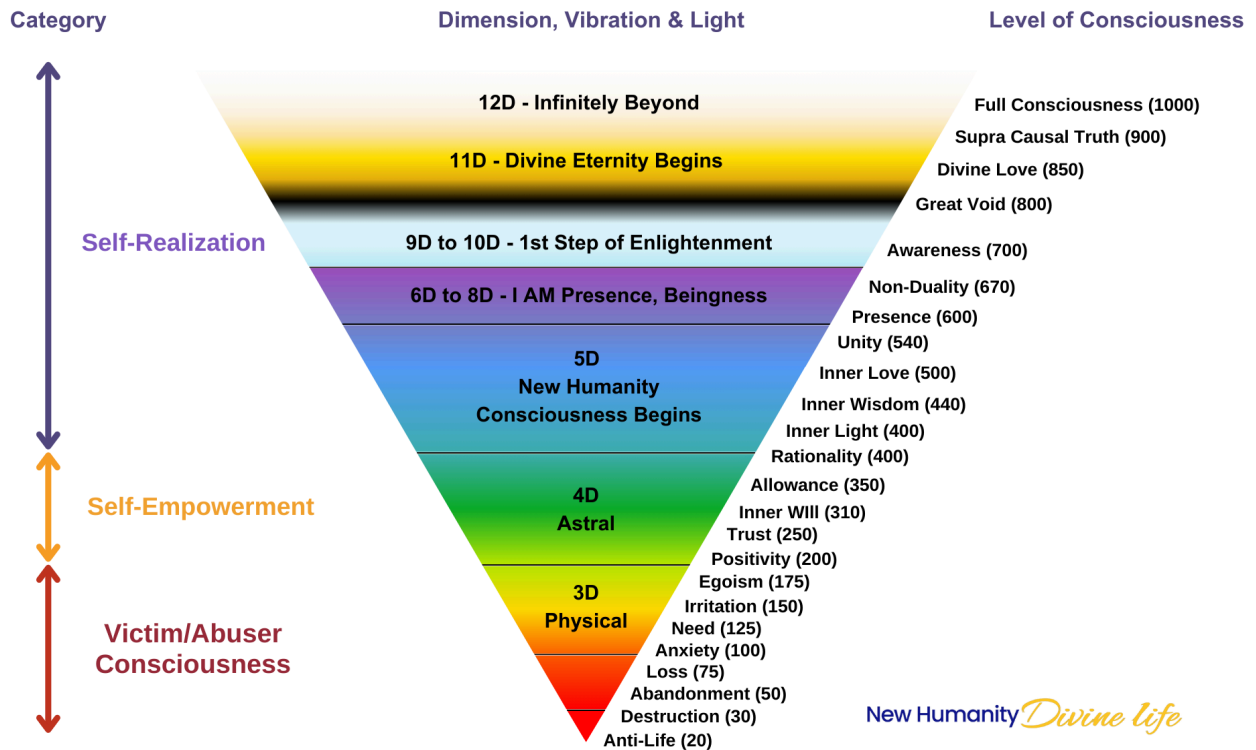


## Levels of Consciousness<sup>©</sup>

A Map to Full Consciousness [www.NewHumanityLife.com](http://www.NewHumanityLife.com)



## Personal Charts

Personal charts (personal consciousness profiles) are here as a guiding point to know the awakening process and where one is in terms of the Levels of Consciousness.

These are the main categories of the consciousness profile:

### Level of Self-Realization

The most important measurement is the Level of Self-Realization, meaning the current Self Identity and that which is presently realized as oneself-reality.

### Consciousness

The second category is Consciousness and that is one's Openness. The openness is not necessarily what a person realizes, but rather the potential that they presently have.

For more information about Levels of Consciousness & Integration, please read [LOC Precautions](#) article.

## **Soul & Energy**

The next category is called Soul & Energy which essentially is the level of energetic openness and connectivity with your own soul. It's not the maturity of your soul or how old it is, but rather how connected you are to your own soul, how much you're aligned and open energetically.

## **Conscious Mind and Conscious Heart**

If you're meditating and then suddenly you have a realization that "Oh this is the reality", then it is called "a High point", but the Conscious Mind and the Conscious Heart is what has been fully understood, felt and what you have consciously internalized about those realizations.

Many times people who progress very quickly with receiving consciousness transmissions go to higher levels of consciousness very quickly, but then they don't know deeply what that level of consciousness is. Their Conscious Mind and Conscious Heart needs time to catch up and process everything.

Conscious Heart is more about the density of the heart, what is around the heart, what emotions are lingering around. It is the feeling heart - the heart center (whole chest area).

You will notice that it's quite lower than the previous 3 measurements and that's because it's referring to what is digested and processed. It is normally so for most people.

## **Body Nervous System**

Body Nervous System is the physical component, it is the actual physical nervous system of your body and at what level your physical system is integrated at.

It tends to be the lowest number in the chart as it is the physical component, thus it takes the longest time to rise up.

## **Full Consciousness**

The last category is Full Consciousness, which is the percentage of Full Consciousness presently integrated right now. You'll see it's often quite low in the beginning, but the average person on Earth is only 4% on average.

That means a person at Inner Love would be four times more open in consciousness than the average human being on earth. The usual range is as follows:

Inner Light - 8-10%

Inner Love - 15-20%

Presence - 30-40%

Awareness - 40-50%

Great Void - 50-60%

Divine Love - 60-70%

Supra Causal Truth - 70-80%

Full Consciousness - 80-90%

And then it takes some time while being at Full Consciousness to Integrate into Full Consciousness - usually between 1 month to 1 year on average.

For more information about Levels of Consciousness and Integration, please read [LOC Precautions](#) article.

### **After 1000 - Full Consciousness Integration**

Since there are more and more students at 1000 Full Consciousness, the next step is to work on the Full Consciousness Integration via [Body Nervous System](#), [Energy System Integration](#), and further [Ascension Work](#).

You may also want to learn more about [further Advancement beyond LOC 1000 and about Spiritual Teachers](#).

In this session, you will receive a supportive Full Consciousness Integration Transmission, your Personal Chart, and advice on any questions and any further integrative support needed.

### **Consciousness Integration & Challenges**

Integration takes time, it is all about hard work, healing, deconditioning, disillusionment and working through all the challenges that life brings you.

There is a big misconception that if you suddenly open up to a higher level of consciousness, there will be no more problems or issues. That's not the case because everything will be put into bright light and you have a clarity of seeing things more clearly than before. You have the clarity to recognize that these are emotions, that these are your weaknesses, and that these issues are present in your life and for your personality type (read more about [Enneagram here](#)).

It's important to note that life resonates to support you in working through it, so realization of reality is one thing, and life experience is another.

For more information about Levels of Consciousness & Integration, please read [LOC Precautions](#) article.

One important thing to mention in terms of integration is when it comes to trauma. If a person has experienced a traumatic childhood, teenagehood, or even as an adult going through something severely traumatizing, it blocks the neuron pathways and becomes a blind spot.

And so in the neuron network and brain if something becomes a blind spot, then the light passing through the neurons are redirected around it. In a sense suppressing or avoiding the trauma, so you can still function in life and “deal with it” later.

In the higher levels of consciousness, as the consciousness is shining brighter and brighter it's shining into the nervous system, inviting one to reopen those blind spots.

That's where we can witness people even at higher levels of consciousness acting out on things and showing signs that would imply a certain past traumatic experience.

This is totally fine because it's a human life and everybody has certain challenges. But a person at a higher level of consciousness would reflect on it very quickly and would recognize that condition much sooner, as it's put immediately into a bright light.

Happiness, Love and Joy requires a lot of work and healing depending on your past and depending how much you have already worked on yourself. If you work on yourself every day diligently, then you will work through your stuff a lot quicker. If you have worked on your challenges now and then only, there is probably a lot more to do.

There's really no shortcut other than awakening quickly into the brightness of your own consciousness and then doing the hard work to make your experience great. It's a path of Self Mastery, seeing things more and more clearly and being able to be fully responsible for every action, every moment and every vibration that you send out.