

# Apathy

## MAP OF THE SCALE OF CONSCIOUSNESS

<u>God-view</u>	<u>Self-view</u>	<u>Level</u>	<u>Log</u>	<u>Emotion</u>	<u>Process</u>
Self	Is	Enlightenment	700-1,000	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

### LEVELS OF TRUTH

### LEVELS OF FALSEHOOD

Indifferent	Demanding	Pride	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	150	Hate	Aggression
Denying	Disappointing	Desire	125	Craving	Enslavement
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
Uncaring	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy, hatred	50	Despair	Abdication
Vindictive	Evil	Guilt	30	Blame	Destruction
Despising	Hateful	Shame	20	Humiliation	Elimination

## Characteristics:

- Unmotivated
- No sense of purpose or meaning
- Inertia, rejection of responsibilities, depression
- Neglect, indifference, poverty
- Despair, hopelessness, victim mentality
- Denial of the value of life and Divinity as its source
- Turned in on the self

## Roots:

- Impressions from our environment, upbringing, education
- Low self-esteem
- Disappointment & discouragement
- Lack of new impressions
- Identification with thoughts, beliefs, attitudes, pictures, etc. create neural pathways & patterns

## 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



## Transcending Apathy

- Caring for animals
- Group participation
- Positive relationships: mentor, confidant or trusted friend
- Love
- Prayer and worship (choosing love for God)
- Acceptance rather than denial
- B influences
- Music
- Conscious avoidance
- Self-care/play and recreation



## Additional Exercises

- Choose an aim based on a point of Work effort and hold yourself accountable
- Assess voluntary impressions
- Welcoming Prayer
- Self-Inquiry
- Take a walk in nature



## Homework

- Ponder the level of apathy indicated in Dr. Hawkins' "Map." Verify it through the lens of your life experiences. In looking back on periods of apathy in your life, what led to them? How did they manifest? How did you move up the scale of consciousness?
- Which of the practices listed in the email speak to you? How would they have been, or could be helpful? Put on one of them as an exercise.
- The "Map of the Scale of Consciousness" is a wonderful tool for three-centered self-observation, non-identification and Self-remembering: find a situation in your time-body when you experienced apathy, then move upwards in the scale by applying the God-view, Self-view, Emotions and Process of each step to that experience, embodying your way into each.

### June Practice: Grounding

Take your shoes and socks off and stand on the bare earth, preferably dewy, wet earth, such as the morning grass. Try this practice morning and evening. You might even try lying on the earth, with as much skin-to-earth contact as possible. Sense. Feel. Smell. Receive the energies from the earth. Give your energy to the earth, the living field of life, the Ray of Creation. Enjoy! What did you experience?