



THE ROLE OF CONSCIOUSNESS IN HEALING



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What is Consciousness?

As an energy healer and bodyworker, I am always seeking methods and techniques to enhance my effectiveness as a practitioner and improve my own healing. As it turns out, my teacher Bear McKay was correct when stating ‘the secret to becoming an effective healer is to increase one’s level of consciousness.’ I didn’t truly understand what this meant until discovering the work of Dr. David Hawkins.

As we know, “everything is energy” per Albert Einstein. Your personal energy is comprised of the physical, such as your body, and also that which is mostly unseen, such as the energetic structures of meridian channels, the chakras, and the bio-field. Even lesser known is that your energy is also comprised of thoughts, emotions, attitudes, the conscious and unconscious mind, and all of your beliefs. Your thoughts, feelings, and beliefs and the patterns they create are far more influential in your life than you could ever imagine. Although energy is everywhere, and ultimately what we are made of, most people don’t know how to manage it for their own benefit or the benefit of those around them. Most people aren’t even aware that this energy can be measured as “levels of consciousness”.

Scales of Consciousness

Dr. David Hawkins, a successful psychiatrist and consciousness researcher, began to see common **levels** of thinking, feeling and behaving after treating thousands of his own patients. He realized that people’s life challenges and advances depended on their energy vibration, or, as he described it, their “level of consciousness”. He first outlined a scale measuring levels of consciousness or vibration, named the ‘Hawkins’ Map of Consciousness’, in his New York Times bestselling book ‘Power Versus Force’ (1995). Over a period of more than twenty-five years, he and his team of researchers used kinesiology (muscle testing) to measure the level of consciousness in everything they could imagine from people to books, music, events, and countries.

Hawkins documented these consciousness levels in a scale from 1 to 1,000. Each level describes the dominant emotional state of the person, the internal mental process they are often experiencing, their health, as well as their life view or perspective. Every single person, as well as large groups of people can be calibrated for their energy levels on this scale.

The scale isn’t meant to define anyone in a fixed place; human beings fluctuate through the different levels of this scale at varying points in their lifetimes. It is also important to note that no level is wrong or right, it’s just where one is at a given time.

The range of 1 to 600 represents the domain of the vast majority of human experience. The levels from 600 to 1000 defines the realm of non-ordinary evolution, or those people considered sages who have reached enlightenment or the highest spiritual states. One who has reached this level can be defined as embodying “pure consciousness itself”, representing the infinite potential, power and energy source of ALL existence, identified as “Deity”, “God”, or “Divinity”.² Examples of people who attained this level are Lord Jesus, Lord Buddha, and Lord Krishna.

The Hawkins' Scale of Consciousness

	Level	Scale (Log of)	Emotion	Process	Life-View
P O W E R	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
F O R C E	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable

The quality of life and those around you are greatly influenced by where you measure on this scale.³ Hawkins describes the levels as measured or “calibrated” and describes the higher levels as representing powerful “attractor fields”.

The lowest level of the scale is the emotion or state of shame, which vibrates (or calibrates) at 20. Grief calibrates at 75, fear is 100, desire is 125, anger is 150, pride is 175, and courage is 200, neutrality 250, willingness 310, acceptance 350, reason 400, love 500. Einstein and Freud calibrated at 499 with high states of reason. Joy calibrates at 540 and is also the “most common level of consciousness we may find in advanced spiritual students and healers.”⁴ On the high end of this scale, 600 is the level of peace or bliss and 700 to 1000 is considered enlightenment.

The Importance of Consciousness in Healing

When measuring a person on the Hawkins scale of consciousness, the “levels of consciousness are always mixed”; a person may operate on one level in a given area of life and on quite another level in another area. “An individual’s overall level of consciousness is the sum total effect of these various levels.”⁵ For example, a person may calibrate at 500 at work, 350 at home, 215 in physical health, and 275 in intimate relationship. This is useful information to know because the areas of lowest calibration may provide the greatest opportunity for raising a person’s overall average consciousness or vibration.

On the Hawkins scale a person who calibrates below 200 is considered a ***net consumer of energy***, a situation which he describes as living from “force”. Human populations as well as individuals calibrating below this level drain energy from society without reciprocating. These individuals are living a destructive and harmful behavioral lifestyle. This is because below 200, their primary impetus is personal survival and characterized by egocentric impulses arising from this need.⁶ Approximately 85% of the human race calibrates below this critical level of 200. These individuals are unable to differentiate truth from falsehood and live from a distorted

reality. And, according to Ken Wilber, an American writer on transpersonal psychology, this group is “unconscious of their own consciousness”.

In contrast, a person testing above the 200 level will ***begin to add energy to everything around them***, a situation defined as living from “power”. They are living a lifestyle that serves and benefits themselves and the whole of humanity. At the time of Hawkin’s first book ‘Power Versus Force’, published in 1995, the overall average human consciousness on the planet was approximately 207.” ⁷ My latest calibrations in July of 2016 indicated this average is now above 217.

There is something far more interesting to note about those living from force versus power. Hawkins states that ***“one must have reached an energy field of 200 in one’s development to be healable.”***⁹

All people calibrating below 200 are not only regularly experiencing negative emotions such as fear, hate, anger, and pride, but they see themselves as victims and powerless. They believe the source of power lies outside themselves and that they are at the mercy of it. They often associate with victimhood and feelings of being “vulnerable, defensive and possessive.” ¹¹ Interestingly, these people also tend to have a negative or weak energy field as tested by applied kinesiology. This leads to disrupted acupuncture meridian channels, low serotonin and neurotransmitter levels, and poor health and healing overall.

When a person attains the “initial level of empowerment of 200, the willingness to stop blaming and accept responsibility for one’s own actions, feelings, and beliefs arises.” ¹⁰ This is a key difference between living in power versus force. 200 is the level of courage with a life-view of feasible. Hawkin’s says that “courage implies the willingness to try new things and deal with the changes and challenges of life. People at this level begin to put back into the world as much energy as they take.” ¹² The level 200 is the point where “selfishness begins to turn into selflessness.”¹² Individuals at this level have a positive or strong energy field as tested by applied kinesiology. They may still experience the lesser negative feelings but now have the power to face, cope with, and handle those feelings. In Hawkin’s book ‘Healing and Recovery’ (2009), he confirms that individuals at this level also see a noticeable shift toward improved immunity, positive emotions, and a balanced acupuncture meridian system.

Therefore no amount of technique or skill as a healer will help a client heal unless the client can shift to a consciousness level of 200 or above! The belief transformation that has to occur is one from victim to taking responsibility for one’s actions. In Alcoholics Anonymous (AA) it’s said that “there can be no recovery until the subject experiences a change of personality” or attitude.¹⁴ Other consciousness-raising, spiritually oriented self-help groups agree. All of them require the first step to progress as “showing up with an open mind and willingness to improve.”⁹

One’s thoughts, attitudes, and beliefs that manifest a level of consciousness are not only a powerful barrier to healing, epigenetics is now proving that “our perceptions override our genetics”. In his book ‘The Biology of Belief’ (2005), Dr. Bruce Lipton reveals that medical research now shows that when we change our perceptions, our genes or gene expression can change as well. In other words, “everything we’ve left out of the traditional medical model - energy, thoughts, spirit- now turns out to be the primary mechanism of interaction with physical reality”¹⁵ and the primary mechanism which can help or hinder our health and well-being.

Aside from the profoundly important difference between a consciousness calibrations below or above 200, there are other important levels to note. For example, at 350, the level of acceptance, one takes an enormous jump into taking back one's own personal power. Here, a person comes "to the realization that the source of happiness is within oneself."¹⁶ These individuals are capable, adequate and confident and know that "no matter where they are, they will create a circumstance that will bring happiness."¹

Another big step is the 500 level, "characterized by the development of a love that is unconditional, unchanging, and permanent. It doesn't fluctuate - its source isn't dependent on external factors."¹⁷ Loving becomes a state of being for the person calibrating at this level. According to healer Christie Marie Sheldon, the developer of the 'Love or Above Energy Healing Program' (2011), "when you vibrate at this level, life becomes drastically different. Love, joy, and abundance are suddenly within your grasp. Pain, stress, and struggle seem to melt away."¹

Even "physicians who have risen to energy fields at 500 and above have become powerful healers, accomplishing striking successes with treatments that other physicians are unable to achieve similar results from."¹⁸ In utilizing the same technique or treatment as their colleagues, these physicians with higher states of consciousness produced greater results with their patients.

Beyond 500, the next big step is reaching 600 or higher, which is a state of peace or bliss. According to Hawkins, in a "field of 600 or higher, almost anything will heal."¹⁹ This energy field can transform a person's life as it is the beginning stages of illumination and enlightenment and often accompanied by feelings of light. A person who falls into Samadhi, or deep meditation, goes into a transcendental state when they reach 600 or higher. Near-death occurrences also fall into this field of bliss.

Kinesiology / Muscle Testing Basics

Dr. George Goodhart, a physiotherapist and author of the book 'Applied Kinesiology' (1964), developed a muscle testing technique that Hawkins utilized in his consciousness study. The basic premise of the testing technique was that "muscles being 'tested' become weak when the body was exposed to harmful stimuli and become strong when something therapeutic to the body was tested. "This was true no matter what the stimuli and also confirmed that the body would respond accurately, even when the conscious mind was unaware of the content of the test."²¹

This method can be used to identify a "yes or no" or "true or false" answer to any question. Kinesiology was originally used by its developers to diagnose and treat disease, identify and treat allergies, nutritional disorders and responses to medications. Eventually, other practitioners expanded this to treat and research the effects of other forms of stimuli on psychiatric patients such as attitudes, thoughts, feelings, situations, relationships, music, art forms and more.

Identifying Levels of Consciousness with Kinesiology

Hawkins utilized two people both calibrating 200 or greater for the muscle testing to be consistently accurate.

To begin the testing procedure, one person acted as test subject by holding out one arm laterally, parallel to the ground. The second person then pressed down with two fingers on the

wrist of the extended arm and says, “resist”. The subject then resisted the downward pressure with all his strength.

Next a statement was made by either party, and while the subject holds the statement in mind his arm’s strength was again tested by downward pressure. If the statement was negative, false, or reflected a calibration below 200 the test subject’s arm would “go weak”. This was defined as FALSE or life taking. If the answer was yes, or calibrated over 200 the subjects’ arm would remain “strong”, and this result was defined as TRUE or life giving/affirming.

To test the truth or falsehood of a declarative statement, one may ask “does this item/person calibrate over 100 on the Hawkins’ scale of consciousness?”, “over 200?”, “over 300?”, and so on until you are able to identify where on the scale the item or person calibrates.

To muscle test a substance, such as a nutritional supplement or book, you may either have the substance in physical contact with the subject’s body OR have the test subject hold a mere image of the substance in their mind! Again, a positive, nourishing substance will test with a strong muscle response and a negative substance will cause the muscle to go weak.

Anything may be tested, regardless of the subject or the tester’s knowledge or awareness on a topic. This is because the individual human mind is like a computer terminal connected to a giant database called consciousness. We all have access to this database and the unlimited information it contains.²² Our own consciousness is simply an individual expression within the common consciousness, or database, of all mankind.

Kinesiology is a simple and fast method that determines the level of TRUTH of anyone and anything. It may save you time and money! It may aid you in determining the best book to read, the most effective class to take, the better teacher to learn from, what media to gather information from, which employee to hire, which office space to lease, and so on. It may also aid you in determining the best focus or technique to aid in a client’s healing and self-care recommendations. Most importantly, kinesiology can help you determine the level of consciousness of anything you test.

It is important to note that there are muscle testing techniques one can use on oneself, without the aid of a second person. These techniques can be found in the book ‘The Emotion Code’ (2007), by Dr. Bradley Nelson. The book describes several self-muscle testing techniques for identifying and healing trapped emotions in the physical body, but muscle testing can be applied to all uses previously mentioned.

Why Increase Consciousness?

Raising one’s own consciousness takes consistent dedicated self-work. So why put the effort toward this? Raising consciousness can improve the quality of one’s life in various ways. Those with higher consciousness levels experience increasing levels of health, healing, happiness, positive emotions, and endorphins. Additionally, the higher a person or group calibrates on the scale, the lower the levels of unemployment, poverty, and criminality. And, as we will see later in this paper, the higher the consciousness the more positive and uplifting an effect an individual may have on others.

The Importance of Consciousness as a Healer

The importance of increasing one's level of consciousness as a healer cannot be understated. No matter the techniques, skills, and time spent facilitating a client's healing, very little healing may occur unless two things are present: 1) the healer is coming from a place of power (at or above 200) on the Hawkins' scale of consciousness and 2) the healer is able to facilitate the client into a place of power themselves. Additionally, the higher on the consciousness scale they can facilitate a healing session from, the more profound their ability to affect the client's level of healing.

This leads us to one of the most fascinating aspects of Hawkins' research, the idea of counterbalancing. High energy or highly conscious people can counterbalance the effect of lower energy or lower conscious people. For example, Dr. Wayne Dyer has said that when Mother Theresa (who calibrated at 700) walked into a room, everyone was suddenly filled with a feeling of bliss. He also stated that thoughts of hatred were almost impossible to have in her presence. Hawkins indicates that one person calibrating and "operating at a level of 500 can lift 750,000 people above a level of 200. A single individual who calibrates at level 700 or above, such as Mahatma Gandhi (780) or Mother Theresa, can counterbalance 70 million individuals below 200."²⁴ An Avatar such as Christ or Buddha who calibrates at 1000 will "set up attractor patterns (magnetic fields of power) of such enormous force" that this one person has a globally positive effect on all of human consciousness.²

Although most of us won't attain such high levels, if we as healers calibrate at 550 or greater, then a phenomena described as **entrainment** can occur.²⁵ Entrainment is what occurs for any person in the presence of a high vibrational healer or teacher. It is the dominance of a powerful attractor field helping them experience a higher state of consciousness. In the book 'Madras' (1958), Sri Maharishi had explained that this state won't persist outside of the higher energy field of the teacher but the 'high' obtained from entrainments "are so powerful that once they have been experienced, they are never forgotten, and therefore, are sought ever after."²⁷ "The higher the attainment of each of these states, the greater its power to reprogram the subject's entire life. Just one instant in a very high state can completely change a person's orientation to life, as well as his goals and values."²⁸ Thus, as a healer holding a high state of consciousness, we could fundamentally influence a client's life and well-being by simply **being** in their presence.

How to Raise One's Consciousness

Hawkins indicates that the growth of consciousness, both individually and collectively, can take place either slowly or suddenly. It is possible for a few people to make "sudden positive jumps, leaping even hundreds of points" on the scale of consciousness in their lifetimes.²⁹ Examples of such people that we have studied in The McKay Method® School of Energy Healing are Byron Katie and Eckhart Tolle. Katie is the author of 'Loving What Is' (2002), who jumped from a consciousness level of around 200 to over 500 in a moment of inspiration. Tolle authored 'The Power of Now' (1999), and leapt to over 600 with his awakening experience. Both individuals wrote about their accelerated growth experiences in their respective books.

The majority of people may not move from one level of consciousness to another during their lifetimes. Hawkins indicated that the energy field calibrated for an individual at birth only increases, on the average, about 5 points over the course of a lifetime. However, moving from 361.0 to 361.1 is a very meaningful and significant increase in power level which can transform both one's life and one's effect on the world at large.³⁰ This is because the calibration scales do not represent linear progression, but exponential progression. In other words fear, calibrating at

the level of 100, is overpowered by Love, at 500, because the power of love is represented as 10^{500} , and fear is only 10^{100} . Thus, an increase in even a few points represents a major (and exponential) advance in power.”²³

My personal experience is that there seems to be an accelerated growth in human consciousness since Hawkins’ first writings in 1995. In my personal life as well as clients I see in my healing practice, shifts of greater than 5 points are occurring within weeks, months or years instead of lifetimes. I have even had a client, who is a healer himself, jump over 70 points on the scale of consciousness over the course of a few weeks.

So how does one grow one’s consciousness? Based on personal experience, along with supportive findings from Dr. Hawkins’ research, the following six practices, when followed regularly, will strongly influence your move up the scale.

1: Give up weak attractors for strong attractors

All of the great teachers throughout history of our species have merely taught one thing, over and over, in whatever language, at whatever time. To simplify, all have said, “give up weak attractors for strong attractors.”³¹ This means utilize the scales of consciousness to avoid the substances that make one’s body go weak with muscle testing. In diet this means avoiding things like “synthetics, plastics, artificial coloring, preservatives, insecticides, artificial sweeteners, and chemically produced foods.”³² In daily life this means avoiding and reducing exposure to people, places, emotions, attitudes, thoughts, media, and other things that muscle test poorly for you.

It is interesting to note that muscle testing showed that a fairly typical TV show caused test subjects to go weak 113 time during a single episode. Each of those weakening events suppressed the observer’s immune system, nervous system, and even brain function.³⁴ So, it is important to remember that just as the entrainment to higher energy fields has growth-enhancing effect on the subject, entrainment by lower attractor fields also has a destructive and disease forming effect.³⁵

Alternatively, surround yourself with strong attractors. Consume a strong attractor diet and utilize personal care products that muscle test well. Simply exposing yourself to higher level conscious material, whether you understand it or not also has a beneficial effect on raising one’s vibration. For example, the book ‘Power Versus Force’ (1995) calibrates around 800 on the consciousness scale. The author indicates that a “thorough **absorption** of the material presented in this book has been shown to be able to raise one’s level of consciousness by an average of 35 points.”³⁶ I found Hawkins’ prediction to be accurate. The many months of researching and spending time with his material did bump me up the scale approximately 27 points and I am certain more time spent with this material will yield greater understanding and growth.

2: Detox your lower conscious material

On the physical level, clearing lower conscious material means detoxifying lower vibrational substances that test weak in your body. These are most commonly things such as toxins and pathogens you may be carrying. Working with a nutritional professional, naturopath or other holistic practitioner, you may muscle test priorities and then gently and effectively cleanse the body of fungus, molds, bacteria, parasites, viruses, yeast, heavy metals, and heavy chemicals.

On the unseen level energy healing methods such as the The McKay Method® are one of the most effective ways to address and detox the lower conscious patterns one carries. These patterns manifest as thoughts, feelings, beliefs, and fears. Like healer Christie Marie Sheldon, I see that clearing “negative thoughts, beliefs, feelings about certain subjects and events in a client’s life” can lead to the client’s personal level of consciousness changing. This is because their thoughts, beliefs and ideas are often attached to other lower energetic frequencies of fear, anger, guilt, or shame.

As always, be sure to utilize the scales of consciousness to identify the best energy healing practitioners and teachers for you. Per Hawkins “the true teacher never controls anyone’s life in any way, instead, they merely explain how to advance consciousness.”⁴⁷ When you find a highly conscious healer and teacher to work with, you will also have the added benefit of experiencing entrainment and counterbalancing!

2: Adopt a forgiveness practice

Forgiveness calibrates on the Hawkins’ scale at 350. Many spiritual centers have forgiveness practices as a part of their core curriculum for a good reason. According to Colin Tipping in ‘Radical Forgiveness’ (2011), these practices are designed to help us “break the cycle of blame and victimhood”, and help us adopt an empowering attitude that helps us fully embrace every experience.” A forgiveness practice can raise our level from below 200 to above 200. Hawkins says this of forgiveness: “To have compassion for oneself and all of mankind is instrumental, not only in recovery, but for any major advancement of consciousness.”⁴⁰ So whether it’s a daily forgiveness prayer or a weekly class you attend, use muscle testing to guide you to the most beneficial expression of forgiveness for you.

My favorite method is a simply daily ritual similar to the Hawaiian practice of Ho’oponopono. I choose one person or one experience to focus my practice upon and repeat the statements out loud until I feel more at peace.

- “I forgive myself”
- “I forgive those who have harmed me”
- “I ask forgiveness of all those I have harmed”

3: Adopt a gratitude practice

“The difference in power between a loving thought and a fearful thought is so enormous as to be beyond the capacity of the human imagination to easily to comprehend. Even a few loving thoughts during the course of the day more than counterbalance all of our negative thoughts.”⁴¹ Therefore, gratitude, which falls somewhere above 540 on the scale and can rank even higher than 600 can be a powerful tool in counteracting your daily habitual lower consciousness feeling and thought states.

Robert Emmons, the author of ‘The Science Behind Gratitude’ (2016) concurs that “people who regularly practice gratitude by taking time to notice and reflect upon the things they’re thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.” Simply keeping a gratitude journal

and regularly journaling on what we are thankful for can significantly increase well-being and life satisfaction.

My favorite gratitude exercise is to free write for five minutes daily a list of all the things I am grateful for in that day. Eventually, this written habit may begin to spill out into the experiencing of more gratitude in-the-moment as events actually occur throughout daily life.

4: Surround yourself with higher calibration people

You are defined by the company you keep. Just as we learned that the influence of a few individuals of advanced consciousness counterbalances entire populations at lower levels, the converse is also true. Extreme negativity of a few people may “drag the general level of consciousness”³³ down. This can happen in small or large groups of people or even within entire cultures, such as the 1940’s Nazi Germany. Motivational speaker Jim Rohn famously said “we are the average of the five people we spend the most time with” and he makes an excellent point! This is a well-known phenomenon among self-help spiritually focused groups and is reflected in the saying “just bring the body to the meeting.” If you merely expose yourself to the influence of higher patterns or persons, they begin to “rub off” and you may “get it by osmosis.”⁴³ Thus, spend time with people who calibrate higher than you. This could be friends, a class, a book group, or even a spiritual group. Your level of consciousness depends upon it.

5: Develop a meditation practice

“Over the ages, it’s been noted that merely observing the mind tends to increase one’s level of consciousness.”²⁶ The best way to observe one’s mind is to develop a meditation practice. In doing so, the “mind that’s being watched becomes more humble and begins to relinquish its claims to omniscience. From thinking we are our minds, we begin to see that we **have minds**, and that it’s the mind that generates thoughts, beliefs, feelings, and opinions - eventually, we may arrive at the insight that all of our thoughts are merely borrowed from the great database of consciousness and were never really our own.”⁴⁴

There are many forms of meditation so use kinesiology to guide you to a method which is a good fit for you. No matter what form of meditation you are drawn to, practicing it daily will increase your level of consciousness over time. The power and importance of meditation on consciousness levels has also been shown via the ‘The Maharishi Effect’. Named after Maharishi Mahesh Yogi, several studies described how when 1% of a community practiced the Transcendental Meditation (TM®) program, the crime rate in the surrounding area was reduced by an average of 16%!

Other types of practices, such as Byron Katie’s ‘The Work’ or the ‘Avatar’ courses, bring focused attention on observing and questioning one’s own thoughts. These programs, similar to meditation, have a consciousness raising effect. Again, it is advisable to use muscle testing to identify what type of practice to focus your time and attention on. A minimum of 20 minutes a day is enough to make a difference!

6: Seek entrainment

“To seek enlightenment is to seek entrainment to the most powerful attractor patterns.”⁴⁵ We know that entrainment can occur in the presence of a guru, great healer, or higher vibrational person, but it may also happen “through intense meditation, love, religion, classical music, or art

or through the practice of spiritual disciplines.”⁴⁶ Find things that calibrate high on the scale of consciousness, usually 500 or above, which also bring you joy. Expose yourself to them regularly. For me, this means playing with puppies at the local animal rescue or spending time in the ocean. Remember that these ‘highs’ you experience during entrainment may temporarily or even permanently raise your consciousness.

Facilitating Growth in the Consciousness of Your Clients

To ensure the greatest facilitation of consciousness in one’s clients, the healer should always try to ensure they are coming from a place of power and, in fact, should continue to work to achieve the highest level of consciousness they are capable of. This could facilitate the most easeful healing and growth for their clients.

Facilitating the client into a place of power will likely involve one or more of the six consciousness raising practices mentioned above as self-care tools. I recommend using muscle testing to identify which of those practices would best aid a client’s growth is recommended.

Although clients who calibrate below 200 in my energy healing practice are few, I do see many below this level for massage and lymph drainage therapy services. In addition to muscle testing to identify where exactly the client calibrates, I have two questions on my health history intake that may also identify where they test. 1) “What do you believe is the reason for your current health condition?” Clients who never identify their own choices or decisions are likely to calibrate below 200. 2) “How much change are you willing to make for improving your health? Minimal, some, or complete?” Clients who leave this blank or choose ‘minimal’ often calibrate below the critical healing level of 200. Keep in mind, this information is used as an assessment tool for the healer only.

The potential uses of the Hawkins’ scale for a healer working with clients are numerous. Here are just a few ways healers can use the scales of consciousness in their practices (with “yes and no” kinesiology testing):

- Identify a client’s original birth consciousness.
- Identify the client’s consciousness level before a session.
- Identify the client’s consciousness level after a session to note the effectiveness of the session.
- Identify and utilize the appropriate calibration level to work from during the session (usually 540 and above) and intend to set that as a coherent field to work within.
- Identify which thoughts, beliefs, emotions, fears, and energetic patterns are the biggest contributors to the lowering of a client’s overall calibrated level and work on those first.
- Identify where in the client’s lifetime their calibration numbers dropped and why, and focus the healing session on the physical, mental, emotional, or spiritual aspects of those particular events.
- Create a list of techniques you are trained in and use muscle testing to identify which ones to utilize in a session.
- Identify which organs, glands, and energetic structures need the most attention.
- Identify when the client should return for their next healing session.
- Identify what type of additional healing work (referrals/other practitioners) may best facilitate the client’s continual growth.

- Identify the most important weak attractors (substances, situations, and people) the client should most avoid and the strong attractors (substances, situations, and people) the clients should increase their exposure to.

Conclusion

Since the key to becoming an effective healer is to increase one's own level of consciousness, the role of consciousness in healing is a profound one. Using Dr. David Hawkins' scales of consciousness, we can muscle test to aid our own growth and conscious development in addition to ensuring our clients are in a state of power and capable of healing. Through effective and regular daily conscious raising practices we may also create a state of being which is living from a place of power and beyond. The higher our consciousness, the greater our ability to positively influence and serve our clients and the whole of humanity.

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1. See Hawkins Healing and Recovery Page 27, 5. Page 42, 20 page 30.
2. See Hawkins Power vs Force Page 261, 3. Page 31, 4. Page 91, 6. Page 70, 7. Page 95, 8. Page 76, 9. Page 264. 10. Page 238, 11. Page 206, 12. Page 84, 13. Page 176, 14. Page 219, 16. Page 87, 17. Page 90, 18. Page 267, 19. Page 231, 21. Page 58, 22. Page 34, 23. Page 75, 24. Page 282, 25. Page 262, 27. Page 105, 28. Page 107, 29. Page 237, 30. Page 102, 31. Page 141, 32. Page 212, 33. Page 101, 34. Page 278, 35. Page 264. 36. Page 285, 37. Page 210, 39. Page 213, 40. Page 223, 41. Page 283, 43. Page 211, 44. Page 247, 45. Page 141, 46. Page 105, 47. Page 126.