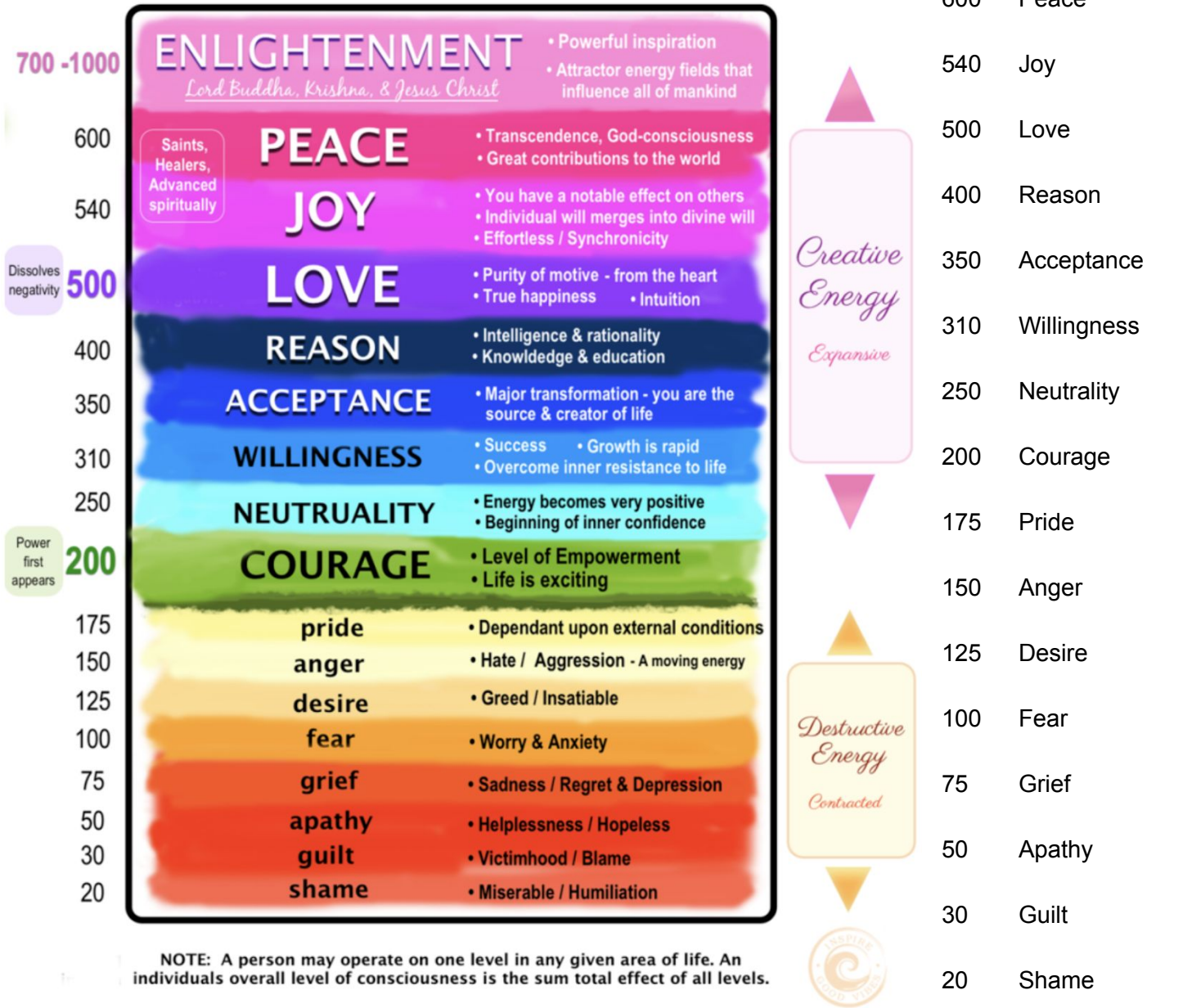


Map of Consciousness Levels

from David R. Hawkins *Power vs. Force*



→ Let go of lower levels of consciousness. Notice. Dismiss.

→ Love the lesson. Treat every moment as if you chose it. How have you improved?

→ Listen to the story you're telling. What main emotion are you expressing?

→ Be intentionally intuitive. Let Spirit know you want to communicate. *See the signs!*

→ Be thankful for every blessing, and marinate in the emotion of gratitude.



Positive

Happy

Content

Open

Curious

Negative

Fear

Depressed

Desperate

Grieving