

CONVERSATIONS ON HIGHER CONSCIOUSNESS

Interview with Dr. David R. Hawkins, M.D., Ph.D. (PART II of III)

By PAMELA BECKER

SPIRITUALITY DOESN'T FORCE ITSELF.
WHEN YOUR OWN NEEDS ARE MET,
THEN YOU TRY TO FULFILL THE NEEDS
OF THE WORLD.

Dr. David R. Hawkins M.D., Ph.D. is a psychiatrist, author, lecturer and spiritual teacher to an ever-expanding worldwide audience. His book, *Power vs. Force*, was a paradigm shaking piece of work in consciousness. And since then Dr. Hawkins has attracted hundreds of thousands of readers and students to his particular technique which utilizes behavioral kinesiology and includes his now famous *Map of Human Consciousness* (ranges from 1 to 1,000). Using kinesiology, Dr. Hawkins and wife Susan, his exclusive kinesiological partner and co-researcher, have calibrated tens of thousands of people, events, historical occurrences and levels of consciousness from the beginning of history up to the present.

Using kinesiology, Dr. Hawkins is capable of confirming the level of consciousness of anything or anyone. On the *Map of Human Consciousness* anything that calibrates below 200 is "non-integrative". Unfortunately the vast percentage of humankind calibrates under 200 on his map. Perhaps one of the most important tools which Dr. Hawkins has developed is a kinesiological technique which can tell the difference between truth and falsehood. (Under 200 on his scale is false and over 200 on his scale is true.)

After giving up a large psychiatric practice in NYC, Dr. Hawkins (almost 80-years old) has lived on the banks of Oak Creek under towering Cathedral Rock for over 25 years now.

Although Dr. Hawkins is currently lecturing throughout the world, busy writing several books and constantly updating his research findings, he has graciously granted Four Corners Magazine an interview. (Guess we must have had a good calibration!)

I talked with Dr. Hawkins one morning in Sedona. It was a singular experience for me. Doc is a witty, charming, charismatic man who is tuned into high states of consciousness.

Interview



YOU ARE JUST AN IMPERSONAL AGENT OF CREATION

Four Corners: Dr. Hawkins what is consciousness? We hear this term everywhere today.

Dr. Hawkins: Consciousness is like a full pipe organ. It is all a panorama. At a high level of consciousness, you can really be at whatever level you want. So, for purposes of functioning, you go into what I call the *persona*, which interacts with the world, as I am doing now. You have to converse and talk and gesticulate... It is just one note on the organ, but it is not what the organ is. The organ is also in a state of bliss and absolute silence. Then there is a point that is beyond all of that. All these phenomena are happening autonomously. Our conversation, being here, it all unfolds autonomously. There is no personal "I" doing, initiating or deciding it. That is an illusion.

The autonomous emergence from potentiality into actuality manifests in our conversation when we speak. There is no personal self, which decides that this is the way it's going to go. It is autonomous because creation is ongoing and eternal. There isn't any personal "I" that decided to do something. You are just an impersonal agent of creation, autonomously functioning, fulfilling your potential. The butterfly flies because that is what a butterfly does, but it doesn't sing a song. It doesn't decide to fly and look beautiful in nature

today. It is just being what it is.

FC: You have mentioned when a higher level of consciousness communicates to a lower level so the lower level can comprehend what is being said, that you experience that your consciousness "breathes".

DH: No, It does not lower. Don't forget the consciousness is merely the witnessing of all this. I am aware of what is being said. What is being said is happening of it's own. I have nothing to do with it. That which I am has nothing to do with it whatsoever except the awareness of what the phenomena is. I don't decide, that I think I'll say this and I think I'll say that. I don't know what's being said until I hear it. Is that hard to see? (Doc leans in towards me).

FC: I can see that! (We both laugh because it is so obvious that so much of communication is nonverbal.)

DH: The questions, which you are asking are already happening on their own. The awareness that "Oh, I just asked that" is 1/10,000th of a second after the phenomena. With full enlightenment the 1/10,000th of a second disappears, and suddenly, you are transformed into a different dimension of existence. That 1/10,000th of a second delay between 'a that' and 'a me' disappears, and that which you are is all there is.

DOCTOR DAVID R. HAWKINS PHOTO © VERITAS PUBLISHING

FC: Dr. Hawkins, there is something taking place physically in my heart. I am experiencing an energy shift in your presence. What will happen when I leave here?

DH: You will carry the frequency, vibration and the imprint of this meeting. Your aura imprints it.

FC: Will I "come down"?

DH: No. Now it's an 'availability'. These vibrations, frequencies and the subsequent knowingness become part of your aura as an 'energy field of potentiality'. It comes forth (again) when it is needed.

FC: Do we all have this ability?

DH: Everyone who has experienced an energy field of a higher frequency can pick it up.

FC: Would they have to be over 200 (on the scale) to have a relationship with the higher frequency, or can it happen at any level?

DH: In other words, despite oneself, can one pick it up? Let me ask that one. (He approaches Susan to use her arm for kinesiology). It is possible that despite oneself, people below 200 pick up a on a higher energy field. Resist. (Susan's arm remains strong). Yes, otherwise there would be no point to a Savior or Buddha or Avatar.

That (higher) frequency, which is picked up within human consciousness, generally comes down through the centuries, and then you don't realize it's within yourself until the availability is accessed. Spirituality doesn't force itself. When you are ready it is there within your aura. We checked and found

YOU HAVE YOUR CHOICE BETWEEN HEAVEN AND HELL RIGHT HERE, RIGHT NOW.

that the energy field of your teacher can last through 25 lifetimes- 25 reincarnations. It comes down through lifetimes. I didn't ask if it was more, 25 should do ya! (We both laugh).

FC: I have heard you say that no one calibrated level is better than another, just different. But speaking of the under 200 levels, aren't some levels preferable to others?

DH: God yes! Is it better to be a chameleon or a crane? Is it better to be a heron or a hippo? It's not really better than. You can't really say that one is better than another. Then you would be projecting preference. It isn't that something is better than... It is what it is. What everything means is what it is. What it is, is what it means. What it means is what it is. Clearly, identity and meaning are identical.

If you live in the world of essence, then you see and experience the world differently. You see that everything is just being that which it is at that point of evolution. Eventually, the perfection of all things dawns on you. Each thing is only being what it can be at that moment. So if it's an adolescent who has been brainwashed into thinking violence is an act of holiness, that is all he can believe at that point in this lifetime.

This world is not celestial, nor is it hell. It is purgatorial to my view. People think they can worry about purgatory at another time, you better worry about it now. And this is purgatory. You have your choice between heaven and hell right here, right now.

FC: Okay, but wouldn't I prefer to hang out with my kitty-cat who might calibrate at 350 as opposed to a Komodo dragon at 40?

DH: Well, that's because you're spiritually committed. To a spiritually committed person it would be important if people are of a higher level or a lower level. But to people below, they are looking for sensation and stardom and money and sensual pleasures.

FC: They might find that if they cuddle with a Komodo dragon! On another topic, how does your audience demonstrate their recognition of the presence of God within you, as their teacher?

DH: They do so beautifully by being there! (He cracks himself up with laughter) If I think highly of somebody, I go and listen to their lecture. I consider that to be the greatest compliment. You see, it is the fulfillment of my obligation to share with the world that which I have known and to be of value. I am grateful to everyone for being there. as they help me to fulfill my own potential.

FC: One of the things I admire about your life is that you spend a lot of quiet time in contemplation and meditation with nature. Then you are out in the world as a therapist, spiritual teacher, doctor. I wonder how does one navigate these seeming polarities and stay in integrity as you do?

DH: They are not polarities; they are all potentialities. Like a pipe organ, on this one I play the base notes, on this one I play the high notes. The overall orientation is to be of service to the world. When your own needs are met, then you try to fulfill the needs of the world. You are trying to

complete the fulfillment of your own potentiality as an actuality. Each one has a gift. Some people have the gift of benevolence and the capacity to comfort others; look after others, to inspire others- so each one fulfills their karmic destiny.

FC: Would contemplation and meditation help me to fulfill my needs and go out into the world and help others?

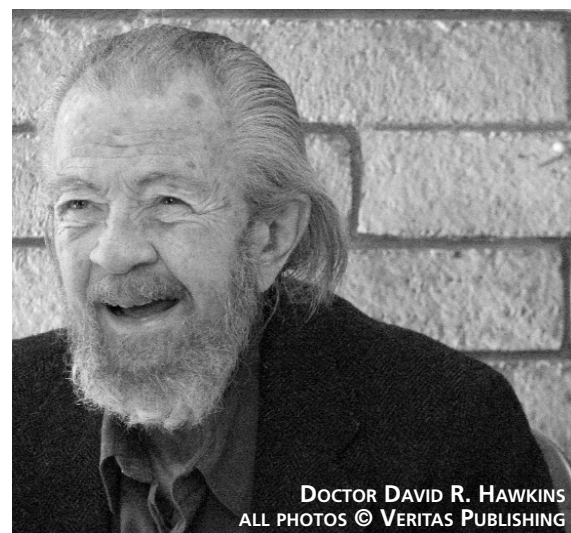
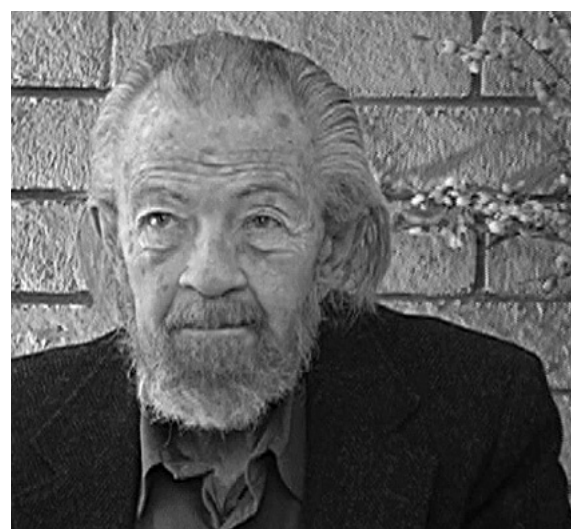
DH: Those things happen automatically as a consequence of that which you have become. I believe that meditation and contemplation should be a continuous lifestyle. As we are talking now, the meditative part of me is functioning, not predominately because I am not playing that chord on the organ. But all the while we are talking, there is that which is reflective and nonlinearly aware of exactly where we are with it all. It's, you might say, observing, being aware of, interpreting from various levels of consciousness simultaneously, so the awareness is not only of what is being said on a linear vocal style, but on many dimensions including beyond this lifetime.

All of us here in this room, at this moment, are fulfilling our obligation and our capacity. All of us, everyone in this room is fulfilling that potentiality. The potentiality is evolving into an actuality just by the sheer presence of us all being together. It is not by accident that we are all together. Each one is serving a critical function!

FC: I want to thank you so much. I have many more questions for you in the next issue. It has been great and quite the experience to be with you here today! Thank you Dr. Hawkins.

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