

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.

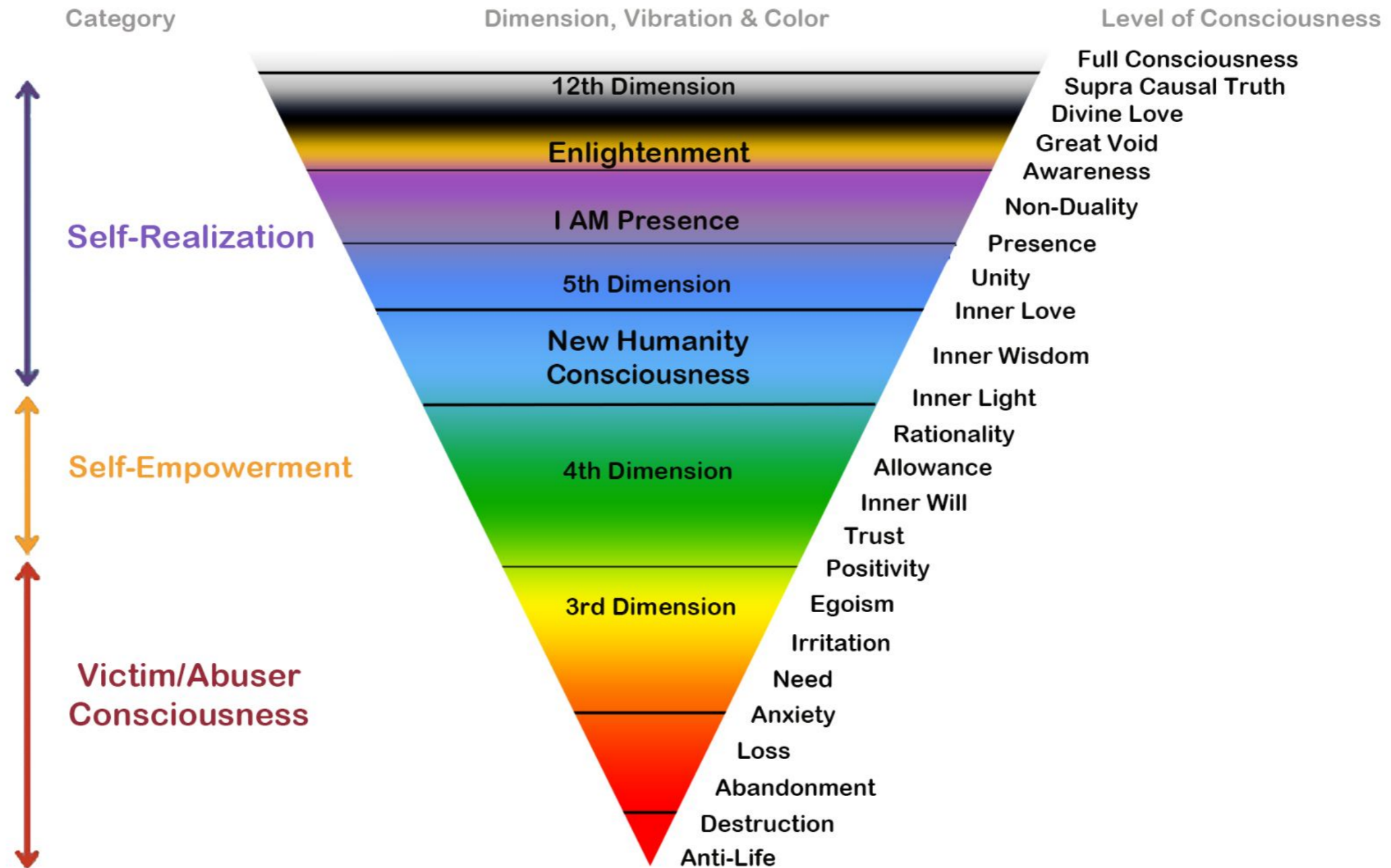
Self-Realization consciousness starts with the first Inner Light awakening, known as the Spiritual or Higher Consciousness awakening and progresses towards the Bliss of Full Consciousness and the Absolute Self.

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

– Sat Mindo

Levels of Consciousness[©]

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Where are you now?

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3 Categories of Consciousness

3 Categories of Consciousness

Victim/Abuser

Anti-Life

Destruction

Abandonment

Loss

Anxiety

Need

Irritation

Egoism

Self-Empowerment

Positivity

Trust

Inner Will

Allowance

Rationality

Self-Realization

Inner Light

Inner Wisdom

Inner Love

Unity

Presence

Non-Duality

Awareness

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

Anti-Life feelings such as shame or despair are the lowest of the emotions on the Levels of Consciousness scale.

While very few people permanently live at this level, almost everyone carries some anti-life emotions that lower their overall level of consciousness. Shame is one of the underlying emotions when one is in a state of despair, hopelessness, or deep depression.

Traumatic childhood experiences that have gone unprocessed create pockets of shame and other painful impressions in the system which lead to feelings of being overwhelmed, and encourage lower behaviors to compensate, such as extreme withdrawal or lashing out at others.

Prolonged drug abuse can lower a person to this state, where they may experience paranoia, hallucinations, and psychotic behavior.

The key to healing anti-life feelings is to allow the emotions to come into awareness so they can be seen and processed.



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

Destruction and its associated emotions are some of the most widely recognized feelings, experienced by almost everyone at one time or another. Destruction can be felt as guilt, self-recrimination, sinfulness, or regret. These learned emotions are generally ingrained starting at a very early age. Guilt is commonly used by society, family, school, and religion to suppress, punish, blame, and manipulate.

While very few people live at this consciousness level permanently, most people carry substantial destructive emotions, whether conscious or unconscious, that lowers their overall vibration and suppresses their consciousness. It is an underlying emotion of victimhood consciousness.

Guilt and regret are tremendously uncomfortable emotions that have a tendency to be repressed more than any other. When one carries a great amount of these repressed feelings there is a tendency to punish or sabotage oneself, as well as to project it onto others, who are then seen as wrong and bad. These emotions tend to create feelings of hate and rage that can be inner or outer directed. Unrecognized and unprocessed guilt can make one prone to manipulation by others. One can have a healthy sense of regret or self-reproach, which is just a recognition that a mistake was made, along with a desire to no longer repeat the mistake. Beyond that, guilt only serves to create unnecessary pain.

One way to heal destructiveness is to allow past mistakes to be seen in a more realistic light, such as realizing “I did the best I could at the time”.



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

Abandonment is a low energetic state characterized by apathy, boredom, hopelessness, helplessness, and despair.

A person living at this level of consciousness will generally neglect themselves and their environment, have little interest in the world, and live in a passive, low energy experience. Homelessness is an example of a life lived in apathy.

This consciousness level can also be experienced temporarily by more positive individuals as a feeling of being down, bored, defeated, "left behind", or self pitying. It may also be manifested as a strong resistance or aversion to handling a particular aspect of life that then becomes neglected or avoided.

As with other low emotions, the energy of abandonment tends to be repressed and then turned inwards to create self destructive behaviors, or outwardly projected to the world as condemnation and judgement.

A key to healing the energy of abandonment is to allow the hopeless feelings to be seen and accepted.



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

The experience of loss and sadness is known to almost everyone. Losing loved ones, opportunities, dreams, relationships and other things can lead to feelings of sadness, grief, regret, and remorse. This collection of emotions is commonly known as loss. For most, this feeling of loss is transient and resolved over a period of time as one adjusts to the new way of life without what has been lost.

Although it is uncommon for one to be born at this level of consciousness, it can become a semi permanent place for those who remain stuck in these unprocessed emotions. As a sustained level of consciousness, a person at the level of loss is chronically despondent and depressed, unable to move forward in life. These heavy emotions can keep the consciousness level low. Grieving what has been lost is natural, but at some point one has to process the feelings to come back to a more balanced state.

The underlying issue with grief is of attachment to what is perceived to be lost. When something is felt to be “mine”, pain results from the loss of this perceived possession, relationship, etc.

The key to healing loss is acceptance. One must accept what has been lost in order to move past the grief. Clinging to what is lost results in pain, while accepting the loss brings relief.



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

Anxiety is one of the most easily recognized human emotions. Fear is built into the animal brain as a survival mechanism. In humans this mechanism can be very useful to alert one to danger in the environment and prompt one to take action to remove or avoid the danger. It only becomes a problem when the human mind creates fear based emotions on imagined possibilities of the future, as well as mistaken signals of danger, usually based on trauma, in the present.

Anxiety is the first of the lower emotional states where one has energy. The states below this are exhausting and draining, but the feelings of anxiety and fear can prompt one to action. Fear can take many forms, such as worry, dread, paranoia, shyness, worry, and panic. Almost everyone experiences those feelings temporarily, but as a predominant level of consciousness anxiety can be very limiting, creating a life of chronic worry, obsessive thinking, defensiveness and paranoia.

Fear is the most common emotion employed for large scale social control and suppression of consciousness, thus it is of utmost importance to learn how to overcome fear with light and truth. Bringing attention into the body and feeling more space around the area of fear is one way to transcend fear. Since fear usually results from the mind projecting into an imagined future outcome, pulling the mind into the body and the present moment has a soothing and healing effect.



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

As we advance up the ladder of consciousness, we find that each successive level has more life energy. Need is the first level where we see an empowerment to fulfill desires and to create change. For this reason, need can be a springboard into higher consciousness. As one moves to fulfill desires, the inertness of apathy and other lower emotions are transcended. Need can be a great motivator to create a better life.

Although there are very few people born at the consciousness level of need, most people are very familiar with this energy throughout their lives to one degree or another. For many, life seems to be all about the pursuit of one thing after another to fill a void.

We often see certain people as "needy" when they can't seem to get enough of the attention they crave. This unprocessed energy puts one in a state to be taken advantage of. Advertisers specialize in creating a feeling of need for certain objects, experiences and lifestyles by taking advantage of our instinctual drive for security and survival.

The difficulty with desire is that the energy of wanting, followed by the fulfillment of the want, can easily become an addiction. There is a tendency for the energy of desire to become a chronic wantingness and craving that can never be fulfilled. This is the level of addictions of all types - food, alcohol, drugs, sex, excitement, danger, and attention. A key to transcending need is to surrender the feeling of wantingness to a higher contentment.



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

The energy field of irritation has a lot of life force available, so much so that it can seem full of anger, explosive and dangerous. At the level of need the feeling of wanting is felt, but frustrated wants can quickly lead to irritation. Irritation can best be seen as the energy that is behind all frustrated and unmet desires. It is also the energy that is usually behind great movements against oppressive social structures. Anger can be constructive or destructive.

There is a small portion of the population born at the consciousness level of irritation, and there is a tendency for them to spend their entire lives in this energy field. Such people are chronically difficult, short-tempered, belligerent, and antagonistic. For most people, however, irritation is felt as a transient emotion that pops up when a perceived need is not met. Common manifestations of irritation for the average person can be indignation, annoyance, anger, harshness, and unfriendliness. Long term irritability can lead to grudges, resentment, hatred and rage.

This frustrated feeling of irritation and anger is often behind activism and social justice platforms such as environmentalism, animal or human rights, and equality movements. In many instances, this can be a constructive anger that helps create much needed societal change. In other instances, these platforms just become a vehicle to express repressed rage and resentment for perceived mistreatment or injustice. A key to healing destructive irritability is to develop understanding of others as well as to examine and surrender the attitudes and emotions that precede the rise of the frustration.



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

As a level of consciousness, Egoism feels much better than the levels below it. Egoism is generally seen as a positive emotion in our society. We often "take pride" in ourselves, our nation, our favorite sports team, children, and many other things. We are encouraged to feel pride in our accomplishments, appearance, and lifestyles. The weakness of this feeling, however, is that it tends to be dependent on external circumstances, appearances and outcomes. If there is a change in those circumstances, it can lead to a quick fall into the lower states of shame, destructiveness, loss, guilt, fear, or irritation. Egoistic and prideful stances are vulnerable to attack, as they are like building a house on a foundation of sand.

Egoism can be helpful when instilled in children as a reward for accomplishments. However, if this pride is internalized as being about "me", it can lead to a constant stream of behaviors designed to gain approval from others. Instead of encouraging self-esteem, such behaviors generally lead to an inflated ego. Genuine self-esteem comes from the intrinsic feeling of self-worth that is independent of the approval of others.

There is a small portion of the population born at the level of egoism. Such persons are often seen as boastful, defensive, arrogant, materialistic, superficial, competitive, denying, vain, and opinionated. For most people, however, egoism is transient and applied to only some portions of life. For instance, a person may be vain about their appearance, but lack other attributes of an overly inflated ego.

A key to transcending egoism is to recognize one's intrinsic self-worth independent of external circumstances. Developing humility regarding the self and all aspects of life is an antidote to pride.



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

The level of Positivity is the great breakthrough in consciousness where one has become free of the chronic negativity of the lower emotional states. This is the first level of true strength where life is seen as exciting, rather than overwhelming. No longer mired in the lower emotional realms, one can face life's challenges with fortitude and determination. Life is seen more realistically once it is no longer run by fear, pride, and other lower feelings. Personal integrity first arises here as well. At lower levels people are usually opportunistic, but once one crosses this threshold, the natural integrity softens the instinctual drives so that they no longer dominate the personality.

Many people in current society reside at this level of consciousness, and this can be seen by the large amount of self help and success oriented material that attracts people who are wanting a better life. People who live in lower levels may want better life conditions, but lack the sense of reality, strength, and courage to take the necessary steps.

At the level of Positivity there is a greater attraction to education, the setting and achieving of realistic goals, and more harmonious relationships. Conflict and strife are not as predominant as in lower levels, as the perspectives of others are more easily seen. Narcissistic tendencies are replaced by integrity and concern for the well being of others.

The downside of this level of consciousness is the proximity to the lower emotional states, which tend to pull one back into their negativity. There are still a lot of dense, unprocessed emotional energies here that can make life feel like a continuous uphill battle. This is because, at this level, one is really battling the negativity that is deeply suppressed.



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

The Levels of Consciousness are an indication of the density of the mind. As the density lessens, life is increasingly seen in a more neutral and realistic way. At the level of Trust, one is much more able to take life as it comes and handle circumstances with greater calmness and ease. This level sees the beginning of trust, flexibility, inner confidence, and satisfaction. At this level the pull of the sub Positivity emotions are not quite so strong, and one can rise above challenges with greater ease.

The trust in life that comes at this level is a great attractor field for better life conditions without so much struggling and striving. Life flows more easily here, and one can handle life's ups and downs with a balanced perspective. Relationships are more likely to be harmonious because there is no desire to control others or to "be right". The motto "live and let live" applies here, making it easier to tolerate differences with little interest in conflict and strife.

Trust is a pleasant state of consciousness, and here is where you find people who come across as easygoing, even tempered, practical, trustworthy, friendly, and decent. The feeling here is that "Life is OK". This is a very common level of consciousness in society, and much of the world is run by the solid and dependable people at this level.

Although positive overall, the level of Trust lacks the higher states of joy and compassion that are available in higher states of consciousness. These higher states are available as one accepts and releases the old stagnant energies that are obstructing a more loving and open awareness.



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

The level of Inner Will has a noticeable increase in optimism for life that creates an opening into higher levels of consciousness. A certain inner strength and ability to rise above mediocrity is noticeable here. Resistance to change and life is released, freeing up much energy for productivity and advancement. This is the place of an optimistic “can-do” attitude that allows for success in endeavors. Inspiration for new ideas is common, and it is not unusual for a person with Inner Will to be an entrepreneur.

The openness in Inner Will has more connection with the Heart and allows for greater learning and advancement in life. One seeks to serve others, and finds that life responds to this generosity in kind. People here are usually confident, optimistic, helpful, cheerful, generous, and service oriented.

The downside to this level is that energy can be somewhat scattered and unrealistically optimistic. Although it is a big opening compared to higher levels, the softer qualities of allowance, balance and harmony are missing.

The key to transcending Inner Will is to further examine inner attitudes and bring forgiveness and balance into our lives, to start learning how to deal with emotions.



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

Allowance as a Level of Consciousness is a great relief from the lower levels of emotionality. The ego has greatly softened its formerly rigid opinions here, allowing the world to be as it is without the need to constantly judge or condemn. The heaviest emotions have been transcended, and it is often committed work to emotional release and forgiveness that bring one to this level. There is much less density of mind and a great sense of relief as the baggage of the past is let go.

At the level of Inner Will there is a great deal of positivity, but it is still very emotionally charged. At Allowance, this heavy emotional charge is greatly reduced. Inner relaxation, balance, and equanimity are first noticed here. Real joy and happiness from within happens more frequently as well. Perception softens and widens, bringing the ability to see the bigger picture.

There is only a small percentage of people born at the level of Acceptance. However, it is relatively easy to get to this level through the inner work of examining one's life and emotions, with healing practices and being willing to let go of whatever is holding you back. Releasing, letting go, and acceptance are the key to this level of consciousness, along with a high sense of responsibility over one's thoughts and emotions.

The key to transcending Allowance is the continued emotional clearing and release that allows the intuition from the Higher Self to come to the forefront of one's life.



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

Rationality is the highest of the strictly linear levels of consciousness. This is the level of scientists, upper business managers, great statesmen, many philosophers, authors, CEO's and others who depend on logic and reasoning to do their jobs. Intellectualizing, clear thinking, rationality, and ability to conceptualize are key traits here.

To arrive at this level of consciousness one must transcend the lower emotional states that prevent calm and clear thinking. Once this is done emotions are handled with more intelligence, and thinking and reasoning predominate. Education and a love of learning are of great importance at Rationality. The difficulty with this level is the tendency to identify very strongly with the intellect, and being overly enamoured with concepts and theories. This focus makes it difficult to discern essence and context.

People are generally not born at this level of consciousness - it is earned through the progressive ability to manage and transcend emotionality. As one works to let go of lower emotional states it is also possible to bypass this level of consciousness and instead open up to Inner Light and connect with the Higher Self.



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

Level of Consciousness Inner Light is the stepping stone of the spiritual awakening where the Inner Light has penetrated the densest parts of the person's energy field, thus awakening one to a Higher Consciousness.

Life becomes brighter, much lighter and filled with continuous synchronicities. Everything takes on a deeper meaning with insights into the inner workings of the mind, thoughts, and life as a whole. A common practice becomes being the observer of life "from above," thus gaining wisdom and higher intelligence. Once a person matures to a certain degree of spiritual knowledge and wisdom, a natural calling for Love arises to transcend the limitations of the spiritual mind.



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
- 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 Light

Related topics that support LOC Inner Light:

Daily Practices

<https://www.newhumanitylife.com/daily-practices>

Life Force Energy

<https://www.newhumanitylife.com/life-force-energy>

7 Chakras

<https://www.newhumanitylife.com/7-chakras>

High Vibrational Health

<https://www.newhumanitylife.com/high-vibrational-health>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

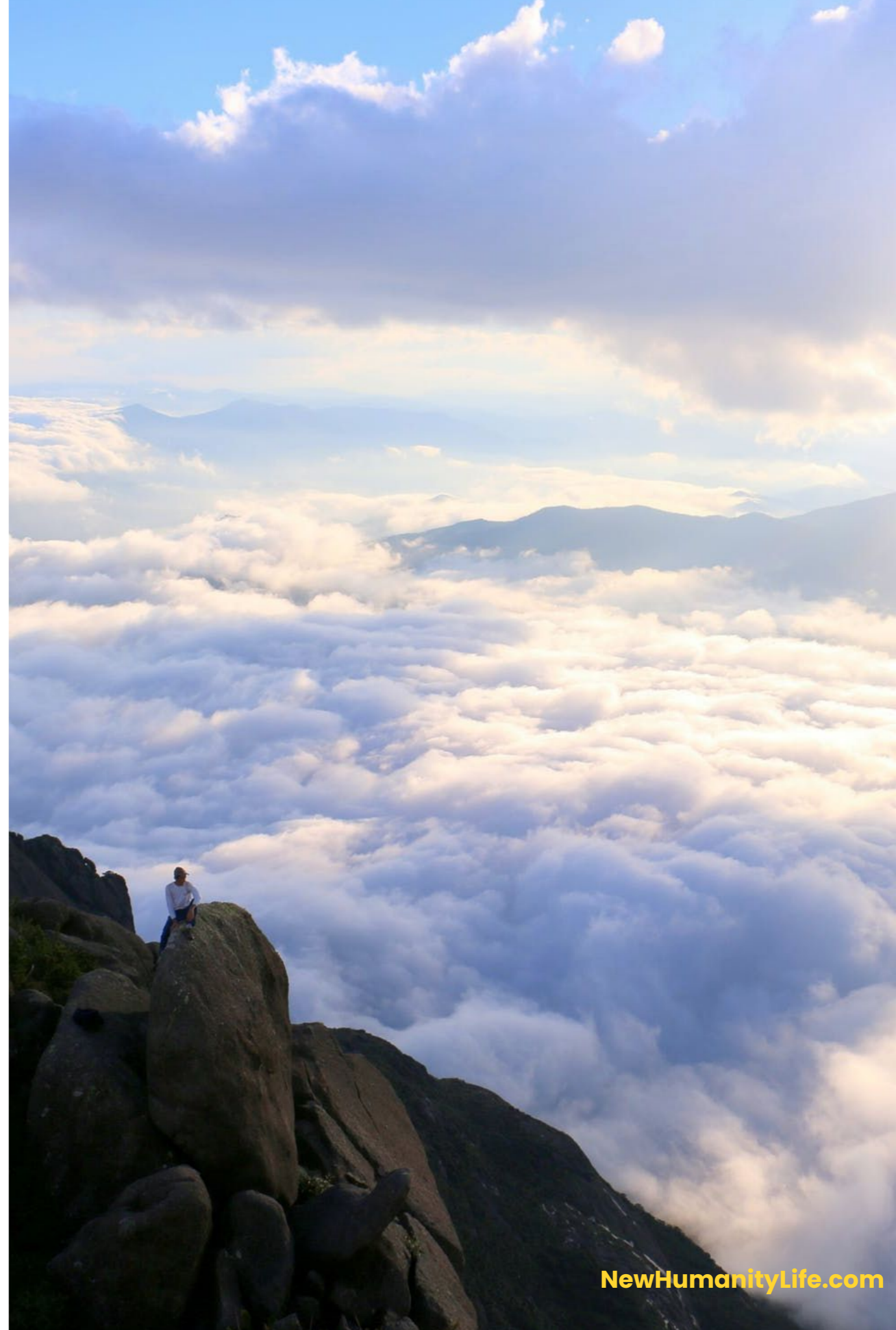
<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness Inner Wisdom

The Level of Consciousness of Inner Wisdom & Higher Self is experienced as a connection to one's inner spiritual wisdom and spirit, also known as Higher Consciousness. At this stage there is an internal space where one can observe their own thoughts, body and emotions in a neutral and more objective way. This space creates an opening for the Higher Self to be Present.

It can be felt as a higher intuitive sense, higher power, or even an internal voice that guides one through life in a more intuitive and gentle way, often overriding the linear mind and limited sensory consciousness.

The feeling of "I am not this body, these thoughts, emotions, I am the Spirit itself" arises at this level. Connecting to the Higher Self also begins the activation of the Light Body (Merkaba) and a gradual process of centering into the Spiritual Heart and Inner Love.



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 Wisdom

Related topics that support this LOC:

Inner Sun Amrita Nadi

<https://www.newhumanitylife.com/inner-sun-amrita-nadi>

Quantum Brain

<https://www.newhumanitylife.com/quantum-brain>

Ascension

<https://www.galacticacademy.org/ascension>

Manifestation Vortex

<https://www.galacticacademy.org/manifestation-vortex>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness

Inner Love

Inner Love is when the mind drops and centers into the Heart. The mind surrenders all its knowledge to Love because Love is the Answer. Inner Love opens its doors to the Heavenly realms.

It is the most beautiful spiritual honeymoon period where there is no more fear. Love is the way, and all there is Love. That is commonly defined as a 5th dimension in the Ascension teachings.

Inner Love can be opened by devoting yourself to your Inner Spirit, your Higher Self in the Heart. This Love further grows and matures to encompass love to oneself and loving thy neighbor, thus opening and expanding to the Unity Consciousness, where a person feels undeniable at-oneness with everything.

It is a feeling of connectedness, and life becomes complete, joyous, and a sense of serenity is felt in the mind because love and oneness give a deep fulfillment of life.



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

Inner Love

Related topics that support this LOC:

Restoring the Divine Feminine

<https://www.newhumanitylife.com/restoring-the-divine-feminine>

Healing

<https://www.galacticacademy.org/healing>

Heart and Love Playlist

https://www.youtube.com/playlist?list=PLu2fEVxVu_zOQuoRYfuxVb9WYettgFx04

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness Unity

Level of Consciousness Unity is an evident, strong feeling and connection with the Planet you live on. The degree of openness and sensitivity allows you to perceive that you are One with this conscious being, the planet, and you become aware that all living beings on this planet, including nature, animals and the atmosphere have a direct connection. The feeling is of a Unified connection and you find yourself living in Oneness and the flow of energy. The heart grows more as your connection keeps expanding and encompassing the planet, until the feeling of Separation merges into Oneness and Completion.

LOC Inner Light, Inner Wisdom, Inner Love and Unity are the states of consciousness where 95% of all spiritually awakened people reside, including Yoga/Meditation Teachers, Healers, Light Workers, Channelers etc, because the next step of LOC Presence is more advanced and usually quite challenging to open up.

Mindo usually gives an example of the Beach and the Ocean: “In LOC's Inner Love and Unity, a person is at the most beautiful tropical paradise beach enjoying the sunshine and from time to time dipping into the ocean for a swim. LOC Presence is the ocean itself. There is no more person. There is no one in heaven or on the beach. It is a complete surrender of the spiritual ego-self to the space/energy field of Presence itself. It is a dis-identification from energy.” Therefore, opening to Presence usually happens with direct guidance and a transmission from a spiritual teacher who is on a higher Level of 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 Unity

Related topics that support this LOC:

Restoring the Divine Feminine

<https://www.newhumanitylife.com/restoring-the-divine-feminine>

Quantum Brain

<https://www.newhumanitylife.com/quantum-brain>

Global Ascension

<https://www.galacticacademy.org/global-ascension>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness Presence

Level of Consciousness Presence is considered as spiritual adulthood, it is relatively rare and not many people are awake at this level of consciousness. Presence awakening is very different from all previous energy work and practices. It is a “Being” consciousness, rather than “Doing”. It is the “I AM”-ness, where Being is preferred instead of interacting with energies and objective phenomena.

There is a realization that there is no “doer” of an activity, because upon closer look there is no one here as such. It was only an assumed identity and actually all thoughts and emotions are happening by themselves, so there is no doer and there is no one that is doing something, it is all happening by itself actually. At this stage it might be easier to practice Karma Yoga (action without attachment to the result) because of letting go of the sense of doership, whether with conscious awareness or not.

Presence in Ascension teachings is the “I AM Presence” and a direct connectedness and full merging with the Soul where the Soul fully Descends back into the Body. The spirit now can Descend back to the body, back to Earth, thus establishing Heaven on Earth. It is also called Cosmic consciousness due to the exponential expansion of consciousness from the individual Higher Self to the Cosmic Christed Self. It is a true meaning of the HERE and NOW as a true Present Moment of being able to sustain not only Light and Love, but all passing energies in the “space” of the Present moment, thus the focus shifts from manifestation into Being a Space for manifestation to happen and pass by.



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 Presence

Related topics that support this LOC:

Enneagram

<https://www.newhumanitylife.com/enneagram>

Self Enquiry

<https://www.newhumanitylife.com/self-enquiry>

I AM Practice

<https://www.newhumanitylife.com/i-am-practice>

Presence Practice

<https://www.newhumanitylife.com/presence-practice>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness Non-Duality

Level of Consciousness Non-Duality is the next step of opening into Non-Dual realization beyond duality of Energies, of good and bad feelings, Yin and Yang - meaning that most of the Polarities and dual energies have been worked-through and Transcended. There is no more Doer-ship, it is abundance as Beingness, as I AM.

Compared to Presence, Non-Duality is even lighter and more expanded. The soul burns the heaviest karmic ties, and the biggest key conditionings are transcended.

There is a feeling as if there is no-one here any more, just present Nothingness. No identity, no person, no particular position, only Being in the Present Space of Nothingness. It is very relieving to know that the Mind is not needed any more, that Personal I AM is not needed any more either, thus there is no fixed position and Nothingness feels better. It is also much lighter than Presence, more detached from energies and polarities. A feeling of Liberation arises, thus it is called a Pre-Enlightenment phase.



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

Non-Duality

Related topics that support this LOC:

Self-Enquiry

<https://www.newhumanitylife.com/self-enquiry>

I AM Practice

<https://www.newhumanitylife.com/i-am-practice>

Anytime Anywhere Meditations

<https://www.newhumanitylife.com/anytime-anywhere-meditations>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

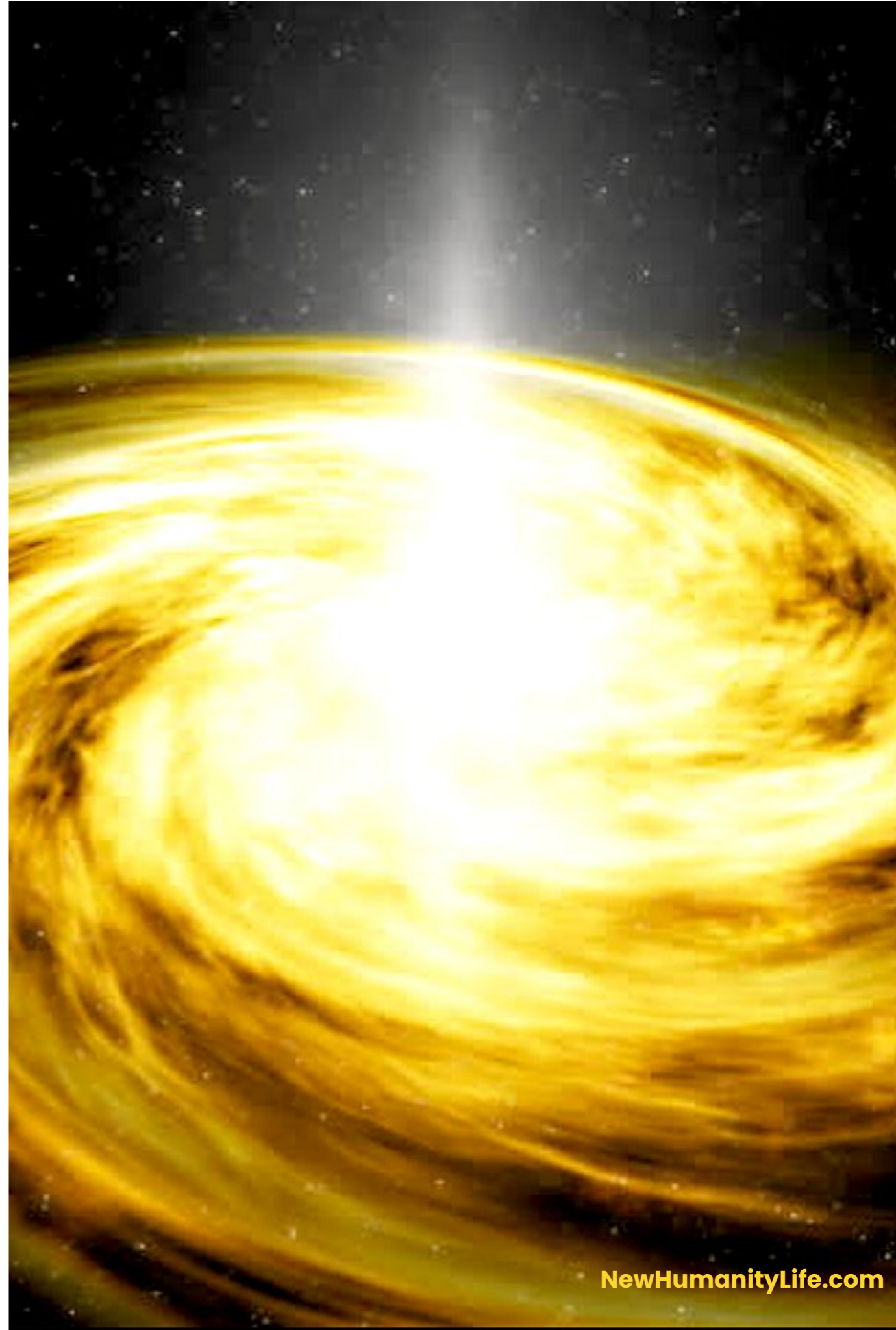
Level of Consciousness Awareness Awakening 1st Step of Enlightenment

Level of Consciousness Awareness is realization of Awareness as one's Self. There is a considerable degree of more lightness compared to Non-Dual space. Being Awareness becomes the fundamental identity. The seeker's consciousness is felt as pure and all pervading aware presence. A sense of boundlessness arises too.

Enlightenment is seen as the Universal Self, meaning that the consciousness is now expanded to encompass the whole universe as "I AM All", or "All-ness".

It is being "One" with everything as the whole universe, sometimes referred to as "Cosmic Oneness", or Universal Consciousness, the Unity Field.

The physical human Brain is lit up to the large degree of En-lightenment and brain-nervous system coherency. An enlightened person is now able to change their Perceptions (Emotions → Thoughts → Cognitions → Perceptions) and see what IS more Clearly.



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 Awareness Awakening 1st Step of Enlightenment

Related topics that support this LOC:

Awareness Awakening

<https://www.newhumanitylife.com/awareness-awakening-practice>

Inner Sun - Heart on the Right

<https://www.newhumanitylife.com/inner-sun-amrita-nadi>

Self-Enquiry Practice

<https://www.newhumanitylife.com/self-enquiry>

I AM Practice

<https://www.newhumanitylife.com/i-am-practice>

Anytime Anywhere Practices

<https://www.newhumanitylife.com/anytime-anywhere-meditations>

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness Great Void

Level of Consciousness Great Void is a complete surrender to the great UNKNOWN. Surrender of all universal knowledge that one has gained in the previous Awareness/Universal Self Consciousness. All that has been revealed must go back to the Emptiness of Void to be more liberated, to be relieved from Knowing.

The Knower can now rest from Knowing, such a lightness not to know and simply be open, in Awareness. Many teachers who stay at this level of consciousness develop a mystical or self-contradictory approach to their teachings, since they do not rely on Knowing any more and enjoy the Unknown.

This level of consciousness is also known as the Causal Plane of existence from where the Law of the Cause and Effect arises that governs all that happens in the universe and one's life.

It is also the "Unconsciousness", when one is in a deep sleep state. With the strength of the Light of Awareness gained in the previous level of consciousness, a seeker can now stay Aware even in the unconscious state. When awareness penetrates the unconsciousness, that is the next step of Enlightenment, beyond the universal womb, into the Divine. Usually that happens via Grace. It is the Grace that pulls one out of the universe, into the Divine. Grace is given either by one's own Self, by divine beings or another Self-Realized/Enlightened teacher.

In a cosmic sense, the Universal Void is the un-manifested Womb of the Universe. It is from the Dark Matter from where the Galaxies and stars are born. The Great Void is not a Cosmic Space like in Presence, nor a black hole or singularity experience, the Void is prior to that. There are many black holes and singularities in the universe, but the Void is the Shell of the Universe, like the Shell of an Egg.



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

Great Void

Related topics that support this LOC:

Awareness Awakening Practice

<https://www.newhumanitylife.com/awareness-awakening-practice>

Enneagram

<https://www.newhumanitylife.com/enneagram>

Consciousness Integration Playlist

https://www.youtube.com/playlist?list=PLu2fEVxVu_zPgaZPhCJzn1upni1S-kbZB

Questions & Answers

<https://www.newhumanitylife.com/questions-answers>

LOC Precautions

<https://www.newhumanitylife.com/loc-precautions>

Level of Consciousness

Divine Love - 2nd Step of Enlightenment

Divine Love is the 2nd step of Enlightenment when the Awareness penetrates through the great universal womb of the Great Void and comes “out of the universe” to see the Pure Consciousness / a more subtler light of Awareness. A true Devotion and Surrender to God in all of it’s forms takes place at this level of consciousness. It is the true unconditional devotion and love: “to love for the sake of love” and becoming the ecstatic lover of the Divine.

Through Grace, a person comes to the 2nd step of Enlightenment, as no person on their own can transcend the Universe itself. The seeker realizes that their own efforts to become enlightened or to get rid of the remaining ego will not suffice without the higher power of Grace, thus Devotion to God is recognized as a great way to remove obstacles on the path of Enlightenment.

Divine Love Union means that the two universal aspects of Father God and Mother God are in Union and through this Love Union the Universe was created and is being sustained. Divine Union is the completion of universal Male-Female aspects within.



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 Divine Love - 2nd Step of Enlightenment

Related topics that support this LOC:

Inner Sun Amrita Nadi

<https://www.newhumanitylife.com/inner-sun-amrita-nadi>

Enlightenment

<https://www.newhumanitylife.com/enlightenment>

Nervous System & Grounding

<https://www.newhumanitylife.com/nervous-system-and-grounding>

Enneagram

<https://www.newhumanitylife.com/enneagram>

Questions & Answers

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Level of Consciousness

Supra Causal Truth

3rd step of Enlightenment

Supra Causal Truth Consciousness is the Truth Self transcending the causality and nearly complete as the Absolute Self. The light of Full Consciousness is now shining clearly like a diamond or a crystal, and the Absolute Self is visible, but also the seed of the mind is visible too and there is a subtle duality left there.

There is a subtle thin veil or distance kept from “the World”, from “Others” and a slight resistance from being fully submerged with the world, thus not yet being the Absolute Self, which fully Includes the whole Experience, the World and Others.

The famous I-Thought is visible, as named by India's greatest sage, Bhagavan Sri Ramana Maharshi. The seed of separation is seen, and thus it needs to be isolated from all other thoughts and eventually eliminated by a continuous familiarization with the Absolute Self.

Abiding in the Heart on the Right, known as the Amrita Nadi or the Inner Sun helps for the final elimination of the I-Thought or I-Feeling and any sense of separation.

The I-Thought or I-Feeling is a very persistent and deceptive mechanism of self-preservation, usually “Hiding in a Cave”. In Buddhist teachings there is a saying that at this stage of realization if one sees a Buddha, one needs to “kill” it, since Buddha (Awakening) is emptiness and openness itself and not an image or an idea.



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

Supra Causal Truth

3rd step of Enlightenment

Related topics that support this LOC:

Enlightenment

<https://www.newhumanitylife.com/enlightenment>

Inner Sun Amrita Nadi

<https://www.newhumanitylife.com/inner-sun-amrita-nadi>

Enneagram

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Anytime Anywhere Meditations

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Nervous System and Grounding

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Level of Consciousness

Full Consciousness

4th Step of Enlightenment

Level of Full Consciousness is the Absolute Self, God Self, the Source of All that is. There is no more Diamond or Crystal filtering this Pure Light of Consciousness.

Full Consciousness feels very Natural and is named Sahaja, the Natural State. It is the end of seeking, the end of search as natural openness is found and is restful, empty and alive and it feels naturally like oneself, as a true, unlimited identity.

It is the final state of Enlightenment, and thus, the human consciousness now becomes complete. Divine and Ordinary become one. There is no more separation between Divine or Human, Physical or Spiritual, as all separations are dissolved. It is more than “oneness”, since there is no more object, subject or union of them. It is within the Absolute that oneness and separation appears, thus it is beyond oneness and separation.

All is seen as Self, all emanates from this Primordial Consciousness. The Self is unborn, undying, undivided, and inseparable. It is all there IS, manifested and unmanifested and as the Source of both. It is the “I AM THAT”.



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

Level of Consciousness

Full Consciousness

4th Step of Enlightenment

Related topics that support this LOC:

Enlightenment

<https://www.newhumanitylife.com/enlightenment>

Infinite Ascension

<https://www.newhumanitylife.com/infinite-ascension>

Enneagram

<https://www.newhumanitylife.com/enneagram>

Questions & Answers

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New Humanity School - Effective Awakening



850

*Inner Light, Love & Unity
Awakened Students
from around the World*



50

*Presence & Non-Duality
Consciousness
Realized Students*



30

*Enlightened Awareness to
Full Consciousness
Realized Students*

About Mindo

About Sat Mindo

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

His unique Full Consciousness Transmission has allowed over 850 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 Sat Mindo

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.SatMindo.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 Shame (20) to Presence (600).

Sat Mindo 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:

New Humanity *life*

www.NewHumanityLife.com

Also join us on Youtube:

New Humanity Life



Credits

Sat Mindo - 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

Noelle Kabel - Editing & Design

Jacqui Hughes Cuthel - Design

Mechele Tison - Editing

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