

Levels of Human Consciousness

A Map to Full Consciousness

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Introduction

Levels of Consciousness (LOC) are a complete overview of the evolution of Human Consciousness and the respectively occurring life experiences.

Victim or Abuser consciousness is commonly known as the Ego or the Lower Self.

Self-Empowerment consciousness is about overcoming the Ego and the Lower Self and aligning with Life itself, as life starts to become more supportive.

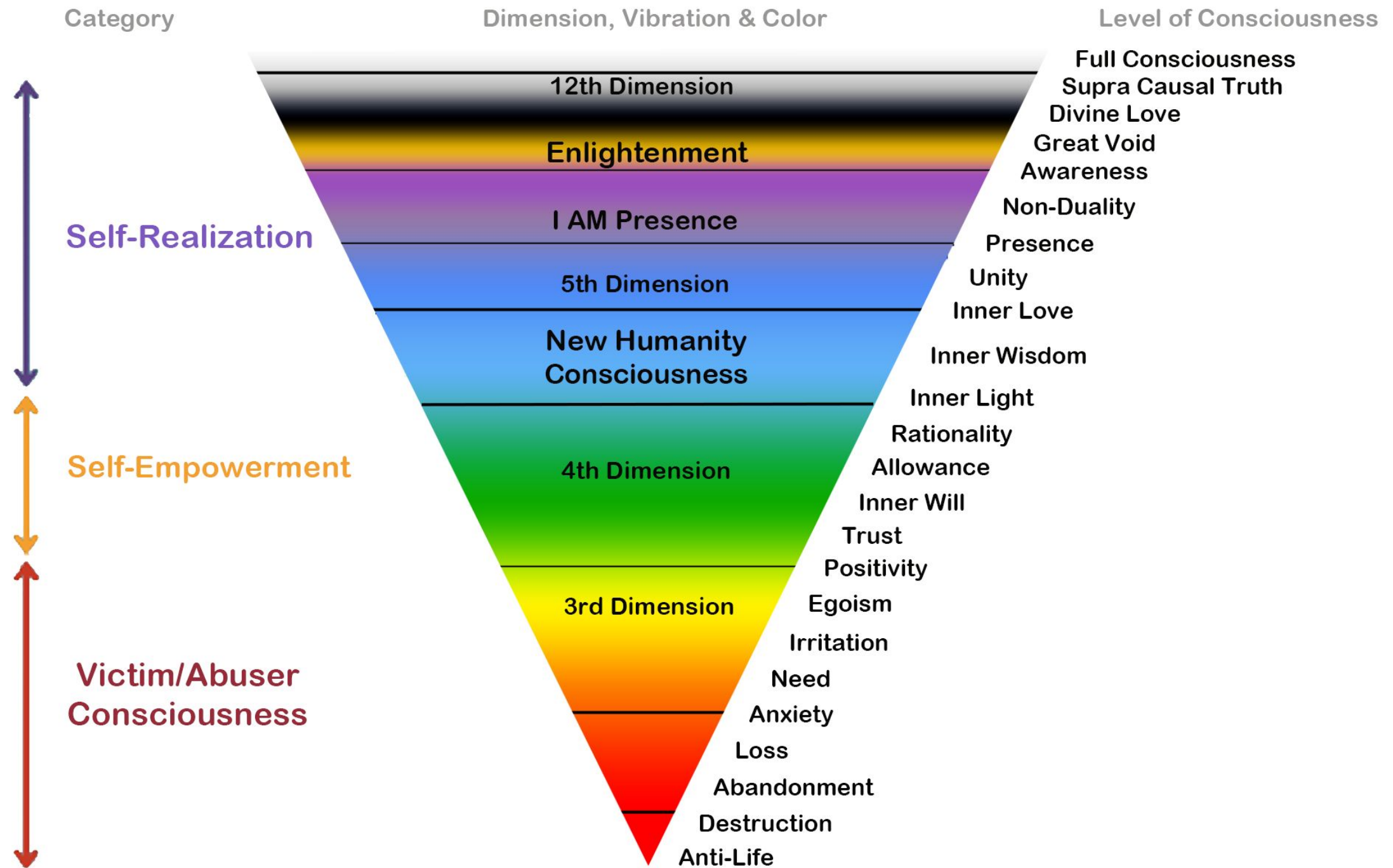
Self-Realization consciousness starts with the first Inner Light awakening, known as the Spiritual or Higher Consciousness awakening and progresses towards the Bliss of Full Consciousness and the Absolute Self.

“Full Consciousness is the Source of your Being. The Levels of Consciousness are the Way to understand your Being.”

– Mindo

Levels of Consciousness[©]

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Where are you now?

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3 Categories of Consciousness

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Victim/Abuser

Self-Empowerment

Self-Realization

Anti-Life

Positivity

Inner Light

Destruction

Trust

Inner Wisdom

Abandonment

Inner Will

Inner Love

Loss

Allowance

Unity

Anxiety

Rationality

Presence

Need

Non-Duality

Irritation

Awareness

Egoism

Great Void

Divine Love

Supra Causal Truth

Full Consciousness

Victim/Abuser Consciousness

The Realm of the Lower Self (Ego)

Below LOC Positivity the human mind is dense and filled with repressed negativity that is usually hidden away in the dark crevices of the subconscious. People natively born at these levels of consciousness are close-minded, have rigid belief systems, and are quite abusive towards others through their actions or speech. On the other hand, people already situated at higher levels of consciousness can also semi-permanently reside in these lower states of consciousness due to their traumatic experiences or the excessive negative influences of social-conditioning.

Self-Empowerment

Overcoming the Lower Self (Ego)

Breaching the crucial threshold of LOC Positivity might feel like an internal pole shift. Suddenly your head is above the water and you are able to see the sun again. Above LOC Positivity starts the journey of true self-empowerment as you hone the ability to change your life for the better.

Self-Realization

From Awakening to Full Consciousness

With the awakening of the Inner Light, the Higher Self opens the path to Self-Realization. Inner Love and Unity consciousness are the most common spiritually awakened states of humanity leading up to the more advanced levels of Presence and cosmic Christ consciousness. Non-Duality is considered as a Pre-Enlightened consciousness. There are 4 steps towards Enlightenment, culminating in the realization of Full Consciousness as the Boundless Absolute God Self.

Levels of Consciousness: Anti-Life to Egoism

Life Denying and Destructive
towards oneself and others

A person is being either Abusive or
Victimized as per their experience



Level of Consciousness Anti-Life

- Desire to be invisible
- Feeling of banishment
- Close to death
- Might lead to active or passive suicide
- Can be the result of abusive past experiences
- Shame based emotions very harmful to emotional and psychological well being
- Shy, introverted, low self-esteem personality
- Can lead to cruel behaviour
- Produces neurosis, paranoia, hallucinations
- The level of criminal psychopaths
- Shamed children are can be cruel to animals and other children
- People can become perfectionists and be very intolerant



Level of Consciousness Destruction

- State of victimhood
- Blaming others is common
- Leads to feelings of rage
- Unforgiving to others or oneself
- Occupied with notions of sin
- Suicidal feelings
- Examples of destructive emotions are guilt, regret, masochism, self-blame
- Psychosomatic disorders can manifest with these emotions
- Form of cruelty
- Sense of disgrace can lead to lashing out at others



Level of Consciousness Abandonment

- Lack of energy and resourcefulness
- Life and future seems bleak
- Helplessness, Indifferent, Passive
- Poverty, Depression, Hopelessness
- No will to live
- Level of the destitute and homeless
- Huge psychological heaviness
- Burden to the surroundings or society
- Sense that life will never get better, so no need or desire to try



Level of Consciousness Loss

- Feelings of sorrow and sadness are predominate here
- Depression and grief over losses, perceived or real
- Mourning that can become long lasting
- The level of chronic losers, gamblers
- Life is viewed through a lens of sadness
- Feeling that what was lost cannot be replaced
- Loss of something or someone seems as a loss of everything



Level of Consciousness

Anxiety

- Has more life energy available than the lower levels
- Fear fuels many activities
- Life can seem threatening
- Leads to chronic stress and anxiety
- Can become obsessive
- Used for the control of the masses
- Can result in paranoia and neurosis
- Limits personal growth, for people tend to put up walls and become defensive
- Very hard to reach higher levels of consciousness without help



Level of Consciousness Need

- More energy available here that can be used to strive for a better life
- Motivates many human activities
- Marketing economy is usually exploiting humanity's desirous nature
- Level of addiction, accumulation & greed
- Never enough, bottomless pit
- Positive when the seeking is directed towards a better life
- Negative when seeking never leads to fulfillment
- Motivates to achieve certain goals
- Can be a springboard for reaching a higher consciousness



Level of Consciousness

Irritation

- Anger in a positive sense, it can lead to standing up to injustice
- Can be constructive or destructive
- However, it can also lead to revenge
- Can erupt into rage and hatred
- May lead to homicide & war
- Can pivot oppression
- Anger is explosive & dangerous
- Takes time to learn to control anger
- Comes from unmet desire
- Lack of understanding



Level of Consciousness

Egoism

- Feels much better than the lower levels
- An increase in self-esteem is seen here
- Focused on external appearances and accumulation - socially encouraging
- Depends on external conditions therefore it is vulnerable
- Defensive and inflated ego
- Easily sinks back to shame if inflated image cannot be maintained
- Can be arrogant and denying
- Materialistic state of consciousness
- Denial oriented thinking blocks growth



Levels of Consciousness: Positivity to Rationality

These are the levels of
Self-Empowerment

The levels of the Lower Ego Self
(Anti-Life to Egoism) had been
overcome

Levels above Positivity are Life
Supporting



Level of Consciousness Positivity

- Beginning of integrity, self empowerment and positivity
- Can start to change thoughts from negative to positive
- Life supporting power emerges
- Negative influences and anxiety start reducing
- Space of positive affirmations - people program themselves mentally with positive thoughts
- People may hire a life-coach or start attending courses of self improvement
- Courage for exploration of new things
- Life can be seen as inspiring and challenging
- Courage to overcome challenges and seize opportunities
- There is enough energy to learn new employment skills; self empowerment and education become realistic goals.
- Ability to face fears and obstacles and overcome them
- People at this level give to the world as much as they take



Level of Consciousness Trust

- General attitude of 'Life is OK'
- Beginning to trust life
- Relaxing of personal standpoints
- Do not seek to control others
- No need to prove oneself
- Becoming more flexible and nonjudgmental
- More detached from outcomes
- Self-confidence increases
- Experiences of well-being and safety
- Easy going people
- Not interested in conflicts or competition
- Trusting life in a neutral way
- Confidence in one's abilities
- Flexibility arises
- General state of satisfaction; knowing that everything is fine



Level of Consciousness

Inner Will

- Greatly increased positivity that allows for the ascension to higher levels
- Inner resistance to life has been overcome
- Optimistic outlook - example of a cup being half full
- This level allows for the achievement of success through one's endeavours
- It is a big opening to life
- Friendly & social people, helpful to society
- Willingness to face inner issues
- Good at learning and self correcting
- High self esteem
- Intention and hope for change
- Lots of Inspiration
- Intuition arises
- Cheerful, helpful, voluntary
- Benevolent, Humanitarian
- Supportive, service to others
- Right brain activation
- Connectedness with the Heart



Level of Consciousness Allowance

- Ability to accept, forgive, and let go
- Accepting self-responsibility of one's life
- Transforming heavy emotions into lighter ones
- Initial phases of the transcendence of the mind and emotions
- Discharging the heaviest accumulated emotions
- Realization that the source of happiness and the causes of problems lie inside you
- Increased emotional equanimity, and a wider openness of perception
- Release of denial and distorted perceptions
- Through letting go of the past, inner healing begins
- Usually people start meditating at this stage
- Brings balance and harmony to life
- Ability to see the bigger picture
- Long term goal setting and self discipline
- Honouring equality and the rights of others
- Tolerance and acceptance of others' viewpoints
- Seeks to solve problems rather than assigning blame
- Greater detachment from the ego and opinions
- Opening of inner space
- Beginning of inner understanding and inner peace



Level of Consciousness

Rationality

- Flowering of the intellect and rationality
- Science and medicine, learning and education
- Great scientists, statesmen, authors and business people operate from this level
- Ability to manage emotions wisely
- Search for the meaning of life
- Philosophers seeking wisdom
- Lacking the ability to see the essence of things
- Confusion between objectivity and subjectivity
- Too focused on theory
- Amassing of logic and data, less conclusions; able to handle large amounts of complex data
- Understands nuances of interrelatedness, symbols and abstractions
- Disregard for context; unable to see the whole picture
- Excessive rationalization can block the higher levels of consciousness



Levels of Consciousness: Inner Light to Full Consciousness

At the time of the first Awakening, the Inner Light opens the path of Self-Realization, also known as the Awakening or Higher Consciousness



Level of Consciousness

Inner Light

- Transcending the linear mind - rigid beliefs are transcended because there is a space between thoughts and oneself
- Inner space expands, giving a sense of inner peace and calmness
- Intuition gets much clearer, louder and stronger, making it easier to make decisions.
- Transcending the limitations of the body through meditation - a sense arises that you are not only the body
- Mental and emotional heaviness is transcended. The densest emotional energy and fear are transcended.
- Opening to the Inner Light starts from LOC Allowance, the opening occurs at LOC Inner Light and integrates at LOC Inner Wisdom
- Inner Light awakening feels like waking up from a deep sleep - everything seems more enhanced, focused and alert
- 5 Senses become clearer and sharper



Level of Consciousness Inner Light (Continued)

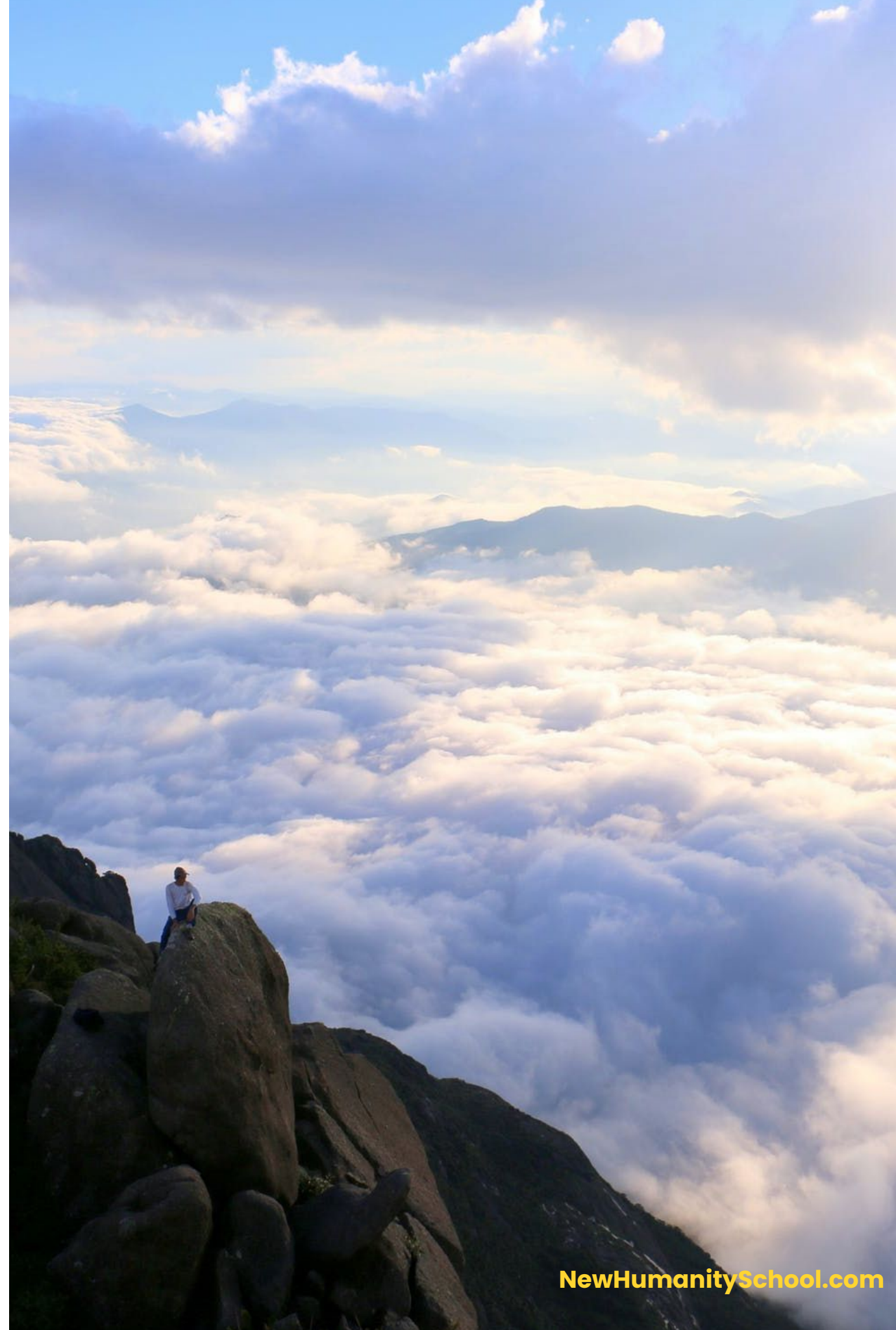
- Synchronicities become evident - sometimes to arrive at this stage, your work and relationships need to change in order to match your vibration, which may take some time
- The power of intention becomes much stronger. You can create your own reality by intention alone; you can create a loving and uplifting environment for yourself and for those around you
- With the opening of energy centres (chakras) the body starts functioning better - feeling younger, livelier, energetic, health and wellbeing are enhanced
- A higher view of reality, more wisdom and a deeper seeing, feeling of lightness and ease
- Ability to access 4D and 5D in meditation - seeing beyond the 3rd dimensional awareness
- First awakening of Inner Freedom, Inner Peace and a quiet mind - lightness of being



Level of Consciousness

Inner Wisdom

- Awakening of Inner Wisdom through inner understanding
- Observation of one's body, emotions and thoughts creates a space for the Higher Self to step in
- Connection to the Higher Self occurs at LOC Inner Wisdom
- Higher Self is you who is in a higher dimension: 5D and above
- It is generally called your Spirit
- Higher Self remembers your past lives, knows all about this current lifetime and has the key to future events
- Activation of the Light Body (Merhabah) happens between Inner Wisdom and Inner Love
- Working towards opening to LOC Inner Love



Level of Consciousness

Inner Love

- Intelligent and Unconditional Love
- Loving kindness as a state of being
- Cultivating a compassionate heart
- Development of unchanging and permanent inner love
- Capacity to love all living beings
- Love flows from the heart
- Uplifting to others
- Having pure motives
- Can discern essence of people, situations and issues
- Holistic problem solving
- More accurate Intuitive insights
- Inner Ascension to Heaven (5th dimensional consciousness)



Level of Consciousness Unity

- A strong feeling of Oneness
- A sense that all is connected
- Inner completion
- Joy from within
- Level of spiritual healers
- Love becomes more unconditional
- Compassion (love with wisdom)
- Overcoming the pain of separation
- Integrates with the Divine Will
- Planetary consciousness also known as Oneness (one with the Earth)
- Expanded feeling of responsibility for others
- Unity Consciousness has a positive effect on others



Level of Consciousness Presence

- Considered as spiritual adulthood
- A Way of Being as I AM-ness, wholeness
- Infinite Space experienced as Being
- Being HERE in the Present Moment
- The “I AM Presence”
- The field of being beyond the Chakras/Kundalini
- A Cosmic Consciousness as the Galactic Self
- Being Present with all passing energies (the tree and spiritual weather analogy)
- The Present is beyond the past and future
- Christ Consciousness where the ego dies on a cross of time and space
- Full merging with the soul where the soul fully descends back into the body



Level of Consciousness

Non-Duality

- Realization of nothingness beyond dualities
- Beyond Yin and Yang most of the dual energies have been polished, worked-through and transcended
- Beyond Yin and Yang is wholeness
- Seeing the whole thing from both sides, edges and the imminent interconnectedness as a complete and whole picture of reality
- The soul burns the heaviest karmic ties
- Transcendence of key conditionings
- A feeling of liberation arises
- One might fall into the trap of denying the phenomenal world
- The world still poses disturbances
- A Pre-Enlightenment phase

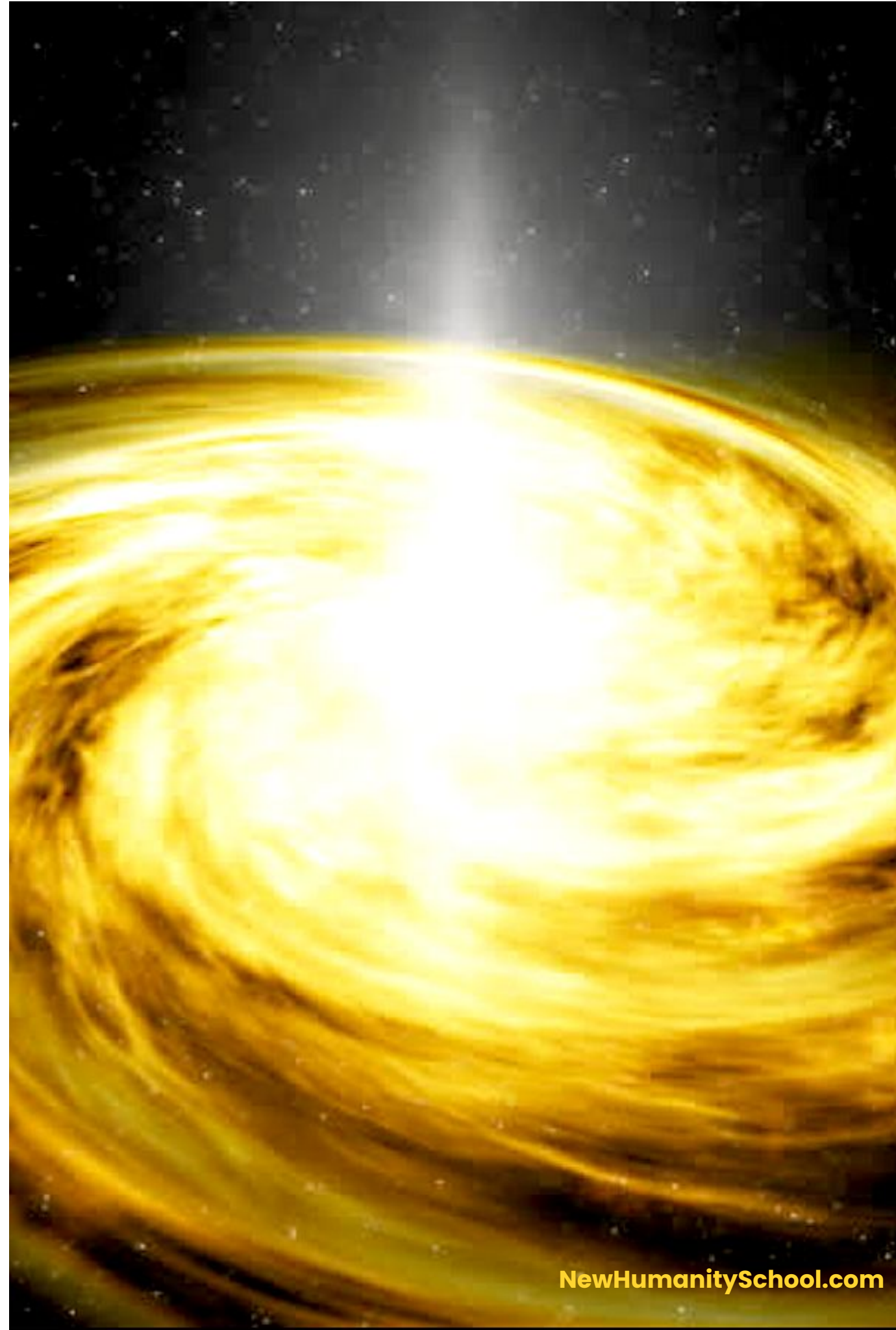


Level of Consciousness

Awareness Awakening

1st Step of Enlightenment

- Realization of Awareness as one-Self
- The Awareness of Awareness now becomes the fundamental Reality beyond the cosmic and non-dual space
- At this stage an enlightened person is able to change their perceptions (Emotions → Thoughts → Cognitions → Perceptions) and their fundamental views of reality in order to see what IS, more or less from the perspective of enlightened clarity
- Universal Self, meaning that the previous Galactic Self is now expanded to encompass the whole Universe at large
- The physical human nervous system has been lit up or literally 'enlightened'. This is the phase of the first Enlightenment resulting in the brain-nervous system coherency
- Transcendence of objectivity and becoming the Pure Subject



Level of Consciousness

Great Void

- Unconsciousness and the state of deep sleep
- Causality and Causal Body
- The Great Universal Void = Non-Existence
- A complete surrender to the great UNKNOWN
- All the knowledge of the universe gained in Awareness needs to be surrendered
- The Light of Awareness needs to be strong enough to pass through the Void and “give up” the light
- It is surrendering to THE Great Void, it is not a Cosmic Space, neither a single black hole
- It is the Dark Matter or the Unmanifested Womb of the universe from where the galaxies are born
- The Conscious Emptiness



Level of Consciousness

Divine Love - 2nd Step of Enlightenment

- The Awareness penetrates through the great universal womb of unconsciousness and causality and comes “out of the universe” to see the pure consciousness
- It is through Divine Grace only that a person is able to realise the state of 2nd enlightenment, for no person on their own can transcend the universe itself
- It is like popping out of the universe to see the source of all creation through love
- Divine Love is where the two universal aspects of the Father God and Mother God are in union and through this union the universe is being birthed
- Completion of the universal male-female aspects
- The level of divinity



Level of Consciousness

Supra Causal Truth

3rd step of Enlightenment

- The light of Full Consciousness is now shining clearly like a diamond or a crystal as the Absolute Self becomes visible, along with the seed of the mind
- Here, the famous I-Thought becomes visible, coined by the greatest sage of India, Sri Ramana Maharshi
- The I-Thought or I-Feeling is a very persistent and deceptive mechanism of self-preservation and separation
- It causes self-contraction and inner tension, thus narrowing the ocean of Full Consciousness down into a limited stream of separate consciousness
- The I-Thought or the I-Feeling needs to be isolated from all other thoughts and eventually eliminated by continuously abiding in the Heart on the Right known as the Amrita Nadi



Level of Consciousness

Full Consciousness

4th Step of Enlightenment

- The Absolute Self, God Realization, Source Consciousness
- Without resistance
- Boundless NOW
- No self-contraction and no self-opponent
- Full Consciousness feels very natural and is named as Sahaja, the Natural State, the IS-ness
- There is no more separation between physical or spiritual or divine as all separation is dissolved
- All is seen as Self
- The Self is unborn, undying and undivided
- The total radiant NOW
- Unmixed/Untethered Attention = Unbounded Consciousness
- Nothing is excluded from the allness of the NOW
- The Source of all manifest and unmanifest
- I AM THAT



New Humanity School Effective Practices



*Inner Light Consciousness
Awakened Students from
around the World*



*Presence & Non-Duality
Realized Students*



*Enlightenment Awareness to
Full Consciousness
Realized Students*

About Mindo Damalis

About Mindo Damalis

Mindo is an enlightened teacher helping others to reach Non-Duality, Enlightenment, and Full Consciousness.

His unique Full Consciousness Transmission has allowed over 550 people to permanently raise their Consciousness Levels, some of them realizing Enlightenment and returning to the Full Consciousness.

Mindo offers crystal clear insights into Enlightenment and the Levels of Consciousness, supporting and guiding you through every aspect of the journey and the process of awakening.



About Mindo Damalis

Mindo is a Founder of New Humanity Foundation, a Founder of New Humanity School International, Director of ShareGood, Co-Founder of Stress Free Center & Float Spa Gozo and a Founder of New Humanity Civilization Initiative.

He holds weekly Meetings and Satsangs, Workshops, Private Sessions, local and international Retreats.

You can find more information on website:

www.MasterMindo.org



History of the Levels of Consciousness

Dr. David R. Hawkins (1927 – 2012) was the first to use Applied Kinesiology to measure the Levels of Consciousness on a scale from 1 to 1000. He accurately described and wrote extensively about the Levels of 20 to 600.

Mindo Damalis is an enlightened teacher who extended the existent information on the Levels of Consciousness from LOC Inner Light to LOC Full Consciousness. He clearly explained the path of Enlightenment and developed Practical and Effective approaches to Awakening from the first step of LOC Inner Light, all the way to Full Consciousness.

More Information

For more information about Levels of Consciousness
And Effective Awakening Practices visit:



www.NewHumanitySchool.com

Also join us on Youtube:

New Humanity School



Credits

Mindo Damalis - Founder of New Humanity School, Levels of Consciousness Chart, Definitions of Levels of Inner Light to Full Consciousness

Lyonne Sundari - Co-Founder of New Humanity School

David R. Hawkins - Map of Consciousness and Applied Kinesiology

Marvin Winter - Editing & Design

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