

David R. Hawkins, M.D., Ph.D.

POWER

V/S

FORCE

The Hidden Determinants
of Human Behavior

ALSO BY DAVID R. HAWKINS, M.D., PH.D.

Dissolving the Ego, Realizing the Self

Along the Path to Enlightenment

Letting Go

Healing and Recovery

Reality, Spirituality, and Modern Man

Discovery of the Presence of God: Devotional Nonduality

Transcending the Levels of Consciousness: The Stairway to Enlightenment

Truth vs. Falsehood: How to Tell the Difference

I: Reality and Subjectivity

The Eye of the I: From Which Nothing Is Hidden

Dialogues on Consciousness and Spirituality

Qualitative and Quantitative Analysis and Calibration of the Levels of Human Consciousness

Orthomolecular Psychiatry (with Linus Pauling)

Please visit:

Hay House USA: www.hayhouse.com®

Hay House Australia: www.hayhouse.com.au

Hay House UK: www.hayhouse.co.uk

Hay House South Africa: www.hayhouse.co.za

Hay House India: www.hayhouse.co.in

POWER
VS.
FORCE:
AN ANATOMY OF
CONSCIOUSNESS

The Hidden Determinants
of Human Behavior

David R. Hawkins, M.D., Ph.D.

Author's Official Authoritative Edition



HAY HOUSE, INC.

Carlsbad, California • New York City

London • Sydney • Johannesburg

Vancouver • Hong Kong • New Delhi

CHAPTER 9

Power Patterns in Human Attitudes

The ability to differentiate between high-and low-energy patterns is a matter of perception and discrimination that most of us learn by painful trial and error. Failure, suffering, and eventual sickness result from the influence of weak patterns; in contrast, success, happiness, and health proceed from powerful attractor patterns. Therefore, it is well worth taking a few minutes to scan the list of contrasting patterns below, which have been researched and calibrated to determine their respective criteria. This listing is an educational tool that operates from the principle of closure. Reflection on the many contrasting pairs of qualities can initiate a consciousness-raising process, so that one gradually becomes aware of patterns operating in relationships, business affairs, and all the various interactions that make up the fabric of life. On the left are adjectives describing powerful (positive) patterns, which calibrate above 200; on the right are weak (negative) patterns, which calibrate below 200.

Abundant . . . Excessive

Accepting . . . Rejecting

Admitting . . . Denying

Aesthetic . . . Artsy

Agreeable . . . Condescending

AllowingControlling

Appreciative . .Envious

Approving . . .Critical

AttractiveSeductive

Authoritative .Dogmatic

AwarePreoccupied

BalancedExtreme

BeautifulGlamorous

BeingHaving

BelievingInsisting

BrilliantClever

CandidCalculating

CarefreeFrivolous

Challenged . .Impeded

Charitable . . .Prodigal

CheerfulManic

Cherishing . . .Prizing

Choosing-to . .Having-to

Civil.Formal

Concerned . .Judgmental

Conciliatory .Inflexible

Confident . .Arrogant

Confronting . .Harassing

Conscious . .Unaware

Considerate . .Indulgent

Constructive .Destructive

Contending . .Competing

Courageous . .Reckless

Defending . .Attacking

Democratic . .Dictatorial

Detached . .Removed

Determined . .Stubborn

DevotedPossessive

Diplomatic . .Deceptive

DoingGetting
Educating . . .Persuading
Egalitarian . . .Elitist
Empathetic . .Pitying
Encouraging .Promoting
EnergeticAgitated
Enlivening . . .Exhausting
Envisioning . .Picturing
EqualSuperior
EroticLustful
EssentialApparent
EternalTemporal
EthicalEquivocal
ExcellentAdequate
Experienced .Cynical
FairScrupulous
FertileLuxuriant

FlexibleRigid
ForgivingCondemning
FreeRegulated
GenerousPetty
GentleRough
GiftedLucky
GivingTaking
GlobalLocal
GraciousDecorous
GratefulIndebted
Harmonious .Disruptive
HealingIrritating
HelpfulMeddling
HolisticAnalytic
HonestLegal
HonoringEnshrining
HumbleDiffident

HumorousSomber
ImpartialRighteous
IngeniousScheming
InspiredMundane
Intentional . . .Calculating
IntuitiveLiteral
InventiveProsaic
InvitingUrging
InvolvedObsessed
JoyfulPleasurable
JustPunitive
KindCruel
LeadingCoercing
LiberatingRestricting
Long-termImmediate
LoyalChauvinistic
MercifulPermissive

ModestHaughty
NaturalArtificial
NoblePompous
NurturingDraining
ObservantSuspicious
OpenSecretive
Optimistic . . .Pessimistic
OrderlyConfused
OutgoingReserved
PatientAvid
PatrioticNationalistic
PeacefulBelligerent
PoliteObsequious
PowerfulForceful
PraisingFlattering
Principled . . .Expedient
PrivilegedEntitled

ProlificBarren
Purposeful . . .Desirous
ReceivingGrasping
FreeingTenacious
ReliantDependent
Requesting . . .Demanding
Respectful . . .Demeaning
Responsible . .Guilty
SatisfiedSated
SelectiveExclusive
SereneDull
ServingAmbitious
SharingHoarding
Significant . . .Important
SoberIntoxicated
Spontaneous .Impulsive
SpiritualMaterialistic

SteadfastFaltering
StrivingStruggling
Surrendering .Worrying
TenderHard
Thoughtful . . .Pedantic
ThriftyCheap
TimelessFaddish
TolerantPrejudiced
TractableContrary
TrustingGullible
TruthfulFalse
UnifyingDividing
UnselfishSelf-seeking
ValuingExploitive
VirtuousCelebrated
WarmFeverish

Simply reading over this list, you are no longer the same person you were before. Merely to become acquainted with

the differences between these polarities begins to increase one's inner power. With these distinctions in mind, we will start to notice things we never observed before. Such revelations occur because, as the reader will discover, the universe favors power.

Moreover, the universe does not forget. There are many sides to the question of karma, but every choice of who and how to be is a choice of great consequence. All of our choices reverberate through the ages. Thousands of reports of near-death experiences have been given over the centuries, as currently reflected in such best-selling books as Dannon Brinkley's *Saved by the Light* or B. J. Eadie's *Embraced by the Light* (which calibrates at 595); these reports confirm that we shall eventually have to accept responsibility for every thought, word, and deed we beget and re-experience exactly whatever suffering we have caused others. It is in this sense that we each create our own heaven or hell.

The universe holds its breath as we choose, instant by instant, which pathway to follow; for the universe, the very essence of life itself, is highly conscious. Every act, thought, and choice adds to a permanent mosaic; our decisions ripple through the universe of consciousness to affect the lives of all. Lest this idea be considered either merely mystical or fanciful, let us remember that fundamental tenet of the new theoretical physics: everything in the universe is connected with everything else.¹

Our choices reinforce the formation of powerful M-Fields, which are the attractor patterns that influence others.² Even if one sits isolated in a cave, his thoughts influence others whether he wishes it or not. Every act or decision you make

that supports life supports all of life, including your own. The ripples we create return to us. This, which may once have seemed a metaphysical statement, is now established as a scientific, confirmable fact.³

Everything in the universe constantly gives off an energy pattern of a specific frequency that remains for all time and can be read by those who know how. Every word, deed, and intention creates a permanent record. Every thought is known and recorded forever. There are no secrets; nothing is hidden, nor can it be. Our spirits stand naked in time for all to see. Everyone's life, finally, is accountable to the universe.