

K i d e s t O M

map of consciousness

*Understanding the 9
Empowered Levels of
Consciousness Course*

Map of Consciousness Course

Understanding the 9 Empowered Levels of Consciousness

Welcome to the Course

Welcome to the Course!

Welcome to the *Understanding the 9 Empowered Levels of Consciousness Course*!

Congratulations on embarking on this new learning adventure!

Imagine having the energy, intuitive awareness, and universal guidance you need to achieve your results and manifest your desires.



What would that be like?

What would it be like to move from *intention to manifestation* with clarity, enthusiasm, and a feeling of universal support?

What would it be like to wake up each day knowing your fulfillment was unfolding, that you were on the right track, and that you are capable and universally supported?

That's what you begin to experience more consistently when operating from empowered levels of consciousness.

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If you want more experiences of inner peace, ease, and consistent positive results on what you're achieving and manifesting, you must upgrade your consciousness.

A consciousness upgrade is a change to your beliefs, outlook, worldview, and at times your overall paradigm for what life is and how it can unfold.



The gift of a consciousness-first worldview is that you can expand your consciousness. You can experience more inner peace and ease in your life. You can increase your power of attraction. You can become more magnetic to what you desire to experience in life. You can

do that and much more through learning, intention, expansion, and integration.

The secret to a fulfilling life is your consciousness.

To make the most of going on this learning journey, **it's recommended to take a week to complete the video session on each level.** Take notes during the video session and give yourself time to integrate the information. Knowledge, integration, and application are what help you achieve stabilization in new expanded levels of consciousness.

What's in the Course

The nine empowered levels of consciousness include:

In this 10-part video course, Kidest covers in detail each of the levels above 200 on David Hawkins's map of consciousness.

1. **Courage** level of consciousness
2. **Neutrality** level of consciousness
3. **Willingness** level of consciousness
4. **Acceptance** level of consciousness
5. **Reason** level of consciousness
6. **Love** level of consciousness
7. **Joy** level of consciousness
8. **Peace** level of consciousness
9. **Enlightenment/Unity** level of consciousness



These are the levels of consciousness where you really begin to see, know, feel, and live the incredible impact and effect of your cocreative power.

This theoretical framework of consciousness development offers a thoughtfully structured presentation of consciousness expansion. By studying the descriptions of each of the levels, you can equip yourself with a more developed map of consciousness development.

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In the map of consciousness, calibrating above 200 indicates the development of an energy field (bio-field) that is increasingly magnetic, empowered, and effective. If you want more coherence and empowerment, emerging and stabilizing in these more empowered fields of consciousness will get you there.

For each of the levels you will learn:

- ✓ A general breakdown of what calibration at that level means.
- ✓ The habits of emotion that are typical for that level. You'll learn a longer list of emotions to help you "locate" what level of consciousness the frequency of the emotions you experience may be linked to.
- ✓ The types of empowered thoughts, beliefs, assumptions and worldviews that can begin to emerge at that level of consciousness.
- ✓ The types of thoughts, beliefs, assumptions, and worldviews that are transcended or released as one emerges at the level.
- ✓ What challenges one may encounter at that level of consciousness.
- ✓ What can help you deliberately calibrate to that level of consciousness.

You'll also learn Kidest's insights and recommendations for your consciousness evolution journey at each level. Kidest includes notes and guidance on terms like "levels," advising to loosely use these types of distinctions in your exploration of consciousness expansion as life and evolution aren't necessarily hierarchical.

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	LEVEL	LOG	
POWER EXPANSION MAGNETIC RECEPTIVE COCREATION LIFE-RICH HIGH VIBRATING	Enlightenment	700 - 1000	Synchronicity Extraordinary Outcomes Nonlinear
	Peace	600	
	Joy	540	
	Love	500	
	Reason	400	Flow Based Peak Performance, Linear
	Acceptance	350	Happiness & Productivity Collaboration Linear
	Willingness	310	
	Neutrality	250	
	Courage	200	
FORCE CONTRACTION REPELLING LOW LIFE ENERGY LOW VIBRATING TENSION PRESSURE IMMOBILITY	Pride	175	Hyperactivity Pressure Victim/Perpetrator Duality
	Anger	150	
	Desire	125	
	Fear	100	Inaction Victim/Perpetrator Duality
	Grief	75	
	Apathy	50	
	Guilt	30	
	Shame	20	

From thoroughly examining and exploring each of the nine empowered levels of consciousness, you can develop or build upon a map of consciousness development that will help you achieve higher levels of personal and spiritual empowerment.

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Thank you for enrolling in **Understanding the 9 Empowered Levels of Consciousness** by Kidest OM.

Enjoy your learning adventure!

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