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TOOLS – SCALE OF CONSCIOUSNESS EMOTIONS LIST

"One individual who lives and vibrates to the energy of pure love and reverence for all of life will counterbalance the negativity of 750,000 individuals who calibrate at the lower weakening levels."

– Dr. Wayne Dyer

In Power vs. Force, David Hawkins provides a map of consciousness highlighting where specific emotions calibrate on a logarithmic scale that spans from 0 to 1000. From conducting over 250,000 calibrations during 20 years of research he defined a range of values, attitudes, and emotions that corresponded to levels of consciousness.

The following table adapts and expands on the emotions he identified so that you have a broader range of emotions to reference when measuring where you are currently calibrating. The table below is not an exact representation of Hawkins work, it is meant to serve as an approximate reference.

Emotions are neither good nor bad. They are a natural movement of energy that carry valuable information on your current calibration. From a deliberate creation and empowerment standpoint, the focus and intention is to move yourself up the levels so that you are embodying empowered mindsets and high-calibrating emotional tones. The higher the calibration of the emotion, the more life energy and creative power is flowing through your nervous system.

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P O W E R	700+	HIGH VIBRATING	Enlightenment	Ineffable , Unified Consciousness, Pure Presence, Wholeness, Limitless, Radiance
	600	EXPANSION	Peace	Bliss , Inner Calm, Inner Balance, Freedom, Tranquility, Centeredness, Harmonious, Knowingness (Intuitive)
	540		Joy	Serenity , Appreciation, Gratitude, Delight, Abundance, Enthusiasm, Excitement, Playfulness, Spontaneity
	500	SYNCHRONICITY	Love	Reverence , Belonging, Precious, Cherished, Passion, Compassion, Awe, Wonder, Respectful. Warmth, Empathy
	400	MAGNETIC, RECEPTIVE	Reason	Understanding , Planning, Strategic, Questioning, Visionary
	350		Acceptance	Forgiveness , Surrender, Openness, Receptive, Responsive, Supportive, Flexible
	310		Willingness	Optimism , Eagerness, Positive Expectation, Curiosity, Exploration, Fascination
	250	FLOW STATES	Neutrality	Trust , Perspective, Grounded-ness, Non-attachment
	200	MORE LIFE ENERGY	Courage	Affirmation , Empowered, Motivated, Dedicated, Resourceful, Inner Strength, Confidence, Adventurous, Assured, Certain, Daring, Decisive, Purposeful
F O R C E	175	LOW VIBRATING	Pride	Scorn , Self-absorbed, Entitled, Superior, Arrogant, Boastful, Gloating, Selfish, Judgemental, Patronizing, Skeptical, Righteous, Hypocritical, False humility, Disapproving
	150	CONTRACTION	Anger	Hate , Belligerent, Defiant, Frustration, Irritation, Blame, Criticism, Hostility, Rude, Stubborn, Jealous
	125	>>FORCE<<	Desire	Craving , Demanding, Compulsive, Envious, Greedy, Hoarding, Impatient, Unsatisfied (never enough), Pushy, Overindulgent
	100		Fear	Anxiety , Worry, Overwhelm, Panic, Concern, Timid, Intimidated, Cautious, Nervous
	75	PRESSURE	Grief	Regret , Despair, Sorrow, Sadness, Unloved, Unworthy, Helpless, Discouraged, Deflated, Small
	50	REPELLING	Apathy	Despair , Boredom, Humorless, Unfeeling, Dissociated, Indecisive, Inattentive, Indifferent
	30	TENSION IMMOBILITY	Guilt	Blame , Wounded, Remorse, Regret, Obligation
	20		Shame	Humiliation , Powerlessness, Defectiveness, Invisible, Excluded, Rejected, Inadequate, Embarrassed, Mortified, Inferior