

## **Editorial**

# **Our Vision is Our Reality**

David Hawkins, the author of the book *Power vs Force*, claims that it is the outcome of his experiments and studies conducted over a period of twenty year using a variety of kinesiology tests and examinations. In the book he standardized people's emotions into energy levels starting from 20 up to 1000. An energy level of 20 is attributed to people who suffer from shame. This is the lowest level, which dangerously borders ill health and even premature death. Shame is harmful to both physical and psychological wellbeing. At the other end of the scale at 700 - 1000 is enlightenment, the peak of the evolutionary consciousness in the human realm. This is the level attributed to Jesus, Buddha, and such great mystics humanity has ever produced. According to Hawkins, all levels below 200 are energy draining and below integrity. For example people who entertain guilt feelings have an energy level of 30. The grief stricken people possess only an energy level of 75. Fear-filled persons' energy level is measured as 100, while people with a lot of unfulfilled desires are measured 125. The energy level of angry people is assessed as 150 and the proud exhibit an energy level of 175. Hawkins postulates that people start feeling positive energy when they reach the pride level. However the proud feel good only in comparison with the lower levels. The Proud are defensive and vulnerable because they are dependent on external conditions, without which they may suddenly relapse into lower levels of energy. It is at the level of 200 that real power comes to the surface. People having energy level 200 are courageous, daring and determined. This is the zone of exploration, accomplishment, and fortitude. People at this level put back into the world as much energy as they take in. At lower levels, people are very much dependent on others and drain energy from the society without reciprocating. When

a person reaches level 250 will be in a position to maintain neutrality. At 310 one exhibits generous willingness to reach out wherever help is needed and at 350 one acquires the ability to accept things as they are. At 400 one gains control over reason and at 500 lives charity. This is the level characterized by the development of a love that is unconditional, unchanging, and permanent. This kind of love, which is a state of being, does not oscillate according to situations and persons since its source is not dependent on external factors. It is a giving, forgiving, nurturing, and compassionate way of relating to the world. This is a level of true happiness.

Hawkins claims that everything including food, water, clothes, people, animals, buildings, cars, movies, sports, books, music, and so on possess varying levels of energy. Some display weak levels of energy while others high. According to him 85% of the human race calibrates below the critical level of integrity at 200. Hawkins alleges that human consciousness was dangling at below the 200 level (190) for many centuries before it suddenly rose up to its present level sometime in the mid 1980s. At present the overall average level of human consciousness stands at 207. Hawkins then hypothesizes that the power of the few individuals at the top can counterbalance the weakness of the masses. According to him, one individual at level 300 counterbalances 90,000 individuals below level 200. One individual at level 500 counterbalances 750,000 individuals below level 200. One individual at level 700 counterbalances 70 million individuals below level 200 and so on. He warns that if the world stays at levels below 200 over a prolonged period of time would cause a great imbalance that would undoubtedly lead to the destruction of humanity. On the other hand, if a person manages to transcend the low energy level of shame and goes up to the level of courage and above, s/he will be transforming not only his/her own personal life into a wonderful event, but will also be contributing substantially towards raising the consciousness level of the humanity itself and the universe in general.

### **We Create Our World**

Newton's third law states that, "For every action, there is an equal and opposite reaction". Because of this reflective nature of our universe, the mindset we maintain will be mirrored in our everyday experience and in every person we encounter. If we live our life from a mindset of fear, we are bound to see that the same quality of stagnation and repression everywhere. Our opportunities will appear meager or even non-existent. The people we interact with will look

as if they are withdrawn, reserved, stingy, and less considerate. Even our work will seem repressed, boring or unsatisfying. On the other hand, when we begin to live our life from a mindset of love and confidence, everything around us will give the impression that they are full of energy and enthusiasm. The people we meet will be felt as warmer, generous and buoyant. Opportunities will come knocking at our door rather than we chasing after them. Our work will be more fulfilling, enjoyable and profitable. One need not be highly spiritual or enlightened in order to live a life of love and confidence rather than fear and shame. All it needs is a simple shift in our mindset to create big changes in our outer world.

### **The Source of Our Negative Experiences**

The universe (macrocosm) being unwieldy and too complex to comprehend the ancient seers of India turned their gaze towards themselves (microcosm) and made a thorough investigation into the working of their inner mechanisms and their operations. In their relentless search for the root and a remedy for suffering they discovered *avidya* (ignorance) as its cause and identified *jnana* (wisdom) as its cure. They recognized people are living under the influence of *maya* (illusion). These delusions are about themselves, about others and about the world in which they live. Low self-worth, lack of trust in others and the fear of lose are expressions of a person's deluded state of mind. All fearful responses correspond to one or more of these three misconceptions of mind. One may fear being alone, being rejected, or not being good enough. People may have a difficult time trusting other people, the universe, or their own strengths and abilities. The good news is that fearful thought patterns like these are simply habits that we are taught as children or developed on our own by way of growing. And like all habits, they can be changed with just a little bit of determined effort.

### **Who Rules the World?**

Fear, of course, will be one among the answers. Though some may be a bit hesitant to admit on account of their pride, it is undeniable that fear plays a prominent role in keeping us less human and less alive. Fear is undoubtedly one of the strongest and most influential emotions we have. It can act as a protective as well as a destructive force depending on the situation. By triggering the fight or flight response it helps us to survive dangerous situations. On the other hand, fear can also hold people back from realizing their full potentials and dreams. A persistent fear of failure can stop people from even hoping for a better life. Many refuse to take risks because they are scared of

facing failure. The risk of failure creates an impression that it outweighs the benefits of success and restrains and instigate people to retreat. It is not merely the fear of failure that stops people from pursuing their dreams; at times even success can become an intimidating factor. Fear of added responsibilities and possible changes in familiar ways can a make people feel stressed and overwhelmed to attempt for greater success in life. They may fear not being able to handle those responsibilities, or worry that they may be coerced to keep up the same level of success in the future. These fears are often potent enough to cause people to sabotage their own efforts, even when they feel that they can perform better. Either way, fear is strong enough to paralyze most of us – whether the things we fear are real or imagined.

### **The Domains of Fear and Confidence**

Fear at times drives people to seek the safety of their room. They may try to communicate with the world through their ‘windows’ rather than keeping their doors open. Unfortunately, ‘virus’ penetrates even the firewalls of their ‘windows’ and cause the ‘system crash’, reminding us that the safety of our rooms and the privacy of our ‘networking’ are vulnerable and not secure enough to safeguard us from fear. Thus, as Machiavelli has suggested and predicted, where fear rules and courage fails. Now, the question, whether there is a way out of this vicious cycle? Millions of people, down through the ages, have found confidence and solace in the following words of Jesus, “... take courage; I have overcome the world” (Jn 16:33). We have heard him telling this at different situations. To a paralytic lying on a bed he said almost the same words, “Take courage, son; your sins are forgiven” (Mt 9:2). During his farewell speech too we hear the same tone, “Do not let your heart be troubled, nor let it be fearful” (Jn 14:27). How did he conquer the world and its ruler? The answer is love. By nature, fear and love act in conflicting ways in our lives. Fear is restrictive, repressive and limiting. Love is expressive, abundant and free-flowing. Fear contracts while love expands. Fear retreats while love finds out new possibilities and opportunities. Fear is closed off and stagnant while love is open and vibrant.

### **Personal Fears that Limit Our Potentials**

As we have seen, fear has beguiling ways to hold us back and prevent us from making positive changes. It can prevent us from breaking destructive habits by making even the smallest changes seem unbearable and extremely uncomfortable. The moment we try to break

a bad habit suddenly we are filled with anxiety and we do not know how to handle it except to run back to our pacifiers, the very habits we are trying to break. Fear can prevent us from taking risks. Many of us shy away from risk because we fear negative consequences. Avoiding risk may help us avoid negative consequences but we also miss the excitement and joy that come from positive outcomes. If the dreaded thought of public speaking withholds us from approaching the podium it also holds us back from pursuing our dream of being a leader. If our social anxiety prevents us from attending social gatherings and community activities, it also shuts down our openings to augment our career or business.

### **How to Stop Fear from Limiting Our Potential**

It is important to note that all of these fears are most often groundless. They are merely a perception that things could go wrong, but that does not mean they will. Rather than trying to force our way through the fear, we may find it easier to explore the many ways that fear can be effectively released from our mind, emotions, and body. When we know how to release the fear, we can simply handle it as we would any minor obstacle and then continue on our way to creating the best life we possibly can. We can empower ourselves by remembering that most of the things we fear will never happen. In fact, when we give our attention to anything; it seems bigger and more intimidating. Deliberately focusing more on positive things will help us to override the negative inputs we receive. When we take greater control of our focus and place it decisively upon the creation of a joyful and positive reality, we contribute that same energy to our surroundings. This helps minimize some of the fearful energy being contributed by others around the world. It is true that there are many horrible, scary things to worry about, but there are equally as many wonderful, joyful things to ponder. Spending time each day thinking about the people we love, happy memories, and the great experiences that may be waiting just around the corner for us will energize us to face life head-on. It may not make the scary possibilities go away completely but it will lighten our mood, leave us feeling happier and less fearful.

### **Consciousness and Fear**

“The proliferation of fears is as limitless as the human imagination; once Fear is one’s focus, the endless worrisome events of the world feed it. Fearful thinking can balloon into paranoia or generate neurotic defensive structures and, because it is contagious, become a dominant social trend.” Says David Hawkins in his book *Power vs Force*. There

are numerous powerful and effective tools and techniques developed by experts to overcome the dehumanizing effects of fear on us. By means of their bestselling books, Jerry and Esther Hicks offer a life-changing technique (Abraham-Hicks Technique) that is easy to use no matter what our level of development.

### **Choosing Better Thoughts**

Jerry and Esther encourage us to start from where we are right now and then deliberately choose a thought that makes us feel just a little bit better. This technique is put into action in the following way: Imagine that we are in the midst of a serious vocational crisis. We lie awake at night wondering how we are going to survive this situation. No light is seen at the end of the tunnel. Not merely people, but even God seems to have forsaken us. Sympathy and concern towards us seems diminishing while our anxiety and fear continue to grow. When we are stuck in a situation like this, our dominant thoughts will probably be something "I do not know what I am going to do. I feel so confused. I am so worried about my future. I need some assurance and convincing reasons if I have to continue here. But I do not find any. Terrible things could happen if I do not get this situation improved quickly." Definitely these kinds of thoughts are disempowering, which will only keep us feeling depressed all the more. The technique Jerry and Esther recommend is to choose a thought that makes us feel a bit better than those other thoughts do. A good thought might be: "I want to believe that everything will work out eventually." If we keep repeating that thought for several minutes, we will find ourselves beginning to feel a bit more hopeful and less frightened. Then we should choose another thought that makes us feel even better, like this one: "I have made it through tough times before, so I am sure I can do it now too." Once again, we must stay with this thought for several minutes until we notice that we are starting to feel stronger. Then choose still another thought that makes us feel even better: "I do believe that things are going to work out for me, even if it takes a little more time." If we keep going like this after a while we will see our fear has been completely replaced by optimism, hope and courage. This method usually works extremely well because we are not trying to force ourselves to leap straight from negative thoughts to positive thoughts, but rather taking a more gradual approach. This can help us avoid feeling like we are lying to ourselves.

The best part about this technique is that consistent practice will give us more control over our thoughts than we would believe possible. It will dramatically boost our confidence and sense of control. This

transition should be brought about gradually taking time. Meanwhile, engaging in a conversation with ourselves starting right where we are now emotionally is an additional help to mellow down the stress and tension we experience. The intention here is not to arrive at a solution to the problem or overcome our adversaries. We merely give expression to whatever feeling we are experiencing in our body in that particular moment. By giving expression to our sentiments we can understand the value of the emotion we are feeling no matter what that emotion may be. Then we must try to find in our line of thinking another thought that feels a little bit better. We need not bother much even if there are moments where we fall back to the old habit of worrying. Through restarting the process each time we can achieve further improvements. We must keep on trying to turn our thought to something better. After a few days of doing this self-talk we would feel much lighter and even capable of laughing at the events that stressed and strained us initially. An ability to laugh at those events which depressed us initially is itself a positive sign. We need to continue doing this each time we start to feel any kind of upsetting feelings. Eventually each emotion will give way to a different one. Deliberately feeding our mind with positive material from books and films can have a powerful calming effect on fear. Some of the best sources of inspiration and wisdom are works of inspiring literature, empowering non-fiction books, and films that deliver messages about courage, strength, and joy. Not only can we absorb positive thoughts by reading the books and watching the films, we can take it a step further and jot down a few insights about them in a blank journal and explore how they might apply in our own life. Gratitude is not only a fantastic way to ease turbulent emotions like fear, but it can also help us to better appreciate our life as it is right now. An attitude of gratitude, like a powerful magnet, has the power to attract continuously better experiences into our lives. Focus only on the most beautiful elements. The focus will eventually become the reality and the problems that we no longer focused on will recede to the background and eventually fade away. We cannot make the negatives go away using our will-power, but learning not to focus on them and focus instead on all of the good and wonderful things we can improve our situation. Our vision is our reality.

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