

# Spectrum of Consciousness

**Denial Consciousness:** Unwillingness to perceive reality; dismissive of feedback from life and others; actively or passively repress uncomfortable memories; "I'm fine", "Everything is under control". False sense of self. False sense of well-being. Strong will to achieve, to appear competent. Ruled by convention. I'm not.

**Wounded Consciousness:** Unable to accept reality; broken by the feedback of life; overwhelmed by the past and memories of the past. "Why are they/did they do this to me?" "What did I do to have them act this way?" Exaggerated sense of other. Exaggerated sense of pain. Lack of will to achieve, appearance of weakness. Suspicion of authority. You are.

Shared attributes of Denial/Wounded Consciousness:

- |  |   |
|--|---|
| 1) reactive / non-responsive                 | 9) mentally inflexible / dogmatic                                     |
| 2) polarized thinking: good/bad; right/wrong | 10) trying -unrelaxed   |
| 3) blaming / resentful                       | 11) distorted sense of proportion; perception of reality skewed       |
| 4) truth equated with pain                   | 12) erratic, inconsistent; choices and agreements made from unclarity |
| 5) fear/shame about seeing oneself clearly   | 13) manipulative  |
| 6) fear of being seen                        |   |
| 7) unconscious behaviors and motivations     |   |
| 8) defensiveness                             |   |

**Individuated Whole Consciousness (Adult):** Ready to perceive reality; directly facing the feedback of life and others, Pragmatic approach to past: "What is so?" "How do I heal this?", accurate appraisal of self. Feel whatever is there. Does what one prefers. Self-directed. I am.

Other Attributes of Adult Consciousness:

- |                                  |   |
|----------------------------------|---|
| 1) non-reactive/ responsive      | 8) enjoys seeing oneself / being seen                         |
| 2) ability to observe            | 9) spaciousness   |
| 3) welcoming of truth            | 10) creative  |
| 4) flexible / ability to let go  | 11) accurate assessment of reality; sees things in proportion |
| 5) stable                        | 12) makes clear choices and agreements                        |
| 6) solution / discovery oriented |   |
| 7) allowing / kind               |   |

**Related Consciousness:** Willing to embrace unity with others; awareness of the arising together of all things. "How am I connected to this other (whether animal mineral or vegetable)? Opening to the universe of true love. Recognition of 'a truth' as a guiding principle in human events. Transcendence of the past through love. Desire for union. Sensing another's essence. Reading another's emotions, thoughts, pathways. Deep caring for that which is outside of oneself. Recognition that contributing to another is the same as giving to oneself. Choices and agreements take into account the needs of another. You and I are one.

**Mythic Consciousness:** Able to perceive the underlying fabric of events, the contextual reality which underlies what is apparent. Pattern recognition. "How does this weave into the warp which makes up my life?" Awareness of one's 'soul' and of the 'collective soul'. Recognition that the events of one's life are part of a larger story which includes everything that has occurred. Transmutation of the past through unraveling. The unseen is more real than the seen. Capacity to know the whole story of the unfoldment of this universe as a living reality in one's own body. Permeable to atmospheric data. Acceptance of lightness and darkness within and outside of oneself. Beyond ethics. Choices and agreements are in tune with an inner calling. I am everything.

**Vast Wholeness Consciousness (Awakened Adult):** Ready to live inside of now. Availability to all layers of consciousness. An all-inclusive 'what is so' which accounts for the full spectrum of reality. Direct apprehension of truth. Full capacity to make choices in accordance with true 'knowing'. Strength to dance inside chaos, to master whatever arises. Direct experience of creation. Ability to 'let go' of anything which interferes with pure presence whether a single attachment, a density pattern, or a mythology. Deep abiding peace. Passionate inspiration. Joyous communion. Attunement of left brain, right brain, heart. Alignment of 12 Chakras. Living living presence. All is.

- 🌈 Not sequential
- 🌈 Denial people often look good
- 🌈 Snapshot, not a map = know there, but not how to get there. Naka-Ima is the map.
- 🌈 ? = what percent of the time you spend in each

# How Do I Know I've Let Go Of An Attachment?

I know I'm attached when?

- ✚ I have discomfort in my body
- ✚ I have confusion in my mind
- ✚ I am self-judging - Shoulds
- ✚ I hold my breath
- ✚ I am fixated on something/someone
- ✚ I am holding a Right and Wrong perception of reality
- ✚ I am running Fear
- ✚ I feel Defensive and Blaming
- ✚ I am anxious or depressed

I know I'm at Cause when?

- ✚ I feel relaxed
- ✚ I feel Spacious
- ✚ I can see the many facets of any situation or person
- ✚ I can sense the interconnection of all living systems
- ✚ I can feel my energy flowing, without hindrances
- ✚ My choices come from inspired place, rather than shoulds
- ✚ I am spontaneous
- ✚ I am self-accepting
- ✚ I am flexible
- ✚ I exercise control without grasping onto it.
- ✚ I feel general sense of well-being and joy
- ✚ My heart is open and compassionate
- ✚ Giving and receiving come naturally without hesitation
- ✚ I can connect to my preferences, intentions and visions and make choices for the health and well-being of myself knowing all creation will benefit as well.

Confusing SUCCUMBING with Letting Go.

I know I'm succumbing when:

- ✚ I'm letting go from a place of self-judgment
- ✚ I try to let go through telling myself I don't care
- ✚ I bypass letting go of my attachment and pretend I've let go

When we give up or succumb, we never feel satisfied or free, there is often a sense of defensiveness, irritability, frustration, hurt, or sadness, victim identity or self-righteousness.

We succumb because we don't believe we can actually have freedom from attachments, because the task feels overwhelming or frightening.