



CONSTELLATION OF CONSCIOUSNESS

Mapping the States of Being — inspired by David R. Hawkins

THE CONSTELLATION ORIGINS

Physician and researcher David R. Hawkins spent decades studying the emotional and energetic states human beings move through. He mapped them into what he called the Map of Consciousness — a tool for recognizing where we stand in any given moment. Every one of us carries the capacity to experience any level on this map; none of them are permanently “who we are.”

Hawkins’ research (detailed in his book, *Letting Go*) proposed that everything alive gives off a measurable energy — and most of us already sense this intuitively. We feel it in other people, in music, in a room we walk into, in the intention behind someone’s words. Life is constantly broadcasting its own frequency.

CALIBRATED ENERGY

The scale itself is logarithmic, not linear — like tends to attract like — and each level represents an exponential leap in energetic power, calibrated from 1 to 1000. At the top of the Constellation is Enlightenment, representing the highest energy level attainable in the human realm, all the way to the level of Shame, representing bare survival.

— adapted from *Letting Go*, David R. Hawkins, p. 29

THE COURAGE THRESHOLD

Courage (200) is the tipping point on the map. Below it, the energy is destructive — draining to ourselves and to the people around us. Above it, energy becomes life-supportive — building us up instead of wearing us down.

The lower end of the scale tends to travel with lower energy, weaker relationships, and poorer physical and emotional health — people there often drain the people around them, and tend to cluster together with others at the same level. As we release what’s weighing us down and rise toward Courage and beyond, life tends to open up: more ease, more success, more genuine abundance. We call these people “high energy” — the ones who seem to light up a room, who people and animals alike are drawn toward.

■ LAUNCHPAD TIP

Reaching Courage doesn’t mean the hard feelings disappear — it means we finally have enough energy to face them, because we’ve reclaimed our own sense of power and capability. Hawkins pointed to one fast route up the ladder: tell the truth — to yourself first, and then to everyone else.

THE CONSTELLATION OF CONSCIOUSNESS

A map of the various voyages of human experience: as one "moves up," focusing their attention and energy on the greater energetic states, the energy compounds exponentially, & the individual alters their baseline level, & vice versa. A dynamic representation of the range of human consciousness, adapted from David R. Hawkins' "Map of Consciousness."

Enlightenment 700–1000

Past what language can capture — the outer edge of what's reachable in a human life, the same field historically attributed to Buddha, Jesus, and Krishna.

Peace 600

Beyond separateness, beyond the intellect itself — a felt sense of perfection, stillness, and oneness with everything.

Joy 540

An open, unguarded love for every form of life, regardless of circumstance. Close to unity, close to the Self — everything appears extraordinarily beautiful.

Love 500

Sees the worth in every being and every form. Quick to forgive, endlessly nurturing, focused on the essence of a situation rather than its details, taking no sides.

Reason 400

The capacity to conceptualize, stay objective, and make fast, sound decisions — the root of science, philosophy, medicine, and engineering.

Acceptance 350

Free of inner resistance, this energy moves with life rather than against it — flexible, inclusive, easygoing, without assigning blame.

Willingness 310

Friendly, open-minded, and helpful — an energy that looks for ways to be of service.

Neutrality 250

An easygoing, take-it-as-it-comes energy — nonjudgmental, noncompetitive, free of rigid positions.

Courage 200

A determined, empowered energy, ready to engage with life — productive and self-reliant. This is where effective action first becomes possible.

Pride 175

An achievement-focused energy fixated on being right and being recognized — needing to be seen and heard, and feeling superior to others.

Anger 150

Irritable, explosive, and volatile — this energy overrides fear with force and threat, and runs on envy and resentment.

Desire 125

Always reaching outside itself for more — pleasure, acquisition, gratification — never satisfied, constantly craving.

Fear 100

Sees danger everywhere — avoidant, defensive, and preoccupied with security; jealous, possessive, restless, and anxious.

Grief 75

Carries regret, sadness, and loss — the feeling of "if only." A sense of separation, mournful, as though nothing further is possible.

Apathy 50

Hopelessness and numbness that reads as a drain on everyone nearby — immobilized and checked out, with little will left to try.

Guilt 30

Wants to punish, or be punished — leading to self-rejection, remorse, and self-sabotage. Carries a heavy sense of fault, sometimes turning destructive inward.

Shame 20

Deep humiliation, historically tied to being cast out from the group — corrosive to health, breeding cruelty toward the self and toward others.

ENERGY CENTERS — THE CHAKRA CORRELATION

The “chakras,” or wheels of the body, also correspond to different levels of energy and can be calibrated. The act of focusing our attention — and therefore our energy — on a specific center, and letting go of any sticky or stuck energy in or around that center, naturally brings us to an elevated energetic state. It is not the desire to experience or feel the higher energetic states that will bring us there. Rather, it is the continuous, moment-to-moment process of acknowledgment, of allowing and accepting our current energy now, and consciously choosing to let it go. The surrendering of our current energy now leads us naturally into the next unfoldment of consciousness — who knows what constellation we may takeoff to next! Interestingly, each energy center, as Hawkins found, corresponds to an energy level as shown in the following table:

ENERGY CENTER	CALIBRATION
Crown	600
Third Eye	525
Heart	505
Throat	350
Solar Plexus	275
Sacral / Spleen	275
Root / Base	200

THE CONSTELLATION IS YOU

We are the entire constellation of consciousness, meaning every state is accessible to us at any given moment. Because we are under constant flux, our consciousness may be in Joy one moment and Grief the next. However, with practice, we learn to love and appreciate all Constellations for what they are — temporary energetic states of being. We each have a baseline frequency we may return to, but with the practice of surrendering, that baseline can easily shift. You are never stuck; it can only seem that way due to the conditioning of the past, the bombardment of information from technology, from family, friends, work, advertisements, etc. If you keep surrendering, if you keep releasing, you reclaim the summit, the mountain top where no matter the weather or circumstances, nothing can touch you. You are free and in the flow of the Universe!

REFLECTION PROMPTS

1. Checking in with myself right now, what state might I be in? What state do I often return to when I am in solitude?
2. What can I do to raise my energy level a tad higher right now?
3. How can I prioritize my Constellation of Consciousness? Are there situations (both internal & external) that I find myself in that drain me? How about uplift me?

■ NAVIGATOR'S NOTE

Remember — noticing your constellation of consciousness is not a linear process. Each moment you notice and witness your internal state of being, you've already begun to raise your energy. Have grace and forgiveness, young astronauts!

SOURCES

Hawkins, David R. — Letting Go