

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?

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

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LEVELS OF TRUTH

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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

Dualities of Fear

<u>Attraction</u>	<u>Aversion</u>
Excitement of danger	Stay 'cool'
Panic, overreact	Self-control
Dramatize	Handle calmly
Emphasize	Deflate
Gain attention, help	Self-sufficient
Survive	Trust God
Protect	Lose, loss
Control	Surrender
Emotionalism	Think clearly
Exaggerate	Minimize
Imagine	Stay logical
Project to future	Live in the now
Proliferate	Suppress imagination
See enemies	See safety
Resist, defend, avoid	Accept
Elaborate, escalate	Reduce perceptions
Harbor	Work through
Justify	View realistically
Project cause	Own responsibility
Death	See life as eternal
Focus on body	Focus on spirit
See life as physical	See spiritual as reality
Loss of youth, money, possessions	See source of happiness as intrinsic
Loss of love of others	See Self as Source
Depend on self	Trust in God, Self



Fear

Characteristics:

- Scale
- Fight or flight bodily reactions
- Fearful images: create false reality
- Chaotic thinking
- View of God as punitive

Roots:

- Egoic self-protection
- The need to be “something” creates fear of being nothing
- Identification with thoughts and beliefs about past or future



“Fear” of God

Wonder

Awe

Reverence



Transforming Fear

- “And then what?” - surrender core fear to God
- Acceptance
- Feeling the sensations (Welcoming Prayer)
- Active surrender to God’s will
- Consciously choose alignment with divinity and truth
- Vigilance; become conscious of the fear; no resistance
- See clearly through contradictory desires
- Attention to the present moment
- The “I know” vs. “I don’t know” mind
- Self-inquiry on a future image/thought

Homework



- From a place of wondering, make a list of your fears, considering all aspects of your life, past and present. Explore the relation of them to Dr. Hawkins' "Dualities of Fear". Is it possible to see that **all**, without exception, are based on thoughts and beliefs **innocently** acquired through unconsciousness, and that they now can be surrendered in the Light?
- Practice Visio Divina with the image. How does it speak to the transformation of fear?

June Practice: Grounding

You may wish to continue with last week's practice of lying on the grass or going barefoot when you are at home. Removing shoes at the door is a gesture of leaving behind effects of outer influences and honoring inner-being. It is an ancient practice within Eastern spiritual traditions of entering holy places. It also grounds us in the Earth, as part of the Earth, the living field of life. Enjoy!