

ALIGNED WELLNESS

Map of Consciousness

A gentle compass for the inner journey.

after Dr. David R. Hawkins, MD, PhD

A FREE RESOURCE

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REFERENCE

Levels of Truth

The states above courage, where life opens and energy flows toward love, peace, and unity.

LEVEL	LOG	EMOTION	PROCESS
Enlightenment	700-1000	Indescribable	Pure Consciousness
Peace	600	Bliss	Illumination
Joy	540	Serenity	Transfiguration
Love	500	Admiration	Revelation
Reason	400	Understanding	Abstraction
Acceptance	350	Forgiveness	Transcendence
Willingness	310	Optimism	Intention
Neutrality	250	Trust	Release
Courage	200	Affirmation	Empowerment

REFERENCE

Levels of Falsehood

The states below courage, where energy contracts. Naming them gently is the first step upward.

LEVEL	LOG	EMOTION	PROCESS
Pride	175	Scorn	Inflation
Anger	150	Hate	Aggression
Desire	125	Craving	Enslavement
Fear	100	Anxiety	Withdrawal
Grief	75	Regret	Depression
Apathy / Hatred	50	Despair	Abandonment
Guilt	30	Blame	Destruction
Shame	20	Humiliation	Elimination

How to Use This Map

Courage at 200 is the doorway: the moment you are willing to tell the truth about your life, energy begins to move upward. Read the map gently, as a compass rather than a verdict.

*Notice — without judgment — where you are today.
The invitation is always upward.*

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