

# NEW REVISED MAP OF CONSCIOUSNESS

| LEVEL         | SCALE      | EMOTION       | PROCESS            | LIFE APPROACH |
|---------------|------------|---------------|--------------------|---------------|
| SHAME         | 35         | HUMILIATION   | ELIMINATION        | MISERABLE     |
| GUILT         | 55         | BLAME         | DESTRUCTION        | CONDEMNATION  |
| APATHY        | 65         | DESPIRE       | ABDICATION         | HOPELESS      |
| GRIEF         | 85         | REGRET        | DESPONDENCY        | TRAGIC        |
| FEAR          | 95         | ANXIETY       | WITHDRAWAL         | FRIGHTENING   |
| DESIRE        | 135        | CRAVING       | ENSLAVEMENT        | DISAPPOINTING |
| ANGER         | 155        | HATE          | AGGRESSION         | ANTAGONISTIC  |
| PRIDE         | 185        | DIGNITY       | INFLATION          | DEMANDING     |
| COURAGE       | 255        | AFFIRMATION   | EMPOWERMENT        | FEASIBLE      |
| NEUTRALITY    | 290        | TRUST         | RELEASE            | SATISFACTORY  |
| WILLINGNESS   | 310        | OPTIMISM      | INTENTION          | HOPEFUL       |
| ACCEPTANCE    | 360        | FORGIVENESS   | TRANSCENDENCE      | HARMONIOUS    |
| REASON        | 410        | UNDERSTANDING | ABSTRACTION        | MEANINGFUL    |
| LOVE          | 555        | REVERENCE     | REVELATION         | BENIGN        |
| JOY           | 590        | SERENITY      | TRANSFIGURATION    | COMPLETE      |
| PEACE         | 620        | BLISS         | ILLUMINATION       | PERFECT       |
| ENLIGHTENMENT | 650 - 1000 | INEFFABLE     | PURE CONSCIOUSNESS | IS            |