



## A problem of lower scale of consciousness according to Prof. Sir David Hawkins

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### Abstract

This short article is intended to introduce readers to a brilliant dissertation work of Sir David Hawkins, called *Power vs Force*. Especially the author compares Hawkins's scale of consciousness with St Paul's *Letter to Galatians* chapter 5. It is our hope that the readers will realize that there is inherent problem plaguing many people nowadays that is: problem of lower scale of consciousness. And we need to go higher in our consciousness.

### Introduction

The author is sure that some of the readers have heard sermons or meditations that discuss the fruit of the Spirit according to St. Paul's *Letter to the Galatians*. In fact, most of us may know Galatians 5: 22-23 by heart. The author also often hears reflections on the fruit of the Spirit and has also meditated on this topic, but for some time it seems that something has been missed in the meditation. So far, the author has tended to focus on how to carry out these two verses, namely Galatians 5: 22-23, but has paid less attention to the context of this passage, especially verses 16-17. Until one time, the author was very grateful to be able to attend a seminar led by a senior pastor in our city, around April 2019. The topic of the seminar at that time was: 'Turning off the sin-making machine'. The essence of the seminar is that the fruit of the Spirit that provides the nine ways of expression is the work of the Holy Spirit, and it is only possible in our lives if we have learned to turn off the sin-making machine within us. If we are still in the flesh, then in fact our lives are still serving Satan. The key is in verse 18: "... if you are led by the (Holy) Spirit ..." - so we must confess all our sins every day before God, and give ourselves to be led by the Holy Spirit day after day. And if at some point in the day we feel that there is no peace, then it may be a sign that we are no longer

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led by the Holy Spirit, then we must hurry to get rid of feelings of anxiety, fear, worry, jealousy, envy and so on that the Apostle Paul mentioned in verses 19-21.

## Theory of Consciousness Scale

The seminar, although short and only half a day, was very blessing for the author, so the writer decided to study further, and then found some similarities between Galatians chapter 5 and the theory of the scale of consciousness developed by Sir Prof. David Hawkins.

The core of the theory of the scale of consciousness is roughly as follows: that human consciousness continues to develop and process, if it is still below 200, then someone will still be controlled by hate, jealousy, shame, worry, fear, etc. However, if a person moves to a scale of consciousness above 200, then he will begin to recognize courage, peace, joy, and so on. Then if you reach level 500 and above, you will practice love, and when you are above 700 you will experience enlightenment.



Illustration 1. (Below 200) Scale of Consciousness according to Prof. David Hawkins

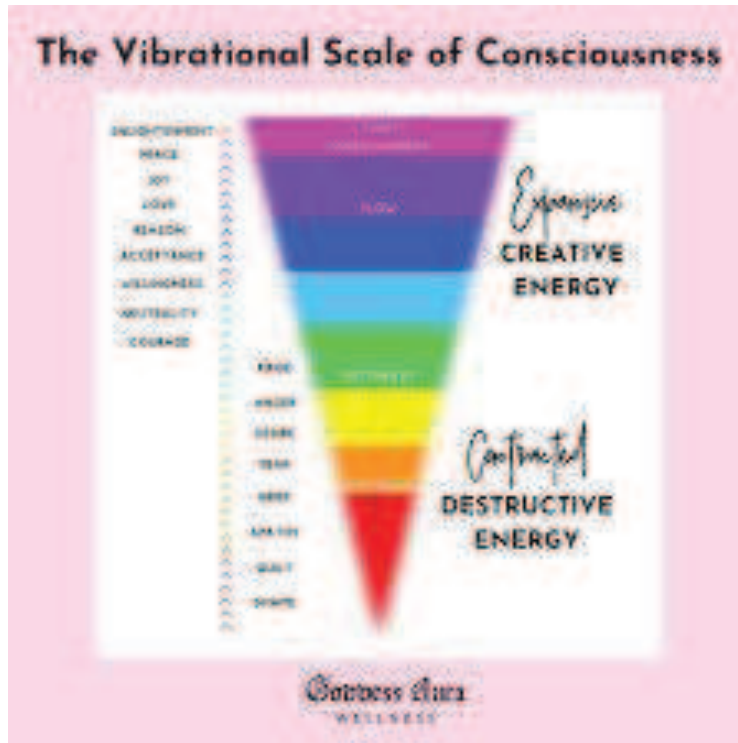


Illustration 2. Scale of Consciousness according to Prof. David Hawkins

In other words, verses 19-21 in Galatians 5 can actually be compared with a scale of consciousness under 200. Then the Apostle Paul invited us to move on to experiencing the life of the Spirit, which is moving to a level of consciousness above 200 levels. And if we have started to produce "*love, joy, peace and so on*", it means we have reached the level of consciousness above 500.

Is this difficult to do?

Certainly not an easy thing, and the author himself is still being processed by the Holy Spirit. But at least we begin to understand why this is rarely taught, because Prof. Hawkins' theory of scale of consciousness is still not well known in church circles. Therefore, the writer tries to write a summary of what the author learned in the past 2years in seminar material (2), which then the author has developed into booklet material (3). Hopefully, these materials are useful for the spiritual growth of all readers.

## Concluding remark

This short article is intended to introduce readers to a brilliant dissertation work of Sir David Hawkins, called *Power vs Force*. Especially the author compares Hawkins's scale of consciousness with St Paul's *Letter to Galatians* chapter 5. It is our hope that the readers will realize that there is inherent problem plaguing many people nowadays that is: problem of lower scale of consciousness.

Hopefully this short article opens new understanding towards a better level of consciousness, and of course we all have to ask for the guidance of the Holy Spirit from day to day so that our lives will be closer and more intimate with God.

Let us all be more active in preparing for the approaching coming of the Lord Jesus Christ. Father in Heaven loves you all.

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Further reading:

(1) David Hawkins. *Power vs Force. First published by Hay House* (1985). This is a rather old book, you can check simpler presentation of his ideas in these slides: [Power Vs. Force by David R. Hawkins — Hug the Universe](#)

(2) V. Christianto (2019). Mematikan mesin pembuat dosa. url: [\(PDF\) MEMATIKAN MESIN PEMBUAT DOSA | V. Christianto - Academia.edu](#)

(3) V. Christianto dkk. (2020). Undangan dari Sahabatmu di sorga. url: [\(PDF\) Undangan dari Sahabatmu di Surga | V. Christianto - Academia.edu](#)

(4) [Understanding Levels of Consciousness | Make a Difference in Your Life \(themindbodyspiritnetwork.com\)](#)