

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.

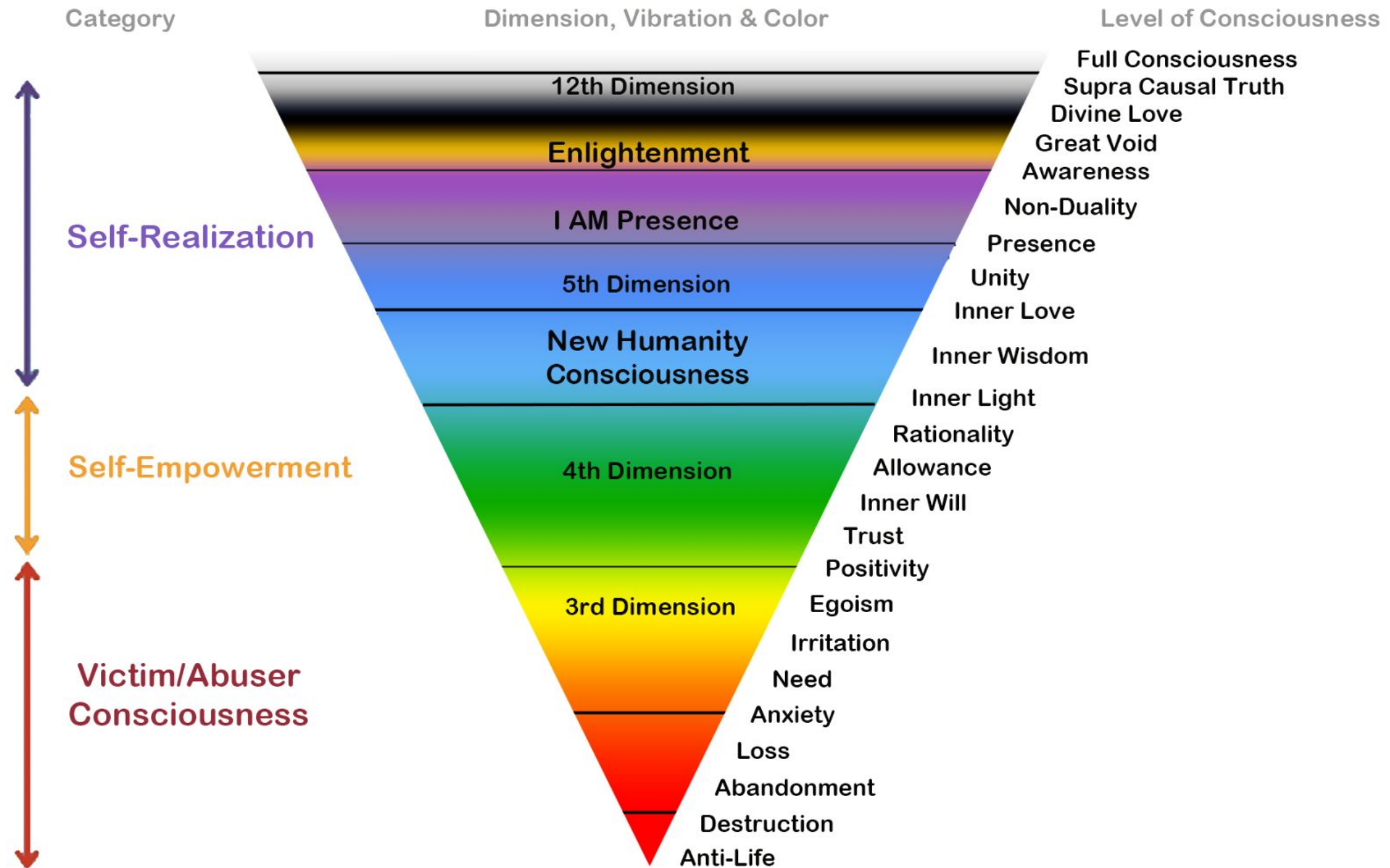
Self-Realization consciousness starts with the first Inner Light awakening, known as the Spiritual or Higher Consciousness awakening and progresses towards the Bliss of Full Consciousness and the Absolute Self.

*“Full Consciousness is the Source of your Being, it is
who you are, this boundless and open Natural Self.
Levels of Consciousness are the Guiding Map and the
Way of opening to your Full Consciousness.”*

– Sat Mindo

Levels of Consciousness[©]

A Map to Full Consciousness www.NewHumanityLife.com



Where are you now?

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3 Categories of Consciousness

3 Categories of Consciousness

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 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

[Read More >>](#)



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

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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
- 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

[Associated Meditation Practices >>](#)



Level of Consciousness

Inner Wisdom

The Level of Consciousness Inner Wisdom & Higher Self is experienced as a connection to one's inner spiritual wisdom and spirit, also known as Higher Consciousness. This is an expansion of the awakening when one is increasingly able to observe their own thoughts, body, and emotions neutrally and more objectively. It can be felt like a higher intuitive sense, higher power, or even an internal voice that guides one through life.

Inner Wisdom and Insight are gained, and more knowledge flows in. Various spiritual and energetic experiences with the Higher Self become available. A true exploration of the spiritual realms begins. The Higher Self is that fragment of your Soul that has never forgotten conscious oneness. It knows you inside and out because it is YOU. Trust that it is constantly working to bring you experiences that will best serve your evolution.

The feeling of "I am not this body, thoughts, emotions, I am the Spirit itself" arises at this level. Past experiences can be resolved to a certain degree here as the Higher Self pushes one towards healing and integration. Connecting to the Higher Self also begins a gradual process of clearing and activation of the seven chakras, kundalini energy, and a process of centering into the Spiritual Heart and Inner Love.



Level of Consciousness

Inner Wisdom

- Awakening of Inner Wisdom through inner spiritual understanding
- Neutral Observation of one's own body, emotions, and thoughts creates a space for the Higher Self to open
- The Higher Self is you, who is in a higher dimension: 4D Higher, 5D and above, often called your Spirit, Higher Consciousness, or Higher Spiritual Mind
- This level is above the linear mind and limited sensory consciousness
- Inner knowing and comfort to find the answer within, no need to search for answers outwardly
- DNA repair starts here with the connection to the Higher Consciousness
- Multi-dimensional experiences are common
- Feeling lighter in general, and a greater sense of freedom
- There is the possibility of the awakening of spiritual psychic abilities
- The Higher Self (not the Lower Self) remembers your past lives, knows all about this current lifetime, and has the key to future events
- For energy-sensitive people, there can be an activation of the seven chakras, kundalini energy, and light body (Merhaba)
- The recognition of "I am not this body, these thoughts, emotions, I am the Spirit itself" becomes stronger
- The mind begins to soften and increasingly open
- 8 months to 1 year is a good time to give for Inner Light and Higher Self exploration
- Working towards opening the Level of Inner Love / Spiritual Heart

Level of Consciousness

Inner Wisdom

[Associated Meditation Practices >>](#)



Level of Consciousness

Inner Love

Inner love is intelligent & unconditional love beyond intellect or attraction. Love on a lower level of consciousness is emotional love. Usually, it's reflected through your relationship with your partner, but on a higher level of consciousness, the intelligent love guides you within.

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 fear noticeably decreases, and a sense of wonder becomes natural. A courageous spirit arises to confront everything in oneself and one's life that is not a reflection of Love.

Inner Love is the consciousness level referred to as the 5th dimension in Ascension teachings. It can be opened by devoting yourself to your Inner Spirit, your own Higher Self in the Heart. This Love further grows and matures to encompass others, thus opening and expanding to Unity Consciousness, where a person feels at-oneness with everything.



Level of Consciousness

Inner Love

- Intelligent and compassionate Love
- Love from the inside, which is not dependent on outside circumstances
- Loving-kindness as a state of being
- Cultivating a compassionate heart starts here
- This is a spiritual honeymoon time being in love with all
- The capacity to love all living beings arises
- Love flows from inside the heart and uplifts those around you
- Is accompanied by a sense of truthfulness and pure motives
- Better discernment of the essence of people, situations, and issues
- More accurate Intuitive insights and holistic problem solving become possible
- Inner Ascension to Heaven (5th-dimensional consciousness)
- Connecting with Ascended Masters is common

Level of Consciousness

Inner Love

[Associated Meditation Practices >>](#)



Level of Consciousness Unity

Level of Consciousness Unity is a more holistic way of feeling oneself and oneness with others. Love becomes more unconditional, a natural sense of joy is common, and the heart opens to compassion for all sentient beings. The degree of openness and sensitivity allows you to perceive that you are One with planet earth, 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. The personal energy field is usually felt more unified as one whole field rather than made of different parts (i.e., chakras only).

Unity Consciousness is an expansion of the Inner Love level. As the heart opens, there may be a purging of the lower emotional energy that has been a part of the rigid mental and emotional conditioning. The heart grows more as your connection keeps expanding and encompassing the planet until the feeling of Separation merges into Oneness and Completion.

This field of consciousness positively affects others due to the compassionate and loving vibration emitted from a person at this level.



Level of Consciousness

Unity

- A strong feeling of oneness
- A sense that all is connected
- Inner completion of heavy emotional and mental energies, including the pain of separation
- Natural joy from within arises
- Level of spiritual healers, light workers, channelers, and meditation teachers
- Love becomes more unconditional
- Cultivation of compassion (Love with wisdom)
- Overcoming the pain of separation
- Your energy field feels more unified and whole (all parts being together)
- Integrates with the Divine Will of Planetary Consciousness
- American / Shamanic tradition is a great example of the Oneness with Nature
- Expanded feeling of responsibility for others
- Unity Consciousness has a significant positive effect on others

Level of Consciousness

Unity

[Associated Meditation Practices >>](#)



Level of Consciousness Presence

In spiritual evolution, the Level of Consciousness Presence is considered spiritual adulthood. This is the first sense of true peace and contentment. One can start to taste their true nature from the state of Presence. It is also the beginning of the time when deeper subconscious patterns can be healed.

Before Presence, there is emotional healing, but in Presence, the deeper aspects of the conditionings of being can surface. From here, one can start the journey of untangling oneself from the world and its illusions.

This level of consciousness is relatively rare. Presence is very different from all previous energy work and practices. In Presence, the sense of being a separate “I” starts to dissipate as the distortions and conditionings of the mind are seen and surrendered gradually.

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 activity because, upon a closer look, there is no one here as such. Only the present space is experienced. One realizes that there is no doer, and there is no one that is doing something - it is all happening by itself.



Level of Consciousness Presence

- Considered as spiritual adulthood
- A way of Being as I AM-ness
- To Be for the sake of Being, without a need to search for anything or engage in energies
- Simplicity is more restful than being engaged with complexities of energies
- The field of being beyond the Chakras/Kundalini and energy
- Starting to Familiarize and become more comfortable with the Unknown
- Being HERE in the Present Moment, nowhere else
- Realizing that the Truth must be here, where else would you find it?
- Allowing oneself to feel the deep feelings that previously were avoided
- The ability to begin processing deeper subconscious distortions
- The mighty “I AM Presence” in Ascension teachings
- A Cosmic Consciousness expands to the Galactic level
- Christ Consciousness where the ego dies on a cross of time and space
- Full merging with the Soul, where the Soul descends back into the body

Level of Consciousness Presence

[Associated Meditation Practices >>](#)



Level of Consciousness Non-Duality

Level of Consciousness Non-Duality is the next step of opening into non-Dual realization beyond the 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 abidance as Beingness, as I AM. You can say this is a deepening of Presence, but even lighter and more expanded. The soul burns the heaviest karmic ties, and the biggest key conditionings are transcended.

The evolutionary path becomes somewhat easier, as there is a feeling as if there is no one here anymore, just present Nothingness. No identity, no person, no position, only Being in the Present Space of Nothingness. It is very relieving to know that the Mind is not needed anymore, that Personal I AM is not needed anymore either; thus, there is no fixed position, and Nothingness feels better.

The subconscious conditionings are still surfacing for observation and release, but these processes become more subtle, lighter, and more detached from energies and polarities. A feeling of liberation arises. Non-duality is the Pre- Enlightenment phase of the journey.



Level of Consciousness

Non-Duality

- Realization of nothingness beyond polarities
- Most of the dual energies have been worked through and transcended
- No Doer-ship, abidance as a Beingness, as I AM
- Non-Duality is lighter and more expanded than Presence
- Beyond Yin and Yang is wholeness
- Seeing the whole thing from both sides, edges, and the imminent interconnectedness as a complete and whole picture
- One might fall into the trap of denying the phenomenal world
- The world still poses disturbances, as there is still inner refinement to complete
- The soul burns the heaviest karmic ties and transcends key conditionings
- A feeling of liberation arises
- A Pre-Enlightenment phase

Level of Consciousness Non-Duality

[Associated Meditation Practices >>](#)



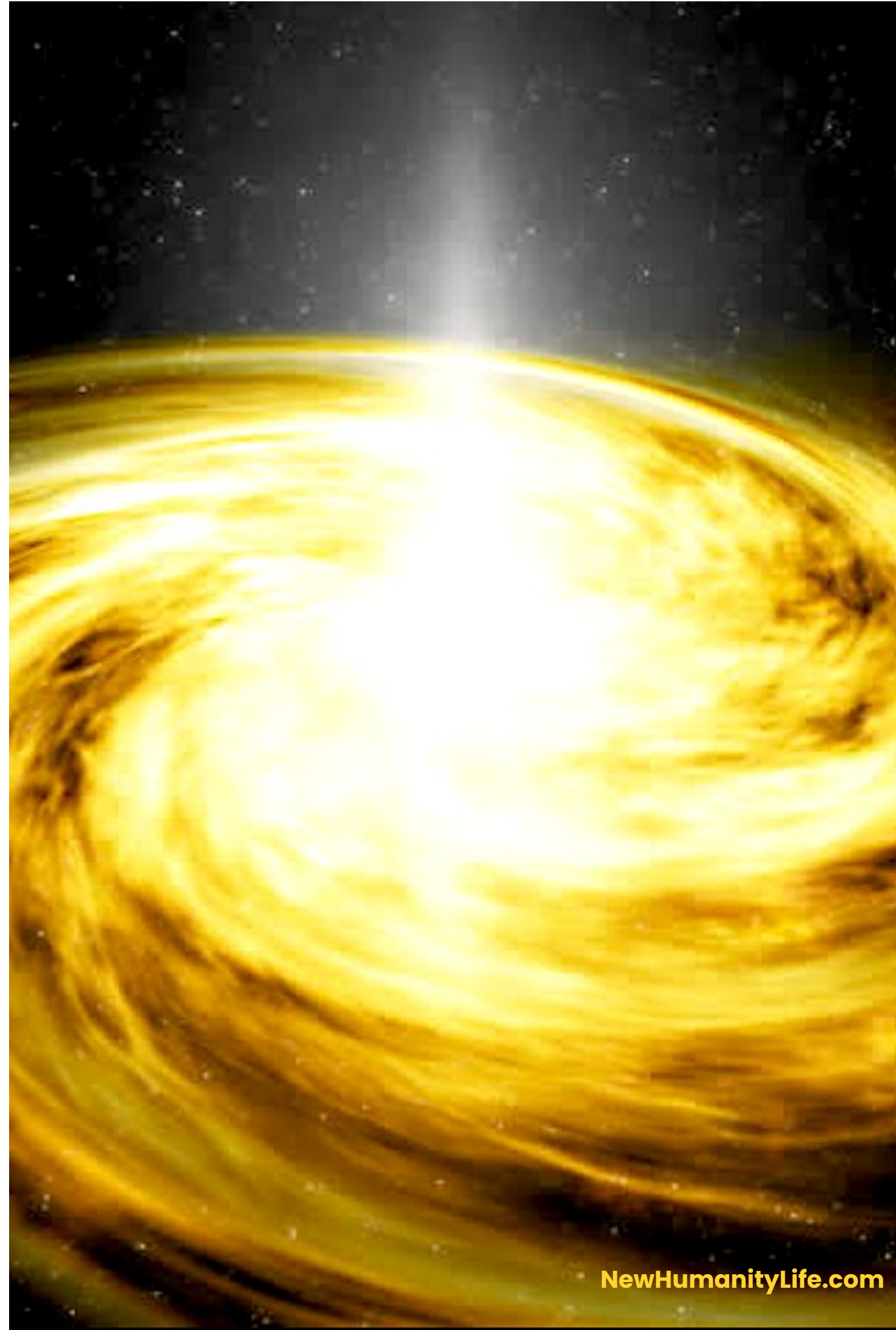
Level of Consciousness Awareness Awakening 1st Step of Enlightenment

Level of Consciousness Awareness is the realization of Awareness as your own Self. There is a considerable degree of lightness compared to Non-Dual space. Being Awareness becomes the fundamental identity. The seeker's consciousness is felt as a pure and all-pervading aware presence. A sense of larger openness arises as Awareness is beyond any space and nothingness.

The physical human brain is lit up to the large degree of En-lightenment and brain-nervous system coherency. The conditionings and distortions unravel more quickly in Awareness, revealing greater degree of clarity. An enlightened person can now change their perceptions and see what IS - the essence of IS-ness more directly.

In Awareness, the sense of separation from others is significantly decreased. The world seems less of a problem, and life seems to flow more smoothly.

This degree of Enlightenment can be seen as the Universal Self, meaning that the consciousness is now expanded to encompass the whole Universe as "I AM All" or "All-ness." This way of being "All" with everything as the entire universe is called Universal Consciousness or the Universal Mind or the Unity Field.



Level of Consciousness

Awareness Awakening

1st Step of Enlightenment

- Realization of Awareness as one-Self
- The Awareness of Awareness now becomes the fundamental identity
- The Presence of Awareness is always here and now
- Transcendence of objectivity and becoming the Pure Subject
- I AM-ness becomes less tangible and feels more as All-ness
- Greater degree of power and ability to meet life in a lighter way arises
- Universal Self, meaning that the previous Cosmic Self is now expanded to encompass the whole Universe
- At this stage, an enlightened person can change their perceptions (Emotions → Thoughts → Cognitions → Perceptions) and their fundamental views of reality to see what IS, from the perspective of an enlightened clarity
- The physical human nervous system has been lit up or literally 'enlightened.' This is the phase of the first level of Enlightenment, resulting in the larger brain-nervous system coherence

Level of Consciousness Awareness Awakening 1st Step of Enlightenment

[Associated Meditation Practices >>](#)



Level of Consciousness

Great Void

Level of Consciousness Great Void is a complete surrender to the great UNKNOWN. One must surrender the universal knowledge 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 and relieved from knowing.

The Knower can now rest from knowing. It is such a light feeling, “not to know.” Many teachers at this Level of Consciousness develop a mystical approach to their teachings since they no longer rely on knowing and enjoy the unknown.

Being in the Void is a very restful place. One can rest from needing to know, from comprehending the present experience, from the process of living, from feeling, sensing, or needing to have any general idea or definition about anything. One matures from any need to know, thus taking some time to rest from the mind as a whole.

This Level of Consciousness is also known as the Causal Plane of existence, from where the Law of Cause and Effect arises that governs all that happens in the universe and one's life. On a personal level, it is the Causal Body of one's own Unconsciousness.

This Level of Consciousness also allows access to the unconscious, unseen and not experienced except in a deep sleep. With the strength of the Light of Awareness gained in the previous Level of Consciousness, a seeker can stay aware even in the unconscious state to allow the deepest unconscious mental and psychological patterns to be seen and released.



Level of Consciousness

Great Void

- Unconsciousness and the state of deep sleep experienced while awake
- Causal Place of Existence and a personal Causal Body of one's own Unconsciousness
- The Great Universal Void as a Womb of creation
- A complete surrender to the great UNKNOWN. The Knower can now Rest from knowing
- All the knowledge of the universe gained in Awareness needs to be surrendered
- Freedom from needing to know or comprehend anything. Freedom and wisdom of the words "I don't know"
- Accessing fundamental assumptions and things taken for granted
- Deepest unconscious mental and psychological patterns can be seen and released
- The Light of Awareness needs to be strong enough to be able to step into the Void
- It is surrendering to THE Great Void; it is not a cosmic space, black hole, or singularity
- It is the dark matter or the womb of the universe from where the galaxies are born

Level of Consciousness

Great Void

[Associated Meditation Practices >>](#)



Level of Consciousness

Divine Love - 2nd Step of Enlightenment

Divine Love is the 2nd step of Enlightenment when one goes beyond the deepest unconsciousness, which is also the great universal womb, and comes “out of the universe” into the Divine where Pure Consciousness is experienced.

The Divine Self is like the Eternal Light of the Sun that never sleeps. Through Grace, a person comes to the 2nd step of Enlightenment, as no person on their own can transcend the Universe itself. Grace is received from the present Enlightened Beings, as well as from devotion to the past Enlightened Beings and Deities. True Devotion and Surrender to the Divine / God (in any higher forms) is a way to remove obstacles on the path of Enlightenment.

It is a genuine unconditional Love and devotion: “to love for the sake of love”. One can melt into this Divine Love and may feel how the “I” sense starts to dissolve into the Divine by giving oneself up to the Divine. The Divine light helps to transform, transmute, uplift, and melt into a higher level of Bliss (Samadhi).

Divine Love Union is also where the two universal aspects of Father God and Mother God, the Alpha and the Omega, are in a Divine Love Union. Through this Love Union, the Universe was created and is being sustained. Divine Union can be experienced as completing Universal Male-Female aspects within oneself.



Level of Consciousness

Divine Love - 2nd Step of Enlightenment

- Grace helps to penetrate through the Great Void, the womb of unconsciousness and causality, and to come “out of the universe” to the Divine and the Source of all creation
- The Unconsciousness or the Great Void is like the night, and the Divine Self is like the Eternal Light of the Sun that never sleeps
- It is through Divine Grace only that a person can rise to Divine Love consciousness, for no person on their own can transcend the universe itself
- Grace is usually received from the present Enlightened Beings, as well as from devotion to the past Enlightened Beings and Deities.
- Divine Love is where the two universal aspects of the Father God and Mother God, the Alpha and the Omega, are in a Divine Love Union. Through this union, the universe was birthed and is being sustained.
- Can be experienced as completion of Universal Male-Female aspects within oneself
- A genuine unconditional Love and Devotion. Many Bhakti (devotional) practices become truly fruitful at this stage
- It is a recognition of the Divine, and in this recognition, there is a melting and surrender to it. One offers and gives up their own “I” to the Divine and melts into the Divine. It is an offering of personal and impersonal selves to the Divine. The Divine is beyond the personal and impersonal
- A higher level of Bliss (Samadhi) can be experienced

Level of Consciousness

Divine Love - 2nd Step of Enlightenment

[Associated Meditation Practices >>](#)



Level of Consciousness

Supra Causal Truth

3rd step of Enlightenment

Supra Causal Truth Consciousness transcends the causality, where the Absolute Self becomes more visible and clear. The light of Full Consciousness is now shining through the seeker like via a diamond or a crystal, so there is much more clarity of Seeing. The seed of the mind and its way of birthing a sense of separation becomes also crystal clear.

This state of consciousness can lead to the desire to retreat from the world where one can enjoy a deep sense of peace and fulfillment. The problem is that the sense of “I” remains to be uprooted from its core. The I-Thought or I-Feeling is a very persistent and deceptive mechanism of self-preservation.

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. This veil, once removed, also resolves the perceived Separation of humanity and the Divine, the physical and spiritual are ONE in actuality, there is only ONE, all-inclusive and indivisible Self.

The seed of the mind, known as I-Thought or I-Sense, becomes visible. It was named by one of India's greatest sages, Bhagavan Sri Ramana Maharshi. The seed of separation is seen, and thus it needs to be isolated from all other thoughts and eventually transcended by a continuous familiarization with the Absolute Self.



Level of Consciousness

Supra Causal Truth

3rd step of Enlightenment

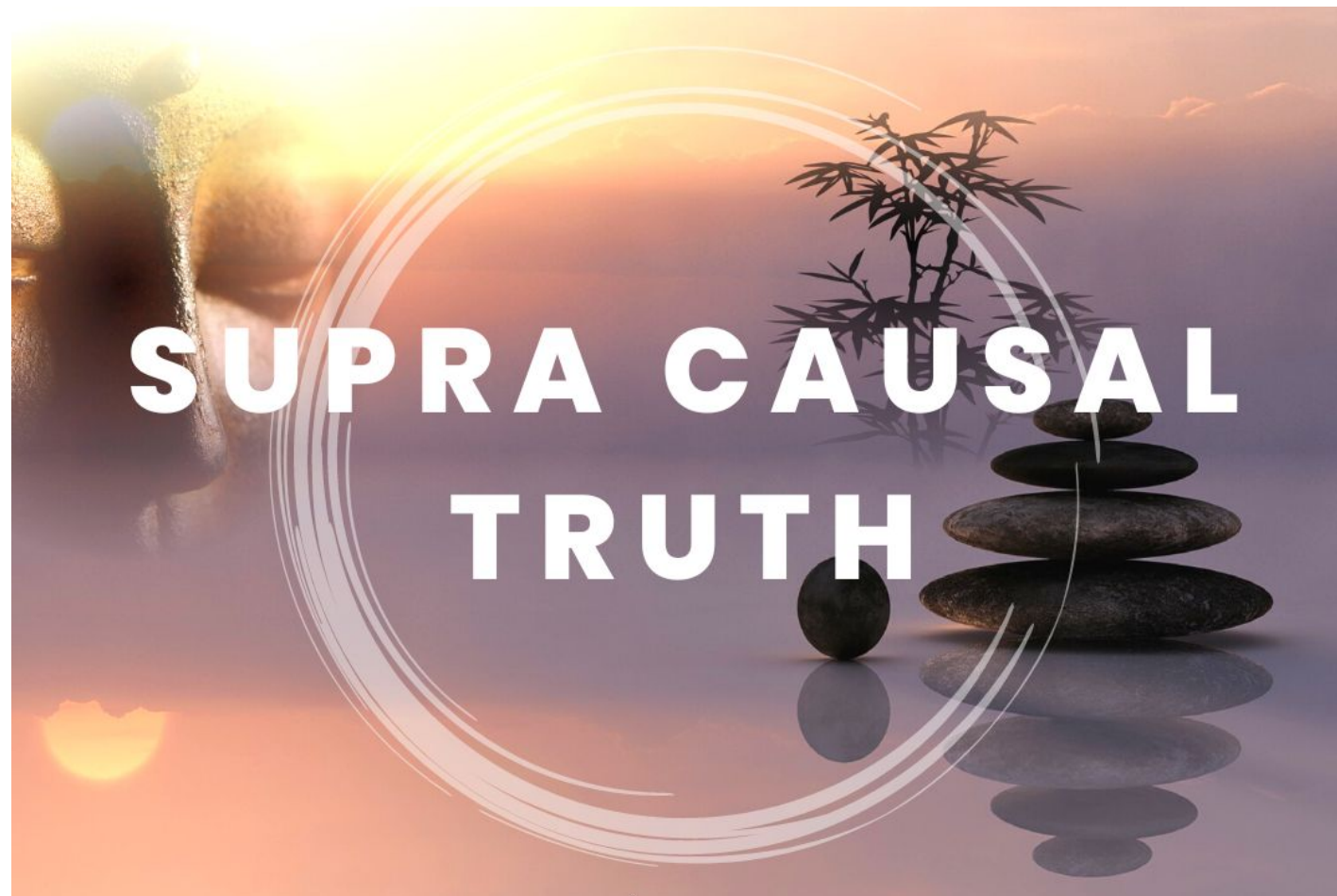
- The light of Full Consciousness is now shining “crystal-clear,” meaning with slight filtering via a crystal or diamond.
- Feels much more open than the Great Void & Divine Love and much lighter too
- Here, the famous I-Thought becomes visible, named by the greatest sage of India, Sri Ramana Maharshi
- The I-Thought or I-Feeling is a very persistent and deceptive mechanism of self-preservation
- The I-Thought or the I-Feeling needs to be isolated from all other thoughts and eventually eliminated by continuously familiarizing with the Absolute Self and abiding in the Heart on the Right, known as the Amrita Nadi or the Inner Sun
- To enquire, isolate and transcend the I-Thought / I-Sense usually needs assistance of a fully Self-Realized guide

Level of Consciousness

Supra Causal Truth

3rd step of Enlightenment

[Associated Meditation Practices >>](#)



Level of Consciousness

Full Consciousness

4th Step of Enlightenment

Full Consciousness feels very Natural. It is called Sahaja, the Natural State. It is the end of seeking, the end of the search, as natural openness is found and is restful, empty, and alive. It is closer than a blink of an eye. The Self is even closer than the sense of closeness. Beyond closeness is the Natural you, here and now. This openness feels naturally like oneself, as a true, unlimited identity. This is not the same as the sense of “no-self” that a person may feel in the higher states of Presence or Non-Duality, as there would still be a sense of separation and many problems with the world and perceptions. In Full consciousness, this separation is dissolved. There is only ONE, and all senses of “otherness” fade away.

In Full Consciousness, no more diamond, crystal, or any kind of filter is in the way of the Pure Light of Consciousness. Every soul is striving, at their own pace, to return to this state of consciousness eventually. It is the Absolute Self, God Self, the Source of All that is.

It is the final state of Non-Dual Enlightenment; thus, human consciousness becomes complete. Divine and the ordinary become ONE. All is seen as Self; all emanate from, and all IS this Primordial Consciousness. It is all there IS, manifested and unmanifested, as the Source of both. It is the “I AM THAT.”



Level of Consciousness

Full Consciousness

4th Step of Enlightenment

- Full Consciousness feels very natural and is named Sahaja, the Natural State
- The Absolute Self, God Realization, Source Consciousness, the IS-ness
- An ordinary Openness, Lightness, Spontaneity
- There is no more separation between physical or spiritual, human or divine, as all separations are dissolved
- All is seen as Self. The Self is unborn, undying, and undivided
- Without resistance, boundless and radiant NOW
- No self-contraction and self-opponent, nothing is excluded from the allness of the NOW. It is the Underlying Equanimity and Inclusivity of All
- Unmixed and Untethered Attention is the Pure Consciousness
- Self is absolute reality, not relative, the Source of all manifest and unmanifest
- Transcendent of form, name, vibration, frequency, energy, and space
- Unmoving Reality beyond phenomena, self-luminous NOW, all is perfect in exquisite splendor
- I AM THAT

Level of Consciousness

Full Consciousness

4th Step of Enlightenment

[Associated Meditation Practices >>](#)



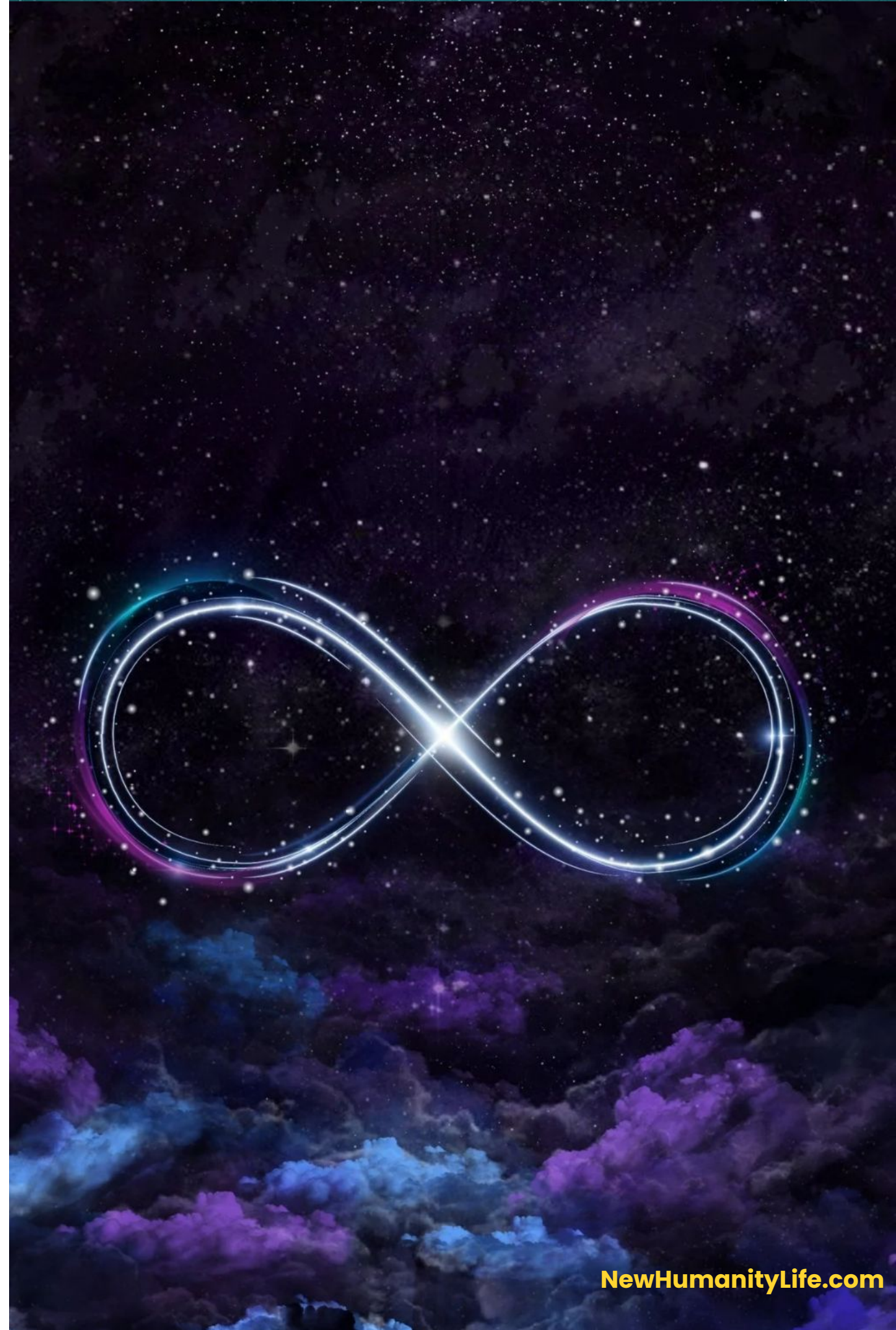
Infinite Levels & Advancement Beyond

After the Enlightenment of Full Consciousness, all spiritual beings continue their energetic Advancement

See Page LOCs of Spiritual Teachers and Advancement after awakening to Full Consciousness >>

Some beings continue their work of Ascension upwards and are designated as Masters of the Ancient Wisdom.

See Page Infinite Ascension to learn more about the Cosmic Hierarchy:
<https://www.newhumanitylife.com/infinite-ascension>



New Humanity Life - Effective Awakening

10

Full Consciousness
Realized Students

25

Enlightened Awareness
to Supra Causal Truth
Realized Students

50

Presence & Non-Duality
Consciousness
Realized Students

1000+

Inner Light, Love & Unity
Awakened Students
around the World

LOC Precautions of Teachers

- LOC Full Consciousness realizes you as openness beyond any fixations, as the absolute reality, eternal existence, consciousness, bliss, pure intelligence, ultimate oneness, and emptiness. It is a natural state, and then you will need time to Integrate that, to Experience that in your everyday life, in the usual life conditions, and that will take as much time as you will need. Usually, we would give it 2-7 years for integration after the opening.
- At LOC Full Consciousness, there can be ancient souls like Mahavatar Babaji, Jesus, Buddha, and Krishna. There can be cosmic beings like Sri Sathya Sai Baba, Sri Ramana Maharshi, Sri Anandamayi Ma, etc. There can be many other beings who are also at LOC Full Consciousness and still working on their integration, working through their life experiences, or even polishing up their conditioning. Hence, LOC Full Consciousness realizes one's Self and then follows time for integration and further advancement.
- It is becoming more common to open into LOC Full Consciousness while still being at lower vibrational energy intensities.
- Other teachers may measure LOCs from their point of reference. Thus the measurements may differ accordingly.
- The Level of Consciousness DOES NOT compare how good one or another teacher is; it DOES NOT compare their teachings.
- LOC only indicates the Level of Consciousness and NOT what one does with it or achieves their life or how they contribute to society.

LOC Precautions

Sometimes the Levels of Consciousness can create misunderstandings, often in the fields of hierarchy, ego, and the difference between opening and integration.

Therefore, we have created a list of the most important bullet points to let go of any false ideas, dreams, and judgments about the Levels of Consciousness and thus develop a deeper understanding.

- LOC does not mean being better than another
- LOC does not mean that you can't learn from people in lower LOCs
- LOC goes up and down throughout the day, so it is good to be aware that you are not always in your measured average LOC (for example, when you get triggered)
- Any LOC level can still contain blind spots, and any action from within these blind spots can be several hundred points lower in LOC
- When you identify with your LOC, that gives food for the ego
- LOC is different from your level of advancement
- There is a difference between Realization, Integration, and Advancement
- LOC isn't meant to create a hierarchy
- According to their LOC, judging people is misplaced - LOC says nothing about human behavior or being better or worse than another. It is a neutral statement about the current openness of consciousness.

Origins of the Levels of Consciousness

David R. Hawkins M.D. Ph.D (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). To understand the origins and research behind the Levels of Consciousness, it is recommended to read the book “Power vs. Force: The Hidden Determinants of Human Behavior” by David R. Hawkins M.D. Ph.D

Sat Mindo Damalis has been researching the Levels of Consciousness for over a decade and has contributed to this field from a practical perspective. His main focus has been on the self-realization category of the Levels of Consciousness from LOC Inner Light to LOC Full Consciousness, clearly explaining the path of Enlightenment with practical and effective approaches to awakening. Sat Mindo has also elaborated extensively about [Spiritual Teachers and further Advancement after awakening to Full Consciousness.](#)

About Sat Mindo & Lyonne Sundari

About Sat Mindo

Sat Mindo Damalis is a spiritual guide and founder of New Humanity Life International Academy. For over a decade, Sat Mindo has been assisting students worldwide to open up to Non-Duality, Enlightenment, and Full Consciousness. As a result, over a thousand people have benefited from his unique Full Consciousness Transmission in permanently raising their Consciousness.

Sat Mindo offers crystal-clear insights into the steps of Enlightenment, supporting and guiding you through every aspect of your awakening to the Natural Self (Sahaja Consciousness).



About Sat Mindo

Sat Mindo is a Founder of New Humanity Foundation, New Humanity Life International Academy, a Co-Founder of Stress Free Center & Float Spa Gozo and a Founder of New Humanity Civilization Initiative.

Sat Mindo holds weekly online LIVE Meditation Meetings, Satsangs, Teacher Training Courses, and International Retreats.

You can find more information on website:

www.SatMindo.org



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Life

About Lyonne Sundari

Lyonne Sundari is a way-shower and guide who teaches from a Non-Dual perspective and intuitively uncovers peoples' potential to become empowered and awakened to the inherent truth of one's deepest Self. She has worked with people from all walks of life as a teacher, healer, and mentor.

Consciousness transmissions with Lyonne have a special quality of Loving Presence, which is both powerful and radiant, melting and merging with your heart. Lyonne teaches a powerful way to unconditionally remain in your deepest Being so that you can gradually dissolve your sense of separation.



About Lyonne Sundari

Lyonne is a Co-Founder of New Humanity Foundation, New Humanity Life International Academy, New Humanity Civilization Initiative and a Co-Founder of Stress Free Center & Float Spa Gozo.

She holds weekly online LIVE Meditation Meetings, Satsangs, Teacher Training Courses, and International Retreats.

You can find more information on website:

www.LyonneSundari.com



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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 Life Academy, Levels of Consciousness Chart, Definitions of Levels of Inner Light to Full Consciousness

Lyonne Sundari - Co-Founder of New Humanity Life Academy, Effective Practices for Awakening

David R. Hawkins - Map of Consciousness and Applied Kinesiology

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