

Levels of Consciousness

Mindset : Poor Me
Level of resilience: Zero
Energy Level: Lethargic
Energy Vibration: Repel
Opinion: No one is right
Governed By: Fear

LEVEL 1 *Asleep*



LEVEL 2
Waking

Mindset : Me and More
Level of resilience: Fragile
Energy Level: More down than up
Energy Vibration: Self Centred
Opinion: I'm right and you are wrong unless I decide that you are right
Governed by: Thoughts believed to be true/ Old Stories & paradigms



LEVEL 3
Activated

Mindset : Curious
Level of resilience: Strengthening
Energy Level: More up than down
Energy Vibration: Appealing
Opinion: I weigh up options and then choose a side
Governed by: Current Beliefs



LEVEL 4 *Kindred*

Mindset : Open
Level of resilience: Robust
Energy Level: In your control
Energy Vibration: Attraction
Opinion: Balanced
Governed by: Curiosity



LEVEL 5 *Evolved*

Mindset : Quiet
Level of resilience: Dignified
Energy Level: Sustained
Energy Vibration: Magnetic
Opinion: Constructive
Governed by: Love



LEVEL 6 *Nourished*

Mindset : Everything is as it should be
Level of resilience: At One
Energy Level: Sublime
Energy Vibration: Mesmeric
Opinion: Transcend Thoughts
Governed by: The Greater Good

Level 1

Asleep

INDIVIDUAL

- Isolated
- No trust in universe
- Fear
- Discouraged
- Seeks pleasure or misery

LEADER

- Victim
- Frustrated with others
- Worried/Anxious
- Incapable of inspiring
- Poor decision making

EMPLOYEE

- Bored
- No Initiative/lack of effort
- Demoralised
- Tired
- Feel worthless

CONSUMER

- Me First
- Scarcity mindset
- Jealous of others
- No ethical consideration
- Destructive patterns

PARENT

- Blame child or others
- Lack capacity to parent
- Impulsive
- Exhausted/survival mode
- Believes life to be unfair

CHILD

- Disengaged
- Lethargic/no effort
- Feels unworthy
- Sees no point in initiative
- Difficult/A menace

BUSINESS

- Fear based culture
- Short term focus
- Us and them mentality
- Do what we must to survive
- Favouritism

COMMUNITY

- Hopeless
- Greed
- No trust in leaders
- Nepotism
- My way

SOCIETY

- Greed
- Corruption
- Excessive Control
- Class discrepancy
- Crisis in trust
- Command and control

Level 2

Waking

INDIVIDUAL

- Stressed
- Uses the phrase "I'll try"
- Frustrated/Impatient
- Likes being right
- Focus on problem more than solution

LEADER

- Engages in conflict
- Feels lonely/unsupported
- Directive or reserved
- Judgmental of other departments
- Impatient

EMPLOYEE

- Work must be endured
- Believe are a team player but have selfish motives
- Sarcastic & Doubtful
- I should be in control
- Doing routine tasks

CONSUMER

- Me First
- Desire for more
- Know that there is more ethical options but justify why they do not choose

PARENT

- Takes more or less than 100% of responsibility
- Self Centred
- Control or ignore
- Judging and condemning

CHILD

- Judging
- Routinely attack authority
- Rarely reveal their intention
- Division between parents
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BUSINESS

- Micromanaged
- Say one thing/do another
- Pursuit of profit
- Low organisational energy
- Friction
- Compliance mindset

COMMUNITY

- Self serving interest
- Bureaucracy
- What people have that is valued and gives status
- Language like "my community"

SOCIETY

- People prone to envy and think people deserve what they get even when bad
- Insistence that the end justifies the means
- Force is an easy solution

Level 3

Activated

INDIVIDUAL

- Self managed & high esteem. Full of pride
- Tough jobs do not cause discomfort or dismay
- Engagement in life on own terms, Resolve issues

LEADER

- Support to learn/grow
- Trust and care mixed with judgement
- Involves team members in decisions
- Control and motivate

EMPLOYEE

- Not polarised by conflict
- Not troubled by unemployment
- Values appreciation
- Do not feel inferior doing all types of jobs

CONSUMER

- Evolving ethically
- Gateway to purchasing more mindfully
- Genuinely friendly
- Takes responsibility

PARENT

- Help learn from mistakes
- Organizing, planning
- Permit expression
- Create environment for children to self manage

CHILD

- Excellent student
- Bounce back well
- Will learn from others
- Work is done well and success common

BUSINESS

- Pockets of excellence
- Continuous Improvement
- Wage discrepancy
- Accountability for results
- Seek to abolish fear
- People in right roles

COMMUNITY

- Builders and contributors to society
- People are self centred
- People are impatient
- Move b/w positive and negative

SOCIETY

- Permit expression of idea
- Egos are everywhere
- A lot of "doing"
- See the possibilities
- Excited about the future
- Judgmental

Level 4

Kindred

INDIVIDUAL

- Taken back power
- Inspire faith and confidence
- Absolute integrity
- Willing to face inner issues
- Source of happiness inside

LEADER

- Synthesizes excellence with care and concern
- Emotionally intelligent
- Encourage experiments
- Decision making at all levels

EMPLOYEE

- Autonomous
- Working towards mastery
- Emotionally calm
- Can see without distortion
- Willing to look at own weaknesses and learn

CONSUMER

- Purchases deliberate
- Honour equality
- What is good for me is good for you.
- Hopefulness

PARENT

- Continuous Learning
- Long term over short term
- Free of discrimination
- High tolerance
- Respect and empathy

CHILD

- Willing & Courageous
- Selfish gain disintegrates
- nothing is hidden
- Can see fear is based on falsehoods

BUSINESS

- Stakeholder mindset
- Purpose over profit
- Commit to authenticity
- Innovation priority
- Create opportunities for people to flourish

COMMUNITY

- Tap into collective intelligence
- Compelling vision or dream
- Rigidity is lost
- Includes instead of rejects

SOCIETY

- Getting to an outcome requires maturity, discipline and patience
- Need to be careful not to naively trust in goodwill of low levels

Level 5

Evolved

INDIVIDUAL

- Not from the mind
- Fully aligned with purpose
- Unifying humanistic visionary
- Allied with integrity, excellence & beauty

LEADER

- Never compromise principles
- Fosters innovation
- Power through humility
- Provide meaning always
- Awareness of community

EMPLOYEE

- Collaboration
- Risen above separation
- Grow informal networks
- Happy as it is
- I have a good relationship with my ego

CONSUMER

- Improve the world
- Purchase where there is powerful meaning
- Uplifting, positive, passionate purchaser

PARENT

- Unconditional, unchanging and permanent love
- Tell the truth
- Principles are noble

CHILD

- Loving is a state of being
- I show empathy
- I have a "can do" attitude
- I make an effort
- Life is great

BUSINESS

- Shared value/purpose
- Alignment to message
- Caring/considerate
- Embrace transparency
- No hierarchical system
- Energetic

COMMUNITY

- Tactile
- A common buoyancy
- Instantaneous recognition of the totality of a problem
- People take no "position"

SOCIETY

- Principles are noble
- Can re-calibrate rather than attack
- Act with global perspective
- Purity of motive

Level 6

Nourished

INDIVIDUAL

- Self Realized/Enlightened - extremely rare
- Distinction between subject and object disappear
- Identification of self with the whole
- Loving and compassionate
- Fully integrated human. Silence in the mind.
- Zero Contradiction

LEADER

- Not uncommon to retreat, become a spiritual teacher
- A few become geniuses in respective fields and make major contributions to society
- Powerful inspiration
- Overcome seemingly impossible societal divides
- Peace over Force
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BUSINESS

- Higher purpose
- Shared ethical commitment
- Love and Care at core
- Of value to the greater good