

# The Awareness Scale

## Total Knowing

### Knowing

#### Awareness Levels

- + Being Fully Aware -
- + Being Yourself \*
- + Extra Sensory Perception -
- + Intuition \*
- + Purpose -
- + Competence \*
- + Belief -
- + Ideas \*
- + Understanding -
- + Exchange \*
- + No Understanding -
- + Confusion \*
- o Assumption -
- o Unreality \*
- o Fixed Reality -
- Helplessness \*
- Insanity -
- Total Failure \*
- Unable to Assume Identity -
- Unaware \*

### Not Knowing

#### Main Emotions

- No Emotions
- Serenity
- Strong Interest
- Mild Interest
- Content
- Certainty
- Determination
- Interest
- Compassion
- Trust
- Curiosity
- Irritation
- Certainty
- Fear
- Fear of losing
- Desperation
- Obsession
- Apathy
- Devastation
- No Emotions

The plus levels contribute towards constructive creation.

The minus levels contribute toward destructive creation.

The zero levels can contribute towards both constructive and destructive creation depending upon the influence from the plus and minus levels of others.

The stars and dashes on the right side of the awareness levels indicate whether it is a stable or an unstable level of awareness.

A star indicates instability and a dash indicates stability.

The emotion on the right side of each awareness level is the main emotion one exhibits on that level. There can be other emotions at play but the one on the scale is the most dominant one.

On the levels Unaware and Being Fully Aware there are no emotions as on the lowest level there is no one there and on the highest level, we feel one with everything we become aware of. This feeling of oneness is not an emotion. It is more a thoughtless state of bliss. On this level there are no random or uninvited thoughts. There is just peace and calmness.

Knowing and Not Knowing are beyond existence and for this reason have no place on the awareness scale. They are there to indicate that the awareness levels can only come about through the interplay of knowing and not knowing. Awareness comes into existence through the intention to know the unknown.