
The Stairway To Heaven

Love, Happiness And The Greater Good

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Forward

The world is changing more rapidly and more deeply than it ever has. But some of the basic issues facing every human being remain with us as they have throughout our history. How do we live happy, fulfilling lives? How can each of us obtain the best that life has to offer and experience that as our daily reality? How do we find and experience true love? How do we make sense and meaning of our lives? And what is our place in the universe and the unfolding of history? Although many deeply profound answers to these basic questions have been with us for centuries, we are now able to understand and apply those answers more easily and rapidly than ever before. Humanity is on the cusp of a radical transition in its view and understanding of life itself. And for the first time in history, what has been through the ages taught, advocated, and at times hidden in secret, as the keys to the good and abundant life, is easily accessible to all. Moreover, for the first time in history, the majority of humanity is in a position to apply and utilize those secrets for their own personal advantage.

The change humanity is going through is a shift in consciousness. For reasons that will become clear, this shift is and will change our world. I have endeavored in this work, not to explain "reality". The "Truth" of reality is far too expansive to fit into language. Rather I endeavor to set out a useful model for analyzing, discussing and applying those principles which are most important to understanding the workings of consciousness within our present world. As such, this work is not even an attempt to explain reality, but rather to devise a useful model through which to review that part of reality that we are presently capable of comprehending.

For centuries, heaven has been a symbol of paradise. It has been portrayed as a state of perfected bliss that for most Westerners has been laid behind the vaulted gates of religion, beyond the chasm of death. But heaven is not a place, it is a state of consciousness. And with understanding, we can experience heaven in this life as our present reality. We need not chase after love. If we ascend the ladder of consciousness, love will find us. As will peace, joy and a fulfilling life. And fortunately for us all, higher consciousness is not an inborn ability. It is not a gift reserved for the pious. It is a skill that anyone can learn. Clearly you are on the path to developing this skill. It is your interest in developing this skill that moved you to read this work. And experience has taught us again and again, that if you become proficient at this skill, heaven will come to you.

Special Thanks:

This model is the compilation of the wisdom and contributions of many sources and many amazing people. I want to especially thank the following individuals who through their insights, time, and energy have made immeasurable contributions to my life and this work. In chronological order they are:

Andrew Schliesser
Andrew Schultz
Cindy Smotherman
Natalie Fletcher
Charlotte Mann
Laura Rose
Vaughan Wynne-Jones
Shannon Looper
Charlie McIntyre
Daniel D'Neuville

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I. Higher Consciousness Is Heaven

I. Higher Consciousness Is Heaven

The most basic and widely recognized motivator in life is the desire for happiness. Ask almost any person: “If you had to choose, and you could only have one for yourself, would you choose _____ (fill in the blank), OR would you rather be happy?” They will, after thinking about it, almost always choose happiness. In the end, happiness is what we are all after. Happiness is the gold at the end of the rainbow- on that we can almost all agree. What we don’t agree on is what is the path that will take us there. Each person's path will be unique. There are, however, certain factors that strongly impact a person's ability to experience happiness. These factors have proven themselves over thousands of years of human investigation, contemplation and trial and error. While many things, experiences and relationships can contribute to happiness, they are just the surface of a deeper reality. History and even every day experience are filled with different people living extremely similar lives. And yet some of these people are very happy, some are very unhappy and many are neither. Clearly the common threads that unite the happy people, lie below the surface of what we commonly observe. The goal is to peel back the veneer that covers the surface and causes such confusion, and expose the deeper realities that happy people are utilizing to their advantage.

The ability to consistently experience happiness is not a matter of luck or good fortune. It is not determined by one’s circumstances in life. It is determined by a person’s ability to perceive and utilize those deeper levels of reality which form the mold for how we experience life. By far, the single most effective thing one can use to achieve a happy, fulfilling life is called “consciousness”. Consciousness is: 1) the breadth, depth and clarity of one’s perception of “reality”, and 2) the effective use of those perceptions together with available resources, thoughts and skills. Consciousness, more so than any other factor, determines a person’s ability to travel the unique path that will bring them happiness. This has proven true across individuals, cultures and time.

Raising consciousness reduces negative emotions such as pain, fear, anxiety, anger and stress. In many cases these can be eliminated entirely. At the same time, raising consciousness increases the positive emotions of peace, love and joy. Higher consciousness also significantly increases such positive traits as creativity, wisdom, clarity of life purpose, insight, and intuition. It brings better relationships and a more profound experience of love. While these claims may seem too good to be true, they are not. These treasures are available to anyone who wants them, but there is a price that must be paid.

The difficulty with raising consciousness is that it is not a quick fix. It takes hard work and development over time, as does mastery of any major discipline. It requires people to maintain brutal self-honesty, face their fears and repeatedly step out of their comfort zone. This hurdle has been steep enough to keep the vast majority of people out of paradise. But at the same time, most people have never been taught what the payoffs are and how they get them.

It can take months or years to advance a single level in consciousness. And although the evolution of a person’s consciousness is neither easy nor quick, the benefits pay out over the rest of their life. People who operate at evolved levels of consciousness not only experience a better life, they make more positive contributions to the people with whom they have relationships. Put another way, they make better friends, mates, parents and members of society. Consequently they have greater access to relationships with others who are functioning at more developed levels of consciousness. As the saying goes, birds of a feather flock together.

One of the greatest influences on a person’s life is the relationships they have. As a person’s level of consciousness evolves, their beliefs, habits and practices which are destructive and offensive to other people diminish and subside. At the same time, their ability to positively contribute to other people’s lives increases. People operating at higher levels of consciousness are much better equipped to identify others who are operating at higher levels of consciousness. Because of this, their ability to choose quality relationships is significantly improved. If people spent half as much time assessing a potential mate’s level of consciousness as

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they did their physical and personality traits, the odds of finding Mr. or Mrs. Right would increase dramatically, as would their odds of avoiding Mr. or Mrs. Wrong. Understanding, utilizing and being able to assess consciousness is one of the single most useful tools a person can have in their pursuit of happiness.

From an organizational standpoint, employees or group members who function at higher levels of consciousness are significantly less likely to engage in counterproductive or destructive behavior that damages the group as a whole. On the up-side, their ability to understand and relate to other people is typically quite good, strengthening the cohesiveness and effectiveness of their group.

I. Higher Consciousness Is Heaven

A. How Do We Get To The Pot Of Gold?

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Fortunately, there are certain landmarks that highlight the route to higher consciousness. These landmarks have surfaced from thousands of years of efforts to map the human mind and emotions. Pioneers in philosophy, religion, mysticism, psychology and metaphysics have recorded observations from their work and research. Despite undertaking their journeys from many diverse starting points, they have consistently encountered and described certain common landmarks. When viewed from a bigger picture, these milestones show the way.

In an effort to arrive at an understandable and useful map of consciousness, we will use an organized framework. At its most basic, this framework is made up of levels of consciousness. These levels, stacked one on top of the other, can be thought of as a ladder. Each person emerges as an infant, functioning on the bottom rung of the consciousness ladder. As they mature and grow, their consciousness evolves and they climb the ladder rung by rung, progressing through higher levels of consciousness. At each level, the individual is able to utilize that level of consciousness, and every level of consciousness below it. However until they have developed their ability in a given level of consciousness, it's powers and benefits remain largely inaccessible to them. While in reality the lines between the levels are arbitrary divisions in a continuum, they do serve as a useful if somewhat simplified map. Ken Wilbur in his work Integral Psychology has masterfully compared numerous views and schools of thought on consciousness which span thousands of years and many cultures. Once past the language, the similarity in views is striking. While some adjustments and substitutions have been made here, by and large Wilbur's work serves as the blueprint for our map.

Breaking the continuum of consciousness into levels is very helpful in providing a comparative reference for where on the hierarchy an individual's consciousness is functioning. This aids in determining the route they have traveled, and the milestones to aim for on the journey forward. As any experience with a map will show, knowing where one is going and a route to get there, drastically increases the odds of actually arriving. The only question remaining is will they have the heart and desire to make the journey.

These levels of consciousness can be thought of as the "global" view of our map.

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B. The Map To Happiness – A Global View

B. The Map To Happiness – A Global View Of Consciousness' Seven Levels

In Integral Psychology, Ken Wilbur summarizes the combined works and studies of Clare Graves, Don Beck and Christopher Cowen, as they relate to levels of conscious development. Although some level names have been changed in this work to make them more familiar for a general audience, the structure is derived directly from their work. The developmental levels have, through extensive research, been found to be present and consistent within many sample groups across the globe. From the research, estimates have been made as to the percentage of the world's population that is functioning at each level. The levels of consciousness, numbered in descending order from highest to lowest, are as follows:

<u>Level of Consciousness</u>	<u>Percentage of World's Population Functioning Primarily at This Level</u>
<i>The Harmonic Range of Consciousness</i>	
7) Transcendent	0.1%
6) Integral	1.0%
<i>The Competitive Range of Consciousness</i>	
5) Pluralistic	10%
4) Rational	30%
3) Conformist	40%
2) Egocentric	20%
1) Instinctual	10%

The percentage total exceeds 100% as some people are on the cusp of and span two levels. Graves, Beck and Cowan point out that each level of consciousness from the most basic (Instinctual) up through Pluralistic are self-defensive. These levels constitute the Competitive Range of consciousness. People functioning within the Competitive Range generally see their level of consciousness, or their approach to life, as the right way and superior to the others. This sets up an inherent conflict between people who are functioning at different levels within the Competitive Range. This is one of the most fundamental issues underlying conflict in relationships, because as we will see later, it means their worldviews, and thus essentially their worlds, are quite different. At a subconscious level it takes them off the same page.

This subtle conflict lies below the surface and therefore is seldom recognized. But because it forms the foundation of how one views and reacts to life, it influences almost everything in their life. It influences the decisions they make and how they view and behave within relationships. If a person operating within the Competitive Range of consciousness is wanting to find a smooth and near effortless relationship, they should be careful about selecting someone functioning at a different level of consciousness within the Competitive Range than they are. While choosing a relationship with someone on the same level as themselves will not guarantee common views and a smooth interaction, establishing a relationship with a person functioning in another level virtually guarantees some inherent conflict, which otherwise would not exist. People at different levels within the Competitive Range, will at a subconscious level, view things and make decisions fundamentally differently. While the wisdom that can come from the interplay of diverse views can be a strength, it still requires good skills in communication and conflict resolution from both people involved. It also increases the relational "overhead" and should be taken into account in relationship evaluations.

The second range of consciousness, The Harmonic Range, includes the Integral and Transcendent Levels of consciousness. People functioning within this range, generally appreciate the values of each level of consciousness, and recognize the importance of each within the whole. Having recognized value in each level,

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B. The Map To Happiness – A Global View

they are able to more effectively assess each level's strengths and weaknesses in given circumstances and relationships. Instead of being stuck within the belief that they are using the best tool (level of consciousness) in the toolbox and seeking improvement solely by increasing their skill with that tool, the whole toolbox becomes available to them. (As discussed earlier, a person has access not only to the level of consciousness in which they are primarily functioning, but to each level of consciousness below that.) Consequently people functioning within the Harmonic Range are better equipped to use the best tool for the task at hand, and can build much more complex, elegant and effective approaches to their reality. They are also much more effective at relating to and interacting with people who are not functioning at their level.

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C. Descriptions For Each Level Of Consciousness On The Global Map To Happiness

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A very simplified characterization of each of the levels of consciousness follows from lowest to highest.

Levels Of Consciousness

The Competitive Range of Consciousness

The Instinctual Level- this is the most basic and fundamental level of human consciousness and is not much more than the survival instinct. This level is reactionary and focuses on the acquisition of the basic resources necessary to sustain life. Conflicts for people functioning at this level of consciousness are typically viewed as, and sometimes are, struggles with life and death ramifications.

The Egocentric Level- this level of consciousness centers around the defense and advancement of the ego, as the apex of physical consciousness. People functioning at this level are focused on the avoidance or elimination of threats to their ego. This frequently surfaces as a need to control their environment and other people. Failure to have control is viewed as a grave detriment to the person's ego and security. At this level of consciousness, the person's ego and security are typically undifferentiated from their perceived wellbeing.

The Conformist Level- this level of consciousness centers around the need for acceptance, and often manifests as a herd or tribal mentality. Members of the perceived tribe are valued over others, as they offer the support system the individual perceives themselves as needing. While relationships become important in and of themselves, persons outside the tribe are viewed as less important, inferior or even dangerous. The Conformist Level of consciousness often carries a strong emphasis on compliance with tribal rules and custom. The importance of these codes of conduct are evaluated by their level of acceptance within the tribe, rather than by the merit of the rules themselves. The tribe or clan can be any type of identifiable group. It could be a family network, a religious group, or even a socio-economic class. It can be any group with which the individual strongly identifies.

The Rational Level- at this level of consciousness, formal rational thinking predominates. Logic and reason are employed in evaluating situations and relationships. Rules are measured in terms of fairness, justice, and effectiveness. The scope of consideration for applying these values typically extends beyond tribal boundaries.

The Pluralistic Level- at this level of consciousness, an egalitarian view predominates and people are valued because they are human beings, not because they are right or excel at some particular trait. Empathy becomes a useable skill, and can be extended to any human being.

The Harmonic Range of Consciousness

The Integral Level- at this level of consciousness the inherent value of all people and all levels of consciousness becomes apparent. The dispassionate reason of the Rational Level and the irrational love of the Pluralistic Level, are viewed as integral components of an effectively

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C. Descriptions For Each Level Of Consciousness On The Global Map To Happiness

functioning whole. The various views, approaches and considerations of all the levels of consciousness are seen to function harmoniously rather than competitively.

The Transcendent Level- at this level of consciousness a sense of the divinity of all things emerges. Perception shifts from the harmonic interaction of disparate parts as seen from the Integral Level, to a wholistic view of all reality. All the parts of the universe are seen as one organic whole expressing itself in limitless ways.

I. Higher Consciousness is Heaven

D. What Happens As We Grow Along The Road To Happiness?

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Just like our bodies, as our consciousness grows, it gets "bigger". Having viewed the 7 levels of consciousness, we get the picture of a "ladder" of consciousness with 7 rungs. This ladder is ascended as a person's consciousness grows. And similar to climbing a real ladder, the higher we go on the consciousness ladder, the farther we can "see".

In reality consciousness is a spectrum. This spectrum begins with a single point of awareness and concern. As it grows and develops, it extends outward. A young child is a good example of a person functioning as a single point of consciousness. It is aware of and concerned for its desires and only its desires. It is unable to consider its impact on others, much less other people's perceptions.

But as the child's consciousness develops, it becomes aware of its effect on its environment and other people. As a toddler the child becomes able to understand and learn that biting mother will bring a negative response from mother. After further growth and development the child learns that if it says mean things to its playmates, it will hurt their feelings. With even further development, the child is able to view the situation from the viewpoint of its playmate and realize: "If that was said to me, it would hurt my feelings." Now the child is able to view the world from two perspectives, their own and as the prospective recipient of their actions. Simplistically speaking, the child's consciousness has now doubled. They can understand and consider two perspectives, where before they could only handle one.

With further development and growth of consciousness, the child can consider how a third person might view their interaction with a playmate. They can understand how saying mean things to a playmate might cause anger in the third person towards themselves and sympathy for their target. So the child's consciousness can now handle three perspectives. And so it goes as consciousness grows. The higher the level of consciousness, the broader and more diverse the points of view it can value and effectively consider. It will also become more accurate in deciphering another person's actual perspective. Its savvy and perception skills will grow keener.

As has been said, the simpleton's concern is for his family. The citizen's concern is for his community. The patriot's concern is for his country, and the Saint's concern is for humanity. Eventually as consciousness approaches the top of the ladder, the entire world matters within the person's considerations.

II. In Heaven There Are Angels – You Know What's In The Other Place

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It is amazing the number of people that marry a "wolf" and then get upset when the wolf behaves like a wolf. If they want a lamb, they should select a lamb. The odds of that approach working well are astronomically higher than picking a hyena and expecting it to behave like a sheep. In short, if a person wants an angel in their life, they better learn what an angel is like. While it can take a while to develop the understanding needed to discern an angel, anyone who's ever been chained to a hyena can tell you it is more than worth the effort. Metaphorically speaking, people who live at the higher end of the consciousness spectrum are angels. In fact at very high levels they are often viewed as saintly. For a long list of reasons, some of which are covered here, if you want a taste of heaven, spend time with an angel. And when two angels form a tight relationship, it is often perceived by others as "heavenly". It is a pervasive state of relationship bliss and fulfillment that few people ever have the chance to know.

On the down side of the spectrum, are "demons". People who are described as selfish and self-centered. These are people who's consciousness is so underdeveloped that they lack the ability to effectively consider and value viewpoints outside their own. They are frequently either oblivious or indifferent to the pain they cause others; they only care about what benefits them. And as will be discussed later, intelligence is not the same thing as consciousness. Being in a serious relationship with someone functioning at a low level of consciousness can be like a relationship with an ill-mannered thirteen year old, who has all the cunning of a wily politician and the ruthlessness of a robber-baron.

Many people complain that at the beginning of a relationship they were "fooled" or "deceived" by the other person into believing that person was something they weren't. This happens frequently when a person is making relationship evaluations based on what's on the surface, rather than peeling back the veneer and looking at the real essence of who and what the other person is. This real essence, is summed up by the level of consciousness at which the person is functioning.

It goes without saying, that in actuality there are no real "demons". People functioning at low levels of consciousness are pursuing the exact same thing as persons functioning at higher levels of consciousness. They are both pursuing what they believe will make them happy. The difference is in what combination of actions and beliefs they think will take them there. Knowing what level of consciousness a person is functioning at will give you a very good idea of what kinds of actions and beliefs that person is likely to think will bring them happiness. Knowing that makes it much easier to anticipate how they will view and behave in circumstances they encounter. Consequently, if good relationships are an important consideration for you, you would be well advised to develop a good understanding of consciousness and its traits.

II. In Heaven There Are Angels – You Know What's In The Other Place

A. But What If I'm Water And You're Fire?

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Research has shown that relationships are one of the single biggest contributors to a person's happiness and experience of a high quality of life. Developing a good understanding of consciousness and being able to tell at what level of consciousness another person is functioning, enables greater skill in assessing the type of relationship one could expect to have with that person.

As a general rule, relationships between people who are functioning at different levels of consciousness, will carry a greater level of inherent strain within the relationship. This is especially true for the person that is functioning at the higher level of consciousness. Being in these types of "different-level" relationships greatly increases the stress a person experiences in life. While there is usually not constant strain within such relationships, it typically intensifies when challenges arise. This is because it is the more important questions and challenges of life that are likely to bring out the differences in views and reactions. For example, when a loved one dies, people at different levels of consciousness are likely to see different meanings in death and therefore react differently to it. And so it is with questions of morality and other challenges in life. So the relationship is saddled with a built-in stress multiplier that makes its biggest impact exactly at the worst times for it to do so.

Clearly, selectively choosing one's close relationships is one of the most important and powerful avenues a person has for raising their quality of life. For the vast majority of people, the level of consciousness at which they function is the single biggest factor in determining their happiness. It changes how they see the world and the meaning of circumstances and events within it. Since perception is reality as far as the mind is concerned, a change in a person's consciousness, literally changes the world they live in. Additionally, a person's level of consciousness forms the core of their skill in choosing relationships. If a person is interested in raising their own level of consciousness, the consciousness map gives an idea of where they are in terms of consciousness. It will also help them in identifying people who are functioning at higher levels of consciousness. These people can serve as positive points of contact and support for the person's own growth.

II. In Heaven There Are Angels – You Know What's In The Other Place

B. How Can I Tell The Difference Between An Angel And A Demon-In-Disguise?

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Instead of consciously considering their choices, most people enter relationships based on a “best-case evaluation”. The relationship is evaluated in terms of the best experiences culled from the best of circumstances. Dating is a common example. The typical couple evaluates and forms a relationship based on the peak experiences encountered in the dating process, when both people are frequently striving to impress. A more thorough approach would be to utilize an "all-case" approach to evaluating the relationship. The other person, their reactions and behaviors should be looked at under all circumstances one is likely to encounter in life. This will give a much more realistic picture of “who they are” and how one could expect to be treated by them in less than ideal circumstances. How do they handle tragedy, grief and loss? How do they handle injustices to themselves? How do they handle stress and disaster? And how do they treat the people they don't care about? Although it would be advisable to observe a person in all these circumstances before making a life-long commitment to them, practically speaking, it may not be possible within the typical period of time encompassed by most courtships. Fortunately, understanding the level of consciousness at which a person is functioning, can give well-educated answers and predictions to the above questions. If one understands the foundation upon which other's attitudes and behavior's are drawn, they have a good indicator of what those attitudes and behavior's are likely to be in general terms.

The reason an all-case evaluation is important is that the persons involved in every close relationship, especially dating, mating and marriage relationships, are likely to experience significant stressors during the course of the relationship. That is a reality of life. In very simplistic terms, so long as the two people involved agree on the meaning of and approach to a challenge they encounter, they will view each other as allied. They can be said to be "aligned". However, if they happen to hold different views of the issue, or how to handle the issue, they will then be "unaligned". This line between being aligned and unaligned is a critically important line to understand. The reason for this is that at lower levels of consciousness, the way a person treats people with whom they are unaligned is drastically different from how they treat those with whom they are aligned. Odds are extremely high that for some periods during the course of any relationship, the people will be unaligned over certain situations. The greater the difference in their levels of consciousness, the more frequently this is likely to occur. For any important existing or potential relationship, it is vitally important to understand how that individual is likely to treat you when you find yourselves unaligned.

As an example, let's say Connie is functioning at the Conformist Level of consciousness, and Tom is a member of her clan. Her behavior towards him is likely to generally be amiable, cordial and supportive. However, if Tom is ousted from the clan, Connie's behavior towards Tom is thereafter likely to be hostile and suspicious. While Tom may not have changed as a person at all, Connie's attitudes toward and treatment of him are now significantly different, and significantly more negative. This same phenomenon occurs on varying scales within relationships, when a person moves from being in alignment to out of alignment. At lower levels of consciousness, there is an underlying assumption that if you're not with me (if you don't see things the way I see them, and approach things the way I approach them), then you are against me. This is especially true in close relationships where reliance on the other person is an important part of the relationship. In such cases, if one refuses to march to the other's drummer, they are perceived as a deserter, or even worse, a traitor.

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C. What Price Must I Pay For My Relationships?

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In understanding each level of consciousness, one should give careful consideration to what that level of consciousness will accept as being aligned with it. Each level of consciousness has various needs and values that are important to it. To be viewed by a level of consciousness as being aligned with it, you must be seen as supportive towards its desires and values. As discussed earlier, the Instinctual Level of consciousness focuses on the acquisition of the basic resources necessary to sustain life. In very simplistic terms, at the Instinctual Level of consciousness, one must continuously be viewed as an aid (if not a source) for providing necessary resources, in order to be viewed as being aligned. Fail in this, and that level of consciousness will view you as either valueless or hostile.

At the Egocentric Level of consciousness, one must be viewed as a supporter of the individual's ego to be aligned. At the Conformist Level of consciousness, one must be viewed as a member in good standing of the person's "clan" to be in favor. At the Rational Level, one must typically be viewed as "right" or "in the right" to be aligned. At the Pluralistic Level of consciousness, one will view all humans as being in some degree of alignment, although that level of consciousness will only truly identify with and give its full support to others who are "decent human beings". At the Integral Level and Transcendent Level, all people are viewed as in alignment, and support is readily extended to anyone in need.

Knowing what each level of consciousness demands in order to qualify as being aligned, gives you a good idea of the price you will have to pay in order to maintain a good relationship. Without knowing this, you are likely to be confronted with a situation where all that you invested in the relationship during the good times goes out the window when challenges arise.

A very simplified table, providing an overview of what "price" each level of consciousness requires in order to view you as aligned with it is as follows:

<u>Level of Consciousness</u>	<u>To Be Viewed As Aligned With This Level You Must:</u>
Instinctual	Be an aid or source for securing necessary resources
Egocentric	Be a supporter of their ego
Conformist	Be a member in good standing of their "clan"
Rational	Be right or "in the right"
Pluralistic	Be a decent human being
Integral	Be a human being
Transcendent	Exist

As the table illustrates, the higher the level of consciousness at which a person functions, the less needy they will be in their personal relationships.

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D. What Happens To Me If I Don't Pay Their Toll?

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There is a "down" side of the coin that needs to be understood in evaluating relationships. And that is what is the probability and what are the consequences of falling out of alignment with that level of consciousness. It is important to understand that in any relationship there will be two perspectives- yours and theirs. And when the relationship is different-level, what they require for alignment will be different from what you require for alignment. So if you are functioning at the Conformist Level of consciousness and the other person is functioning at the Integral Level, it is quite possible that you may view them as unaligned with you, while they continue to view you as being aligned with them. So in this section, we will be focusing on the other person's perspective within the relationship.

By looking at the "price" each level requires, it is easy to see that the lower the level of consciousness a person is functioning at, the more likely one is to be viewed by them as being out of alignment with them. If a person is functioning at the Egocentric Level of consciousness, all you have to do is fail to support their ego in order to fall out of alignment with them (from their perspective). Even more challenging, for a person functioning at the Instinctual Level of consciousness, you must constantly provide resources for them in order to remain in alignment with them. This translates into a very simple but very important rule of thumb: "The lower the level of consciousness a person is functioning at, the harder they will be to keep as a friend."

At higher levels of consciousness, the odds of falling out of alignment with that level of consciousness (from their perspective) are significantly diminished. In fact, for someone functioning within the Harmonic Range of consciousness (at the Integral or Transcendent Level), merely being alive guarantees that you will remain in alignment with them from their perspective. While they may not support your actions or your choices or your beliefs, they will readily extend their love to you and support you as a human being.

Secondarily, it is important to have an idea of the ramifications of being out of alignment with the level of consciousness involved. As discussed, the focus and concern of the Instinctual Level of consciousness is acquiring fundamentally needed resources. Without those resources, they will view their welfare, if not their survival as being in jeopardy. If a person functioning at the Instinctual Level of consciousness views you as being unaligned with them, the probability that they will see you as a threat to their welfare or survival is uncomfortably high. That being the case, there is a strong likelihood that their reactions to and behavior towards you will be quite negative and even aggressive. The likelihood of violence, theft, threat, intimidation and other hostile or "lawless" behavior is not low. As will be discussed later, the morality of this level of consciousness justifies and sanctions these actions as appropriate responses to a perceived threat. Crossing someone functioning at this level of consciousness is a dangerous undertaking.

If a person functioning at the Egocentric Level of consciousness views you as being unaligned with them, they will likely see you as being hostile to their ego. This is only one step removed from threatening their physical well-being. The odds are good that they will view you as an impediment to their welfare, their welfare being measured by the satisfaction of their egos. In such circumstances, they will likely react to and behave towards you quite negatively if not outright hostilely. This stance toward you will also most likely be viewed by them as a necessary and appropriate measure of self-defense. This is so because they view their ego as their "self". Frequently they will feel a need to "vindicate" themselves, which can fester as a seething thirst for vengeance.

If a person functioning at the Conformist Level of consciousness views you as being unaligned with them, they are likely to view you as an "outsider". They will see you as someone that needs to be guarded against or even isolated in order to protect their clan's interests, codes or beliefs. Feeling the safety and protection that being a member of the clan affords them, they are less likely to be physically hostile towards you unless you are viewed as hostile towards and capable of damaging their clan's interests. However, at this level of consciousness, they will likely make efforts to involve others in their disputes with you, and will actively

II. In Heaven There Are Angels – You Know What's In The Other Place

D. What Happens To Me If I Don't Pay Their Toll?

seek to secure allies and turn others against you. Gossip is a favored medium in such activities as alliances for them and isolation for you can be vigorously pursued by them.

If a person functioning at the Rational Level of consciousness views you as being unaligned with them, they will likely see you as being erroneous, primitive or ignorant. They may criticize you or attempt to "correct", "educate" or "reform" you in a manner they consider "just". However, with development at this level they will also likely realize the possibility that they could also be at least partially in error. As the standard of measure at this level of consciousness is truth and accuracy, there will likely be some recognition that "truth" is what it is regardless of what kind of defense it receives. Consequently a self-defensive reaction is less likely to arise and also less likely to be fanned by emotions. While their reaction may be cold and calculating, it probably will not be irrational and explosive as it often is at lower levels.

If a person functioning at the Pluralistic Level of consciousness views you as being unaligned with them, you may well hurt their feelings, but they are unlikely to harbor any actual ill-will towards you. For someone functioning at this level of consciousness, vengeance is no longer a feasible or useful response. The worst you could likely expect would be for them to end the relationship if it is not worth the trouble it causes them.

As previously discussed, if a person is functioning within the Harmonic Range of consciousness (at the Integral Level or the Transcendent Level), you will in essence always be viewed by them as being in alignment with them. However, this is not the same thing as being viewed as an ally or close friend.

In summary, the litmus test for what you can expect in a relationship with a person, is: "How do they treat people who they view as being unaligned with them?" Because what they will do to others, you can expect them to some day do to you. Unless they are functioning in the Harmonic Range of consciousness, odds are that there will be times when you are viewed by them as being unaligned. And as we have seen from a review of the demands of each level of consciousness, the lower the level of consciousness they are functioning at, the more frequently you are likely to be viewed as unaligned with them.

Also, as will be discussed later when looking at the Moral Line of consciousness, it becomes clear that the lower the level of consciousness a person is functioning at, the greater the likelihood that they will find it acceptable to do you harm, be it emotional, social or physical.

A simplified table showing possible or even probable reactions to someone viewed as being unaligned is as follows:

<u>Level of Consciousness</u>	<u>Possible To Probable Reactions If You Are Viewed As Unaligned:</u>
Instinctual	Physical attack, threat, intimidation, theft, or property destruction
Egocentric	Directly negative or hostile behavior and pursuit of vindication
Conformist	Gossip, slander, and a rally of "allies" with efforts to isolate you
Rational	Criticism or attempts to correct, educate or justly reform you
Pluralistic	Discussion or avoidance
Integral	No reaction
Transcendent	No reaction

As the table illustrates, the higher the level of consciousness someone is functioning at, the less "damage" they will do in their personal relationships.

III. What's It Like In Heaven?

III. What's It Like In Heaven?

If Consciousness is heaven, what is heaven like? As a person's consciousness grows, it expands. It takes in, values and processes more and more perspectives and considerations. It also views itself as being larger. At higher levels, consciousness sees itself as one with the whole world. As psychologists and many schools of metaphysical thought tell us, our minds tend to project our thoughts onto others as if they were their own. We tend to paint other people with the thoughts, motivations, fears and weaknesses that live within us. We tend to assume that they are acting with the same motives and purposes we would if we were in their place. Because of this, other people in our lives can often appear as mirrors and reflections of ourselves.

There is a story of a wise mystic who was having a conversation with a surly young man. The young man said to the mystic: "I look at you and I'm disgusted. You're so full of crap." The mystic smiled and said: "I see. When I look at you I see the divine light of God." The young man was quite taken back by this response. "How can you say that? Especially considering what I think of you?" The mystic just smiled and said: "When a man's mind is full of the divine light of God, everywhere he looks he sees that divine light. When a man's mind is full of crap, everywhere he looks, crap is what he sees." People who operate at higher levels of consciousness are like the mystic. They have eliminated the "crap" from their minds, and thus from their worlds. (Perception is reality as far as the mind is concerned.) They are filled with love for every living thing, and when they look upon their world, that is what is reflected back to them. Even a blade of grass can love you, once you've learned how to love it.

As we will see from our review of the lines of consciousness, the negative things are rooted out of our consciousness as it grows up the levels. As the consciousness's identification grows more and more expansive, it recognizes itself as less and less susceptible to harm. If a man believes himself to be his ego, all you have to do is bruise his ego to cause him pain. For a man who has transcended his ego, it is impossible to hurt him by attacking it. In this way, as consciousness grows up the levels, it's vulnerabilities diminish. And with diminished vulnerabilities the experience of pain diminishes. And with less chance of experiencing pain, the consciousness has less to fear. Contrary to popular belief, the opposite of love is not hatred, but fear. Thus the saying that love casts out fear. With less to fear, the consciousness has more room for love and happiness and peace. At the highest levels of consciousness, vulnerability is banished. Fear is banished. And evil is banished. In heaven every sorrow and every pain has passed away. This is the world in which those at the highest levels of consciousness live.

Imagine living in a world where every human being genuinely loves you and values your well-being; a world where chance and fate are your friends and they constantly help you; a world where nothing bad ever happens. This is the world that those at the highest levels of consciousness live in. This is not to say that their cars never get flat tires, that they never get sick or injured or suffer losses. They do. The difference is that they are able to see a bigger picture. And because they are able to see the bigger picture, they understand these things are not bad. As Shakespeare wrote: "Nothing is either good or bad but thinking makes it so."

Many is the person who has been fired, and found it devastating. And yet five or ten years later in their life they will tell you it was the best thing that could have happened to them. Because if they had not been fired then this wouldn't have happened and that wouldn't have happened and they wouldn't be where they are now. Those at higher levels of consciousness understand this. It is not what happens that is good or bad, it is what we do with it that matters.

III. What's It Like In Heaven?

B. Heaven Sounds Nice – But What Do I Have To Do To Get In?

A. So You Want To Live In Heaven?

The shortest and most effective road to living in paradise is to raise your consciousness. By understanding the map of consciousness and frequently contemplating it, you can successfully accomplish two very important things. Both of them are fundamental to your experience of a high quality of life. You can develop better relationships and you can increase your own happiness.

By focusing on consciousness and learning it's traits and structures, you can go below the surface layer that fools and disappoints so many people. You can access and build upon the underlying foundation that will determine how life presents itself to you. Because you have the power to change your level of consciousness, you have the power to change your world. And the better you understand the structure of consciousness, the more effective and efficient you will be in making those changes.

III. What's It Like In Heaven?

B. Heaven Sounds Nice – But What Do I Have To Do To Get In?

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Quite simply, in order to get into heaven, you have to work for it. While your right to enter heaven is a free gift of grace, it takes work to learn how to use that gift. It is much like a car. Although you may own it and have a set of keys, that doesn't mean you won't crash it. You have to learn how to drive it and follow the rules of the road in order to get the most out of it. And learning those things takes time and effort.

Understanding the structure of consciousness is like having a road map. The clearer and more detailed the map you have, the better you can find your way. We have already covered the 7 levels of consciousness. We will also be looking at three specific "lines" of consciousness. These 7 levels and 3 lines can be thought of as our map of consciousness. They help us understand its structure and organization. If we want to raise our consciousness and enter heaven, the map will help guide us there.

Additionally, we will cover the Indicators Of Consciousness. These are specific traits or skills that people have in varying degrees. They are like driving skills. The better our driving skills, the more likely we are to reach our destination without crashing. Also, having a good understanding of these "driving skills" will help us identify when other drivers are not utilizing them, warning us to keep a safe distance. Furthermore, once we get to heaven, these driving skills help us to continue driving around heaven crash-free.

So the first step of our work is to get a good working knowledge of our map and driving skills. This means learning and being familiar with the map of consciousness and the Indicators of Consciousness. The second step is to work on developing our driving skills and using them to carry us up the levels of consciousness while being guided by our map.

And the third step is the most difficult. As we "drive" through our lives, we will face situations where our knowledge of the map and good driving skills tell us that the way we've always done or viewed something is not going to take us where we want to go. While these beliefs or habits are comfortable because they are what we are used to, they either carry us in the wrong direction or cause us to crash. When we recognize that these things are blocking our way to heaven, we must decide whether or not we are going to change them. Early on, these changes are difficult. They can be frightening or painful or both. But if we are going to arrive in heaven, we must change, and our consciousness must evolve. Having the honesty, strength and courage to make these changes in ourselves is what separates those who find heaven from those who don't.

Fortunately, these changes get easier as we progress. Having made a change and seeing the benefits it brings, it is easier to take on the next change. But the long and the short of it is this- if we want to get into heaven, making the proper changes and evolving is how we get there.

III. What's It Like In Heaven?

C. A More Detailed Map Of Consciousness To Help You On Your Way

C. A More Detailed Map Of Consciousness To Help You On Your Way

We have already covered the 7 levels of consciousness. As Ken Wilbur points out, there are also "lines" of conscious development. For example, a person may have excellent cognitive abilities but very poor interpersonal skills. This is the classic archetype of a geek- very bright intellectually, but having poor social skills. Intellectual skills would be one Line Of Consciousness and interpersonal skills would be another. Lines Of Consciousness, as explained by Wilbur, are shown to develop independently of each other. So in assessing a person's Level Of Consciousness, we need to be aware of which Line Of Consciousness we are focusing on. For our purposes, we will focus on 3 Lines Of Consciousness: Self-Awareness; Moral; and Interpersonal. There are many more Lines Of Consciousness, but these have the most direct and universal impact on the experience of happiness.

To look at the relationship between Lines Of Consciousness and Levels Of Consciousness, let's use elementary school as a metaphorical example to explain and compare these two different aspects of consciousness. The 7 Levels Of Consciousness are much like grade levels, 1st through 7th. The Lines Of Consciousness, are like subjects in school such as English, math and social studies. They have different components and complexities at each of the 7 levels. Each Level of each Line Of Consciousness serves as a foundation and building block for the next Level on that Line. Since Lines Of Consciousness can (and usually do) develop independently, it is not at all uncommon to find a person functioning in on Line Of Consciousness at a different Level than they are in another Line Of Consciousness. This is like a person functioning at the 5th grade level in math, but at the 2nd grade level in social studies.

Let's apply the comparison of Lines Of Consciousness and Levels Of Consciousness to our map of consciousness. We can think of the 7 levels as geographic areas, like states in the United States. Lines of Consciousness are like highways running through those states. To get a good idea of where a person is functioning consciously, we need to know what state they are in and what highway they are on.

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IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

As has been discussed, there are many more than 3 Lines Of Consciousness. But for simplicity's sake we are going to focus on the 3 Lines Of Consciousness that have the most direct bearing on happiness. They are the main highways that will take us where we want to go.

These 3 primary lines are the Self-Awareness Line Of Consciousness, the Moral Line Of Consciousness, and the Interpersonal Line Of Consciousness. Intelligence, or cognitive skill, is not the same thing as Consciousness. Intelligence is a Line Of Consciousness, not consciousness itself. Again, a person can be functioning at a very high level of intelligence but at a very low level of consciousness.

A brief summary of each of the 3 Lines Of Consciousness is as follows:

The 3 Lines Of Consciousness

The Self-Awareness Line- this Line Of Consciousness centers around a person's awareness of themselves, their beliefs, assumptions, and the thoughts and feelings that continuously flow through them. As this line is followed up through the 7 Levels Of Consciousness into the higher Levels, the person develops a clear sense of who they are, what at the deepest levels motivates them, and what their purpose in life is.

The Moral Line- this Line Of Consciousness deals with a person's sense of right and wrong. In the lower Levels Of Consciousness, it tends to be rule oriented. As it develops into higher levels, more complex and extensive factors are included in their evaluations of what is right and wrong. The things that determine the properness of their perspectives and actions, and the chain of ramifications that follow from them, grows more expansive.

The Interpersonal Line- this Line Of Consciousness deals with a person's skills and abilities in interacting with other people. At the lower Levels Of Consciousness it centers around following customs of interaction. At the middle levels it can be thought of as social skills. At the higher levels, the person is better at perceiving and understanding the psyche of others. This enables them to relate to other people in a more effective manner.

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

A. Who, Or What, Am I? – The Self-Awareness Line Of Consciousness

A. Who, Or What, Am I? – The Self-Awareness Line Of Consciousness

The Self-Awareness Line Of Consciousness is arguably the most important. It involves a person's ability to accurately perceive the subtle forces at play within themselves. Without recognizing and being aware of these forces, a person can not achieve control over their thoughts, reactions and actions. And if they lack the ability to control their thoughts, reactions and actions, they have no control over who and what they will become. The Self-Awareness Line Of Consciousness centers around an individual's perception of who and what they are. It provides for them both the foundation and the context within which their reality is drawn.

At the Instinctual Level Of Consciousness, one perceives themselves in terms of being a physical body. Awareness of self centers on satisfying the body's physical needs. The consciousness focuses on factors for insuring the continued physical existence, as driven by basic human instincts. As such, the consciousness's concern is constantly assessing the need for and availability of the essential things needed for the continuation of physical life. Examples are food, water, clothing, shelter and tools that help them acquire and keep those things. It also includes such things as resources that help ensure their physical safety. Other persons' needs will often go unnoticed, or they may be viewed as threatening to the needs of the individual.

At the Egocentric Level Of Consciousness, one perceives themselves in terms of their ego. Their concept of self extends beyond a mere physical body. The scope of needs that the consciousness contemplates extends a greater distance into the future. It also covers a more expansive and subtle set of threats that it sees itself as needing to guard against. The basic drives of instinct now arise more subtly as the person's emotions. They see themselves as a physical entity that will have needs in the future, and these needs are brought to the conscious forefront, driven by emotion. As such their concept of self expands into a more abstract dimension, and they begin to think of themselves as more than just a present physical presence. Consequently the consciousness, being now aware of future needs will strategically compete for resources the individual may not presently need, but may need in the future. In this quest, they will be driven primarily by their emotions.

At the Conformist Level Of Consciousness, an individual begins to perceive their relationships as a part of themselves, in that those relationships are resources that can be drawn on in times of need. In order to assure their ability to draw on those relationships, one's standing within their clan becomes important. As a result, the principles of honor, respect and loyalty arise. The self is now viewed as not only a present physical presence, but also as an actor within a group. The cache of goodwill they carry is viewed as an important part of who they are. As a result of this, a herd mentality often arises. Rather than always act to satisfy the demands of their emotions, the individual's desire to satisfy the expectations of their clan will often prevail.

At the Rational Level Of Consciousness, one views themselves as an actor on a much larger stage. The mind's ability to think abstractly and strategically becomes an important part of their identity. They recognize that how they exercise those things in the present will significantly impact their future and who they become. As a result, the individual begins to view their thoughts, beliefs, choices and actions as a part of who they are.

At the Pluralistic Level Of Consciousness, one tends to see themselves as one among other equals, whose needs are also important. As their ability to empathize develops, their recognition of the similarities between themselves and other people grows deeper. As such, their concept of self begins to extend beyond their own physical presence, needs and beliefs. They begin to see familiar parts of themselves as also being within everyone else. As a result, they develop a sense of seeing themselves in others. Additionally, the person learns to genuinely love themselves in a healthy way, despite their own flaws and shortcomings. Having learned this, they are able to genuinely love others, warts and all. At this Level Of Consciousness, feelings of separateness, isolation and loneliness lose their foothold in the person's consciousness.

At the Integral Level Of Consciousness, one recognizes themselves as an integral part within a harmoniously functioning system called reality. When viewing things from this bigger picture, different perspectives and levels of consciousness among people are seen as necessary and positive parts of reality, rather than a flaw, annoyance or challenge. The perception of "flaws" in life and people gives way to a perception of

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

A. Who, Or What, Am I? – The Self-Awareness Line Of Consciousness

the beauty of the overall system. As such the individual views themselves as a part of and beneficiary from the “system” of life as a whole. At this Level Of Consciousness, the individual typically sees themselves as an entity that will live beyond this "life".

At the Transcendent Level Of Consciousness, one perceives themselves as the manifestation of the “divine” that animates all things. Viewing themselves in this way, the individual identifies with and sees themselves within all things, and accepts themselves as an actor within all actions. The line between “self” and "others" becomes so thin as to be in certain contexts transparent. The being and welfare of all life are viewed as essential parts of who they “are”.

A table showing a summary of the Self-Awareness Line Of Consciousness, and the individual's perceptions of "self" at each of the Levels Of Consciousness is as follows:

<u>Level of Consciousness</u>	<u>Dominant Perception of "Self":</u>
Instinctual	A body with immediate needs
Egocentric	A body needing to secure it's future security
Conformist	A member of a "clan"
Rational	A being made of a body, thoughts, beliefs, choices and actions
Pluralistic	One of countless equals, all of whom are important
Integral	An integral piece of a harmonious system of reality
Transcendent	Everything

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

B. What Is "Right" And What Is "Wrong"? – The Moral Line Of Consciousness

B. What's The Right Way? – The Moral Line Of Consciousness

The Moral Line Of Consciousness centers around an individual's perspective of right and wrong. It can be thought of as the code of ethics they will follow in the absence of external controls. It is one thing for a person not to steal because they are afraid of going to jail if they are caught. It is another if they choose not to steal because they believe it is wrong. In this example, an individual's morals will determine whether or not they will steal if it is legal to do so. The Moral Line Of Consciousness deals with an individual's self-imposed guidelines of behavior, should they find themselves in a "gray" area.

At the Instinctive Level Of Consciousness, morality centers around the preservation of the individual's life through the acquisition of needed resources. Stealing has no negative moral ramifications for a person functioning at this level, because their primary moral imperative is self-preservation. Likewise taking resources from another person by force also violates no moral principles, as again the preservation of life justifies the use of force. Killing in self-defense and even killing to acquire needed resources is justified as the moral dictate is self-preservation; the luxury of concern for other's welfare outside one's closest circle has not yet entered the conscious domain.

At the Egocentric Level Of Consciousness, moral concerns center around acquiring and maintaining safety by controlling one's environment. This includes the people they are in relationships with. The individual is able to perceive and consider less immediate ramifications of their actions. Indiscriminate killing which was morally dubious at the Instinctive Level Of Consciousness, now becomes taboo. The future risks to their own safety that may result from the killing of others, now becomes recognizable. Their concerns and actions are governed by what they believe will provide them the greatest safety and control. The moral standard for people functioning at this level is whether or not their conduct will increase, decrease or maintain their safety. People functioning primarily at the Egocentric Level Of Consciousness will typically attempt to control the people they are in relationships with, as they believe this is how they can best keep themselves, their egos and their resources safe. A person functioning at this level will have no qualms about mistreating someone who is powerless and could not possibly threaten their safety or resources. Moreover, they will be compelled to do them harm, if they believe it will increase their own safety in some way.

At the Conformist Level Of Consciousness, close relationships take on great significance. The measure of right and wrong is determined by how one's actions affect their acceptance within their clan. Accordingly, the individual may forgo some immediate benefit to themselves if it will preserve or improve their acceptance within the clan. Likewise, they will readily harm others outside their clan, if this will bring clan approval. The views of the clan are often and typically "solidified" into a set of rules or customs. As such, the individual will often exhibit a near blind adherence to the rules/customs, even if it results in horrific individual injustice. At this level of consciousness, the individual lacks the ability to effectively make their own assessment and determination of objective fairness.

At the Rational Level Of Consciousness, morality is dictated by logical considerations and centers around objective "truth" and fairness. The group of people whose perspectives the individual is now capable of adopting within the scope of their considerations expands considerably. Additionally, they are able to logically anticipate the ramifications of their actions. So much so, that they are able to perceive and operate based on abstract principles. Justice and fairness become the moral standard, as the individual is now capable of viewing things from the perspective of a "generic" or "neutral" person. The individual now recognizes the principle that the rights they wish to enjoy, they must respect for others. Not wanting to be killed or stolen from by any other person, they accept the logical corollary that they should not kill or steal from anyone either.

At the Pluralistic Level Of Consciousness, love becomes the moral standard. At this level, egalitarian considerations take hold and the person sees other people in general, as equal in worth to themselves. At this level the moral dictates take on a shift from "do no harm" to affirmatively doing good. They will often choose

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

B. What Is "Right" And What Is "Wrong"? – The Moral Line Of Consciousness

to help others, even complete strangers, despite the fact that there may be no direct benefit to themselves. Individuals functioning at this level will frequently forgo strict justice, in favor of compassion and mercy.

At the Integral Level Of Consciousness, the individual's morality centers around the welfare of humanity as a whole. Every human being is given dignity and respect within the scope of their considerations. Actions are taken and decisions are made with a fuller consideration of their extended effects. The individual becomes very effective at appropriately tailoring their response to the circumstances that arise. Right and wrong are determined based on what provides the greatest benefit to the greatest number of people over the longest period of time. Individuals functioning at the Integral Level are more effective at discriminating the proper balance between the rights and needs of an individual, and the rights and needs of the society of which the individual is a part. Recognizing the intrinsic values (and weaknesses) of various moral approaches, they are capable of responding to situations with justice, mercy, or a mix of the two, in order to best address the situation at hand.

At the Transcendent Level Of Consciousness, morality takes on a new dimension. The universe is seen as one organic whole, and "right" and "wrong" lose their meaning as all actions are seen as the universe's interactions with itself. The moral standard centers on the willing utilization of all manifestations of circumstances of "life" as opportunities for evolution. While justice and mercy are not completely unimportant, the deeper question becomes, did growth and evolution of consciousness occur.

A table showing in general the moral dictates of each Level Of Consciousness is as follows:

<u>Level of Consciousness</u>	<u>Moral Standard/Dictate:</u>
Instinctual	Self-preservation
Egocentric	Acquisition and maintenance of security
Conformist	Approval by the clan
Rational	Justice
Pluralistic	Love
Integral	The greatest good
Transcendent	Evolution

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

C. If I Scratch Your Back, What's In It For Me? – The Interpersonal Line Of Consciousness

C. If I Scratch Your Back, What's In It For Me? – The Interpersonal Line Of Consciousness

The Interpersonal Line Of Consciousness deals with an individual's motives, habits and methods of interacting with other people. But primarily it has to do with the driving force behind why they interact with others. In this Line Of Consciousness it is important to make a determination over an adequate period of time. The fact that a person is functioning primarily at the Integral Level Of Consciousness, does not mean they would never take measures to protect their security, like installing a home security system or buying insurance. But concerns over their safety, and the security of their property, do not regularly occupy the forefront of their thoughts. On the other hand, if a person day in and day out frets over what other people think of them, then they are probably functioning at the Egocentric Level Of Consciousness.

Another important factor to consider with the Interpersonal Line Of Consciousness is that there will always be at least two participants in any interpersonal interaction. Quite frequently, the people involved will be at different levels of consciousness. The higher the level of consciousness a person is functioning at, the more they will appear as a chameleon. The reason for this is quite simple. As has already been discussed, a person can utilize the Level Of Consciousness at which they primarily function, as well as all the levels below their primary. A person can not function effectively in a Level Of Consciousness that they have not yet reached. So if a second grader and a seventh grader have a conversation, the seventh grader will have to speak in second grade terms if they are going to have a meaningful discussion. If the seventh grader then has a conversation with a fifth grader, the seventh grader can speak in fifth grade terms. As a result, a person functioning at a very high Level Of Consciousness could appear to be all over the board, depending on who they are interacting with. In order to really know for sure, you would have to observe a person engaging with people who are at or above their Level Of Consciousness to figure out where they truly are.

At the Instinctual Level Of Consciousness, relationships are driven by the pursuit of basic essentials for survival. Emotional needs are a luxury this level of consciousness does not have the leisure to pursue. Interaction focuses primarily on what resources can be obtained through that interaction. The fairness and impact the interaction has on the other person is of little concern, unless that person is seen as a potential ongoing source of necessities. Once a person ceases to be a resource for satisfying essential needs, their importance is negligible, save and except their potential as a threat. When actual or perceived conflict arises, the reaction can often be aggressive, hostile and violent.

At the Egocentric Level Of Consciousness, interpersonal interaction focuses on acquiring and maintaining security. For our purposes here, security would include not only physical safety, but also the protection of their property and interests. In terms of emotional needs, this level of consciousness seeks to be recognized and validated in virtually all that it does. Most people view this as excessive insecurity. Control is viewed as the most reliable method of ensuring the safety and advancement of the ego. Interaction often involves ongoing efforts to control others. On the most basic level this means efforts at controlling others behaviors, even by force, if it can be exercised without retribution. Great attention and effort are devoted to limiting others' actions that are seen as potentially threatening to the person's security, and pressing for actions that are seen as supportive of the person's security. In a more abstract, intellectual realm, it includes efforts to control other people's perceptions of the individual. This ensures that they are viewed by others in the way they wish to be seen. They believe that the best way to control others' behaviors toward them is to control what those people think about them. Furthermore, people who think well of them are more likely to affirm and validate them, satisfying their emotional needs. When actual or perceived conflict arises, the other person is viewed as a threat and typically reacted to quite negatively.

At the Conformist Level Of Consciousness, interpersonal interactions are guided by reference to the customs and values of the clan. Interactions often center around the benefits they accrue for the clan as well as the individual. Much energy is devoted to determining other peoples' level of identification with and conformance to the clan's culture. Individuals at this level want to know whether other people are on their team

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

C. If I Scratch Your Back, What's In It For Me? – The Interpersonal Line Of Consciousness

or not. There will often be efforts aimed at "converting" or "proselytizing" those who aren't. In terms of emotional needs, this level of consciousness seeks acceptance and a sense of belonging. An individual will at times pursue benefits for people other than themselves. This is especially true if it will benefit an important member of the clan. Interactions and discussions frequently center on individual people, what they think, what they've said, and what they've done. When an actual or perceived conflict arises, the reaction often focuses on portraying the other individual as a traitor or evil, and efforts are made to highlight how the offending individual is in violation of clan standards and thereby villainous. This behavior is often accompanied by efforts to rally allies to the "innocent" individual's side, and actively turn people against the offending individual.

At the Rational Level Of Consciousness, interpersonal interactions typically center around concepts and ideas. The dominant emotional need at this level is for intellectual stimulation and the pursuit and discovery of "truth" or pragmatically useful information. As the focus of discussion, ideas will typically take center stage over the discussion of individual people. When actual or perceived conflict arises, the other individual is typically viewed as "wrong" or in error. Efforts are often then made to prove this. However, someone who is truly functioning at the intellectual level will criticize the idea or the argument, rather than the person who raised it.

At the Pluralistic Level Of Consciousness, interpersonal interactions take into account the benefits they provide to both people involved. Emotionally, the dominant need is genuine love. The "I love you because you fill my needs" version of "love" is no longer satisfactory for this Level Of Consciousness. Having developed an understanding that true love is an unconditional gift, and not a need in disguise, they seek the real thing. The most satisfying interactions are those that qualify as "win-win". Charity arises as a valued practice for its own sake, rather than for the benefits it will secure for the individual who extends it. People functioning at this level of consciousness will extended courtesy and respect to everyone, including those who are in the wrong, outsiders, or even enemies. When actual or perceived conflict arises, efforts are often made at reconciliation or the extension of compassion. Vengeance is no longer viewed as an acceptable personal response. Where appropriate, a person at this level of consciousness has no problem in offering an apology or accepting responsibility for something they didn't do, if it will lead to a positive and healthy resolution. Those who are viewed as being in error are typically viewed not as evil, but merely as being in a state of lacking adequate information or understanding, a personal circumstance rather than a character or intellectual flaw.

At the Integral Level Of Consciousness, interpersonal interactions focus on benefiting society and its individuals, and diversity itself is valued. In terms of emotional needs, this Level Of Consciousness seeks the satisfaction of having made a positive contribution to society. When actual or perceived conflict arises, it is viewed as merely different perspectives of the same phenomenon, with each perspective having its own strengths and weaknesses. As such, conflict resolution frequently focuses on addressing the core issue, rather than "fixing" the individuals who hold the divergent points of view. The parties can agree to disagree and still arrive at constructive forward progress on the challenge at hand.

At the Transcendent Level Of Consciousness, interpersonal interactions focus on the advancement of all of life. While the individuals involved are important aspects, they are viewed as various manifestations of the same underlying reality. What at other levels of consciousness would be perceived as conflict, is here viewed as a natural and healthy part of the process of universal evolution. At this level, the person typically has transcended what most people consider emotional needs. These individuals do what they do not to satisfy their own needs, but to creatively express the divine light within them.

A summary table showing the predominant motivator for interpersonal interaction based on the person's Level Of Consciousness is as follows:

<u>Level of Consciousness</u>	<u>Primary motivator for interaction:</u>
Instinctual	Resource acquisition

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness)

C. If I Scratch Your Back, What's In It For Me? – The Interpersonal Line Of Consciousness

Egocentric	Control and affirmation
Conformist	Acceptance and a sense of belonging
Rational	Intellectual stimulation, truth, and pragmatically useful information
Pluralistic	Genuine Love and mutual benefits
Integral	Making a contribution to society
Transcendent	The advancement and benefit of life

V. Stepping Up The Stairway To Heaven – The 21 Indicators Of Consciousness

V. Stepping Up The Stairway To Heaven - The 21 Indicators Of Consciousness

As a restatement, we have covered the map of consciousness, with 7 Levels Of Consciousness and 3 Lines Of Consciousness. The 7 levels are like seven states, and the 3 lines are like three highways running through those states. The map of consciousness helps us identify where we are, and where it is we want to go. The Indicators Of Consciousness are like driving skills. They help us drive safely and avoid crashing on the road to happiness

These Indicators can help in deciphering at what general Level Of Consciousness a person is functioning. The more Indicators they are functioning poorly in, the lower their Level Of Consciousness will be. Conversely, the more Indicators they are functioning well in, the higher their Level Of Consciousness will be. If you observe a person functioning well in almost all of these Indicators, you can feel confident that they are at a very high Level Of Consciousness.

Each Indicator Of Consciousness is like a trait or skill that the person can, through development, use to make their lives happier. Unlike Lines Of Consciousness which develop independently, the Indicators Of Consciousness function interdependently and have an influence on each other. They are like pistons in an engine and the greatest performance is achieved when all the pistons (Indicators) are functioning together harmoniously. Such harmonious functioning produces a synergistic effect where the unified whole is greater than the sum of the parts.

Thousands of years of hard-earned human insight and wisdom have been recorded, compiled and distilled into a very concentrated body of knowledge through the painstaking efforts of some of the greatest minds in human history. All these teachers lovingly offer their combined wisdom to aid you in your journey to heaven. If you want to raise your Level Of Consciousness and climb the stairway to heaven, the Indicators Of Consciousness provide a superb checklist for evaluating and modifying your beliefs, values, reactions and actions. Choosing to and acting consistently with the developed aspect of an Indicator and avoiding the underdeveloped aspect, will over time give you mastery of that Indicator. By frequently thinking through the Indicators and honestly comparing them against how you believe, act and react, you can make this treasure trove of insight and understanding a part of who you are. When you think them through in the context of the map of consciousness you can develop a good understanding of how you are doing in terms of your consciousness. If you can master these Indicators one by one, you will steadily progress up the Levels Of Consciousness, and sure-footedly climb the stairway to heaven. The Indicators of Consciousness are as follows:

1) *Honesty*

Honesty is the commitment a person has to see, accept and speak the truth. When this trait is underdeveloped, dishonesty is seen as a legitimate means to achieve desired ends. Additionally, the person has a difficult time in being honest with themselves, about themselves. Needless to say this can be a significant inhibitor to growth. As this trait develops, the use of dishonesty with those who are viewed as being aligned with the person is less frequent. However, as can be said with most things, if the person is dishonest with those with whom they are unaligned, they will likely be dishonest, though less frequently so, with those who are in alignment with them. When this trait is fully developed, the person will strive to be honest with themselves, no matter how painful it might be, and they will be honest with all other people.

2) *Egalitarianism*

Egalitarianism is the valuation of all people as equal in worth, irrespective of abilities, achievements or failures. When this trait is underdeveloped, the person will constantly weigh one person against another. The measurement goes beyond the mere assessment and calibration of respective skills, and becomes a

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comparison of personhood where one person is seen as a better or worse “person” than another. When these value comparisons are exercised with a self-indulgent slant the ego is inflated. When exercised with a bias towards self-deprecation, self-esteem suffers. When this trait is functioning effectively, the person will view all people as equal in worth and as deserving of dignity and respect.

3) *Equanimity*

Equanimity is an equal minded acceptance of all circumstances, and the recognition of the intrinsic value of all things. When this trait is underdeveloped, every event and circumstance will be judged as good or bad. Strong preferences will be lodged in favor of certain circumstances and material things, or opinions and reactions from other people. When this trait is functioning effectively, the person will receive with equal minded acceptance, both easy circumstances and difficult ones. This is not to say they are indifferent and would be just as inclined to walk in front of a bus as wait for it to pass. But when the person has exercised what reasonable control they have, they accept the things they can not control. Likewise when this trait is functioning effectively, other people’s actions and treatment of the person will be viewed with a similar even-mindedness. An insult and flattery will have the same non-effect on them.

4) *Faith*

Faith is the ability to be confident that events and circumstances contain within them opportunities for the betterment of the individual. When this trait is underdeveloped, the person lives in constant anxiety about what is going to occur or not occur in their lives. They harbor the belief that if they are not in control, the outcome will at the least, not benefit them, and quite likely will be bad for them. When this trait is functioning effectively, the person is able to confidently trust that whatever comes to pass will have opportunities for their benefit, recognize those opportunities, capitalize on them and be appreciative of them.

5) *Responsibility*

Responsibility is the willingness, ability and actuality of a person accepting their role in the positive and negative consequences that flow from their actions and inactions. When this trait is underdeveloped, the person will try to blame less than optimal circumstances in which they are involved, on other people, events or anything other than themselves. They are reluctant to accept labors, challenges and obligations that rightly fall to them. Additionally, they look with disfavor upon being held accountable for what they do or don’t do. When this trait is functioning effectively, the person will readily take on challenges and labors that are appropriate for them to take. They will accept the blame and the obligation to effect repairs, improvements or amends if they have contributed to less than ideal circumstances. Further, they have no qualms about being held accountable for their actions and decisions.

6) *Balance*

Balance is the ability to pursue moderation and avoid extremities, and the judicious harmonizing of opposites. When this trait is underdeveloped, the person will pursue or be drawn into extremities of view, belief, or action. This can also manifest as overindulgence or addictive behavior. Their world tends to be divided into polar opposites and they typically either devote allegiance to one pole and harbor an aversion to the other, or they swing between the extremes, often with chaotic results. When this trait is functioning effectively, the person will balance or blend traits of apparent polar opposites. Many wisdom traditions hold that the path of individual evolution is the process of balancing the masculine and feminine energies within each person. Justice and compassion, convention and

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innovation, strength and flexibility, and principle and pragmatism are just a few additional examples of dualities that people are constantly striving to balance and harmonize.

7) *Empathy*

Empathy is the ability to place oneself in another's position and see and feel things from their perspective. When this trait is underdeveloped, the person thinks of things only from their own point of view and how it impacts them. In extreme cases, a person can exact physical cruelty and pain on animals or even other people, with no apprehension or concern regarding the pain or damage they are causing. In less extreme cases, while they may be generally aware of how things will affect others physically, they are oblivious to others' thoughts and feelings, outside of what they are told, and even then it can be very difficult for them truly understand, respect or even appreciate them. When this trait is functioning effectively, the person can easily and with a good degree of accuracy, perceive the thoughts and feelings another person may be experiencing at any given time. Moreover they respect the other's person's perspective and feelings, and can often sense and feel any emotional pain the other person may be experiencing.

8) *Nonjudgmentalism*

Nonjudgmentalism is the ability and practice of not making conclusory judgments about people based on their thoughts, beliefs, motives or actions. When this trait is underdeveloped the person will readily adopt critical conclusions and opinions of other people. They will find fault in the thoughts, actions and beliefs of others and will readily assume and assign to them ill motives. Moreover, they exhibit an inability to distinguish between a behavior and a person, believing or assuming that what they see as bad behavior makes the person who engaged in that behavior bad. When this trait is functioning effectively, the person declines to find fault in others and accepts ignorance, mistakes, and less than perfect thinking, beliefs and actions as a normal and understandable part of human life that everyone struggles with. Moreover they are usually the first to admit that at some time in their lives they have made similar mistakes, or could make a similar mistake if they were placed in the same circumstances as the other person. This is not to say that they decouple and refuse to apply appropriate consequences to inappropriate or illegal behaviors, but they will do so without vilifying the other person. They have no difficulty distinguishing between bad behavior and a bad person, and recognize that the former does not, in and of itself, prove the latter.

9) *Openmindedness*

Openmindedness is the ability to consider new and different ideas, perspectives and ways of thinking. When this trait is underdeveloped, the person feels annoyed or even threatened by any ideas, perspectives or experiences that are new to them. They view with suspicion anything that is different from what they are used to or accept as "the norm". Change and growth can prove quite difficult for them. When this trait is functioning effectively, the person experiences no discomfort at exploring new ideas, concepts and approaches. Although they may not adopt them as their own, they will readily give them due consideration. Moreover, they are comfortable with people holding belief systems that are different than their own, and can easily accept that those things may hold validity and benefit for others, even if not for themselves.

10) *Presentness*

Presentness is the ability to remain focused and centered in the here and now. When this trait is underdeveloped, the person is constantly preoccupied with "living in" or focusing on the past or the

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future. Past mistakes, misfortunes or wrongs suffered are dwelt upon and repeatedly dredged up. Alternatively the person may be consumed with what will, might or should happen in the future. When this trait is functioning effectively, the person will remain centered in and focused on the present. This is not to say they never think of or learn from the past, nor plan for the future. Rather they give them what consideration they are due and then return to the present, making the most of what is in their here and now.

11) Courage

Courage is the ability to view fear and emotional pain as being helpful markers for where that person has the greatest opportunity for growth, and actively pursuing that growth. When this trait is underdeveloped the person will go to great lengths to avoid difficult or uncomfortable circumstances. They will forgo growth and personal improvement rather than face and deal with pain, emotional discomfort, or their own personal weaknesses or demons. When this trait is functioning effectively, the person will recognize their fears, pains and demons as personal weaknesses that need to be overcome in order to break their hold and detrimental impact on the person. They will readily and honestly own up to and face their fears, pains and discomforts, and deal with them, rather than avoid them.

12) Appreciation

Appreciation is the ability to find beauty and value in all things. When this trait is underdeveloped, the person will exhibit a lack of gratitude for things that are done for them, even in the greatest cases of charity. They fail to see the inherent beauty and value that exist in things. Instead of counting their blessings, they will fret over all the things that are not to their liking. They also exhibit indifference or even disrespect to the people and things in their life. When this trait is functioning effectively the person will exhibit respect and gratitude towards everything within their experience. They constantly perceive the intrinsic value in all things and people. They do not take things or people for granted and feel a sincere sense of gratitude for all that they receive, and for the opportunity to experience all that they experience. They can readily see beauty and a sense of divinity everywhere they look.

13) Love

Love is the ability to see and value all people's needs and happiness as equally important with one's own. When this trait is underdeveloped, the person will exhibit a total lack of concern for anyone's welfare or needs other than theirs. Whenever they give or make sacrifices for others, it is with the expectation that the favor will be returned. When this trait is functioning effectively, the person will exhibit the same concern for others as they do for themselves, within the constraints of their limits and responsibilities. The person will objectively weigh their needs and desires with others' needs and desires, and will willingly make sacrifices in order to benefit the other person, regardless of whether the other person ever can or will repay their goodness.

14) Emotional Discipline

Emotional Discipline is the ability to delay or forgo gratification. When this trait is underdeveloped the person exhibits impulsive behavior and typically pursues immediate gratification. This can be in the form of obtaining a benefit or avoiding discomfort. It is also difficult for them to follow rules or procedures if their emotions pull them in a different direction. When this trait is functioning effectively, the person exhibits control over their emotions and desires and will readily forgo immediate gratification or endure present discomfort if a greater benefit can be obtained by doing so.

15) Mental Discipline

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Mental Discipline is the ability to control one's thoughts. The mind, when not preoccupied with external stimuli has a tendency to race and wander. Some have described it as an endless stream of thoughts, some surfacing in the conscious awareness and many flowing in the subconscious mind outside of awareness. When this trait is underdeveloped, the person allows random, unconstructive and even destructive streams of thought to flow through their mind, and they are often unaware of many of them. When this trait is functioning effectively, the person is continuously aware of the thoughts that arise in their mind and they control their thinking. Unconstructive thoughts are discontinued and the mental energies are rerouted to constructive thoughts. Additionally, when this skill is well developed, the person has the ability to stop their thoughts altogether, and rest in complete mental silence.

16) Flexibility

Flexibility is the ability to accept, change and adapt to new or unexpected circumstances. When this trait is underdeveloped, the person finds it difficult to cope with or accept things that differ from their habits or expectations. When this trait is functioning effectively, the person is able to flow with whatever course circumstances may take, regardless of how much things may deviate from what the person is habituated to or expecting. They are accepting of, and make the most of whatever comes. They frequently exhibit and enjoy the benefits of innovative and creative approaches to circumstances and events, being open to recognizing and capitalizing on the opportunities they offer.

17) Positiveness

Positiveness is the ability to view the positive aspects of and possibilities within any situation and refrain from negative thoughts, words and actions. When this trait is underdeveloped, the person will approach things with the assumption that there is something bad or negative in any situation and dwell on that aspect. They will constantly focus on how things could have been or should have been or ought to be better. If given a bowl of cherries, they will focus on and fret over the pits, frequently letting the cherries go to waste. When this trait is functioning effectively, the person will seek out and find the positive aspects of things. They constantly focus on what is good and beneficial in things and events. They are skilled at finding and focusing on the silver lining in any cloud, and if given a bowl of cherries they will focus on and enjoy the cherries and either disregard the pits or find a constructive use for them.

18) Assertiveness

Assertiveness is the ability to overcome silence, passivity, and inertia, and speak and act in accordance with who one truly is, without going to the opposite extreme of being domineering. When this trait is underdeveloped, while interacting with other people, the person either timidly withdraws or suppresses their true selves and desires, or they go to the opposite extreme of forcing their agendas on others. As a result, whether it's themselves or the others involved in the interaction, someone typically gets "run over". When this trait is functioning effectively, the person is able, in a balanced way, to fully but tactfully express their desires, without putting others on the defensive or forcing their agenda on them.

19) Objectivity

Objectivity is the ability to see things from different perspectives and take a position against oneself. When this trait is underdeveloped, people can only see things as they appear from their point of view. They are unable to "stand outside themselves" and assess things from a neutral perspective. In their minds, they are always right. Typically they do not accept or respond well to any kind of criticism, and will fail to see the help or benefits offered from even benevolent and constructive criticism. Because they believe themselves to always be right, they will find it extremely difficult, even when appropriate, to apologize. When this trait is functioning effectively, the person is able to divorce their minds from all

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of their history and assumptions and see things with “fresh eyes”. They can readily recognize and accept errors in their thinking or behavior and have no difficulty apologizing when in the wrong.

20) *Communication*

Communication is the ability to convey to others accurate pictures of what one is thinking or feeling, and to obtain accurate understandings from others of what they are thinking or feeling. When this trait is underdeveloped, the person has difficulty either listening to, or actually understanding what another person is trying to express. They may also experience difficulty in successfully conveying their own thoughts or feelings. When this trait is functioning effectively, the person is adept at sending and receiving accurate information. This is not to say that miscommunication never occurs, but it happens much less frequently, and when it does, the person is skilled at recognizing that a miscommunication has taken place and correcting it.

21) *Awareness*

Awareness is a person's ability to consciously recognize the emotions and thoughts they experience, as they experience them. When this trait is underdeveloped, the person will frequently be driven by their subconscious, experiencing thoughts and feelings with no idea of what led to them. Being unaware of what brought these into being, they lack the ability to modify their thinking and reactions. As a result they remain trapped in negative ruts that cause them unhappiness and pain. When this trait is functioning effectively, the person is cognizant of their thoughts and feelings as they arise. Consequently they are able to recognize and follow their chain of reactions that flow from the cause. As a result they develop a recognition of the origin of their pain and unhappiness and are able to dismantle harmful patterns of thought, freeing themselves from the pain and from counterproductive habits of thought and reaction.

A summary list of the Indicators Of Consciousness is as follows:

- 1) Honesty
- 2) Egalitarianism
- 3) Equanimity
- 4) Faith
- 5) Responsibility
- 6) Balance
- 7) Empathy
- 8) Nonjudgmentalism
- 9) Openmindedness
- 10) Presentness
- 11) Courage
- 12) Appreciation
- 13) Love
- 14) Emotional Discipline
- 15) Mental Discipline
- 16) Flexibility
- 17) Positiveness
- 18) Assertiveness
- 19) Objectivity
- 20) Communication

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21) Awareness

VI. A Summary Review Of The Highlights

VI. A Summary Review Of The Highlights

I. Higher Consciousness Is Heaven – Although it is not quick or easy, raising your Level Of Consciousness is the most effective way to heaven.

A. How Do We Get To The Pot Of Gold? – The 7 Levels Of Consciousness are like seven geographic states, and serve as a global map to help orient us and give us direction.

B. The Map To Happiness – A Global View Of Consciousness' 7 Levels – At each of the 7 Levels Of Consciousness, our view of reality looks different. In the mind, perception is reality so people at different Levels Of Consciousness live in different worlds. This creates subsurface conflicts in relationships where the people are on different levels. The levels are:

<u>Level of Consciousness</u>	<u>Percentage of World's Population Functioning Primarily at This Level</u>
<i>The Harmonic Range of Consciousness</i>	
7) Transcendent	0.1%
6) Integral	1.0%
<i>The Competitive Range of Consciousness</i>	
5) Pluralistic	10%
4) Rational	30%
3) Conformist	40%
2) Egocentric	20%
1) Instinctual	10%

C. Descriptions For Each Level Of Consciousness On The Global Map To Happiness –

Instinctual – Survival mentality
Egocentric – Self-centered mentality
Conformist – Herd mentality
Rational – Logic/reason mentality
Pluralistic – Love mentality
Integral – Synergistic mentality
Transcendent – Oneness mentality

D. What Happens As We Grow Along The Road To Happiness? – As we raise our Level Of Consciousness, the scope of our considerations and what we value and identify with expands.

II. In Heaven There Are Angels – You Know What's In The Other Place – People who function at high levels of consciousness are like angels. Their world is filled with happiness and they can give you a description and taste of heaven. People functioning at low levels of consciousness can be very... well, challenging.

A. But What If I'm Water And You're Fire? – The key to good relationships, is choosing the right people to have them with.

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- B. How Can I Tell The Difference Between An Angel And A Demon-In-Disguise?** – Understanding the level of consciousness at which a person primarily functions is the best indicator of what type of person they are and how they are likely to treat you.
- C. What Price Must I Pay For My Relationships?** – Generally speaking here is what a person at each level of consciousness will expect from you in order for you to remain in their good graces, that is, to be viewed as aligned with them:

<u>Level of Consciousness</u>	<u>To Be Viewed As Aligned With This Level You Must:</u>
Instinctual	Be an aid or source for securing necessary resources
Egocentric	Be a supporter of their ego
Conformist	Be a member in good standing of their "clan"
Rational	Be right or "in the right"
Pluralistic	Be a decent human being
Integral	Be a human being
Transcendent	Exist

The higher the level a person is functioning at, the less needy they will be in their personal relationships.

- D. What Happens To Me If I Don't Pay Their Toll?** – Generally speaking here is how you can expect to be treated if you are not in the person's good graces, that is, if you are viewed as being unaligned with them:

<u>Level of Consciousness</u>	<u>Possible To Probable Reactions If You Are Viewed As Unaligned:</u>
Instinctual	Physical attack, threat, intimidation, theft, or property destruction
Egocentric	Directly negative or hostile behavior and pursuit of vindication
Conformist	Gossip, slander, and a rally of "allies" with efforts to isolate you
Rational	Criticism or attempts to correct, educate or justly reform you
Pluralistic	Discussion or avoidance
Integral	No reaction
Transcendent	No reaction

The higher the level a person is functioning at, the less "damage" they will do in their personal relationships.

- III. What's It Like In Heaven?** – Fear and pain and loneliness pass away and are replaced with love, peace and joy.

- A. So You Want To Live In Heaven?** – The shortest, most effective road to developing better relationships and living in happiness is through raising your level of consciousness.
- B. Heaven Sounds Nice – But What Do I Have To Do To Get In?** – 1) Know the map of consciousness (the 7 Levels and 3 Lines) so you'll know how to get there, 2) develop your driving skills (the 21 Indicators) so you won't crash on your way, and 3) have brutal self-honesty, and the courage and determination to actually change the things in your mind and actions that hold you back.

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C. A More Detailed Map Of Consciousness To Help You On Your Way – The 3 Lines Of Consciousness are like three highways that run through the seven states (Levels Of Consciousness), giving us a more detailed map of the structure and traits of consciousness.

IV. The 3 Highways To Heaven – (The 3 Lines Of Consciousness) – These are: The Self-Awareness Line; The Moral Line; and the Interpersonal Line. The Lines Of Consciousness develop independently of each other so that a person can be at a different Level Of Consciousness for each of the 3 Lines.

A. Who, Or What, Am I? – The Self-Awareness Line Of Consciousness – Here is what a person's concept of their "self" is at each Level Of Consciousness:

<u>Level of Consciousness</u>	<u>Dominant Perception of "Self":</u>
Instinctual	A body with immediate needs
Egocentric	A body needing to secure it's future security
Conformist	A member of a "clan"
Rational	A being made of a body, thoughts, beliefs, choices and actions
Pluralistic	One of countless equals, all of whom are important
Integral	An integral piece of a harmonious system of reality
Transcendent	Everything

B. What Is The Right Way? – The Moral Line Of Consciousness – Here is the predominant moral standard at each Level Of Consciousness:

<u>Level of Consciousness</u>	<u>Moral Standard/Dictate:</u>
Instinctual	Self-preservation
Egocentric	Acquisition and maintenance of security
Conformist	Approval by the clan
Rational	Justice
Pluralistic	Love
Integral	The greatest good
Transcendent	Evolution

C. If I Scratch Your Back, What's In It For Me? – The Interpersonal Line Of Consciousness – Here is the dominant underlying motivator for a person to interact with other people at each Level Of Consciousness:

<u>Level of Consciousness</u>	<u>Primary motivator for interaction:</u>
Instinctual	Resource acquisition
Egocentric	Control and affirmation
Conformist	Acceptance and a sense of belonging
Rational	Intellectual stimulation, truth, and pragmatically useful information
Pluralistic	Genuine Love and mutual benefits
Integral	Making a contribution to society
Transcendent	The advancement and benefit of all life

V. Stepping Up The Stairway To Heaven – The 21 Indicators Of Consciousness – The Indicators are a very useful tool to help determine a person's general Level Of Consciousness. Additionally they are an

VI. A Summary Review Of The Highlights

excellent checklist for analyzing and making personal changes that will carry you to heaven. The 21 Indicators are:

- 1) Honesty
- 2) Egalitarianism
- 3) Equanimity
- 4) Faith
- 5) Responsibility
- 6) Balance
- 7) Empathy
- 8) Nonjudgmentalism
- 9) Openmindedness
- 10) Presentness
- 11) Courage
- 12) Appreciation
- 13) Love
- 14) Emotional Discipline
- 15) Mental Discipline
- 16) Flexibility
- 17) Positiveness
- 18) Assertiveness
- 19) Objectivity
- 20) Communication
- 21) Awareness

VII. Global Consciousness

While The Stairway To Heaven is structured around and discussed in terms of its application to individuals, its principles apply to broader society as well. Lower levels of consciousness can typically be seen as the drivers behind wars, religious fanaticism, genocide, the decimation of natural resources and many other globally significant trends. By elevating the global level of consciousness, society can be better equipped to more successfully and less destructively meet the challenges we face, both now and in the future.

Consider a country led by a consciousness centered at the instinctual level. It is not difficult to imagine how differently it would interact with the world as compared to a country led by a consciousness centered at the rational level. At the macro level, its behavior would be comparable to an individual who is functioning at that level. And as a nation, its destructive capacity would be vastly greater than any individual's.

It does not take much imagination to envision how different our world would be if a pluralistic consciousness was the norm. As paradise is not a place, but a state of consciousness, raising global consciousness is our best hope of making earth a paradise.