

A HANDBOOK FOR ELEVATING CONSCIOUSNESS

**(and why it's important at
this time of transformation)**

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THE GREAT TRANSFORMATION



What's going on in the world? Why do things seem so chaotic? From Covid, hurricanes, floods and fires to political and social upheaval, wars, mass shootings, and plane crashes, we have seen swift and sudden occurrences and catastrophes accelerate into this year. In response, there have been heroes rise to the aid of the suffering, but to say the least, it's disheartening.

Many people are beginning to lose faith in government and established systems of health, education, and other public institutions. Why is this happening?

You may have heard reports of tremendous transformation coming to Earth, globally and personally. Common understanding (initiating from Astrology) is that the world has now entered a new age, the Age of Aquarius.



This long-awaited shift can be associated with societal changes moving toward empathy, compassion, and Aquarian humanitarian values such as community, human rights and caring for the Earth. *So, why does the world seem to be going in the opposite direction?*

Numerous spiritual teachers and channelers have addressed similar concerns and offer explanations on podcasts, in books, and among those in spiritual circles.

I especially resonate with Sara Landon, author of *The Wisdom of The Council*, a channeled book. In it, the Council explains that we “are seeing the Great Awakening of our human family. We are seeing the next phase of transformation and the elevation of human consciousness.” (p. 141)

Sentiments emerging from the various sources describe the chaos and the natural disasters, along with the polarization that we are currently experiencing, as *necessary to bring in the change*.

Seers and spiritual teachers tell us that the disorder and confusion can be viewed as opportunities, transforming the world toward balance and higher consciousness—*after a*

cleansing and restructuring of systems. We're told that the chaos will likely continue as the world restructures. In 2025, we are seeing the sudden challenges happening in real time.

The Council, however, assures us that there is a "grander plan" which will eventually bring balance to the world on many levels. We are cautioned to remember that everything and everyone is from the Divine. The polarization and chaos are happening for a reason, and it is happening "FOR" us, not "TO" us.

Landon writes that we are challenged by The Council's proclamation to become the "Wayshowers."

WE ARE CALLED TO BE WAYSHOWERS

"Every single one of you came here to be part of this great transformation of consciousness. You came to wake up: To come into the realization of the embodied masters that you are." Sara Landon, The Wisdom of The Council, P. 51 www.saralandon.com

We, who are drawn to this information and who are beginning to feel a pull toward higher consciousness, are told by The Council that we purposely incarnated at this time in history to help in guiding others through "the greatest awakening of human consciousness" that has ever occurred on Earth.



We deeply desired to serve and to make a difference by contributing to raising the vibration, the consciousness, of the planet.

"So, if we are to be the Wayshowers, then we may ask, 'How do we show the way?'"

To be of service, we must put on our own oxygen mask first, so to speak. We must raise our own vibration. "That is the greatest way we serve. That is the greatest way we contribute."

THE MAP OF CONSCIOUSNESS

The Map of Consciousness on the following page was developed by David Hawkins, M.D., Ph.D, over many years of research into consciousness and energy fields with numerous clients. The map is based on the basic fact that everything is energy which vibrates at varying frequencies. The frequencies of human consciousness can be understood spiritually by evaluating a person's emotions.

Hawkins devised a method to numerically calibrate the comparable vibrations of negative to positive emotional states from the lowest, "shame" at 20, to "anger" at 120, and "love" at 500.

Map of Consciousness

Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
	Courage	200	Affirmation	Feasible	Permitting	Empowerment
Survival Paradigm	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

The Map is read across the rows. For instance, for the entry of “fear” at 100, the emotional state is “anxiety,” the person’s feeling at this vibration is that life is “threatening,” and he sees God as “punitive.” His manner is to “withdraw.”

The Map is beneficial as a tool to help us gauge the level of our current emotional state and then reach for a thought or emotion with a higher vibration. Notice that positive emotions calibrate high and are more powerful than negative thinking in the lower range.

By attempting to hold thoughts in the higher ranges, we can seek to remain at least in the “Reason and Integrity” range which begins at 200 with “Courage” and moves up to “Neutrality,” “Willingness,” and Acceptance.” When in the “Spiritual Paradigm,” our vibration levels reach 500 “Love,” 540 “Joy,” and 600 “Peace.”

According to Esther Hicks, we can also know our vibrational level by the way we feel: the higher our vibration, the happier we are.

Dr. David R. Hawkins, M.D., Ph.D: <http://www.veritaspub.com>

Esther Hicks: <http://www.abraham-hicks.us>

Affirmation

I can decide today to recalibrate my energy and commit to LOVE and JOY. Gabrielle Bernstein

METHODS FOR RAISING OUR VIBRATION

We can choose to “entangle” with the confusion and chaos, or we can rise above it, opting for the understanding that whatever happens is a gift, an opportunity. The choice is ours.

If we choose the latter, we’re told by The Council with love, that we must be mindful not to be drawn into the chaos or fear by identifying emotionally with it.

What is asked of us more than ever is to stay conscious, be in the present, create a field of peace in and around our being, and seek to remain in the vibration of love.

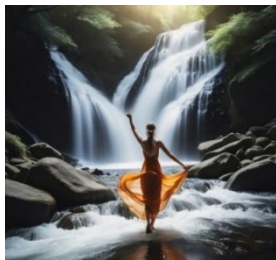
Below are simple but profound practices to assist us in raising and maintaining a higher vibration.

To some these suggestions may seem like common sense. Many are probably already aware of the power of spiritual practices and positive thinking.

Hopefully, however, having these methods in one document may serve as a guide and a reminder that spiritual practice can ease and assist us during this transformative time while, at the same time, support humanity.

#1: OPEN AND ALLOW YOUR ENERGY TO FLOW

Advice from The Wisdom of the Council



“Be open and allow your energy to flow through you so you elevate your consciousness to the highest level.

“There will be things that you do, groups that you serve, people that you lead, and there will be projects and services and products that you share with the world.

“But...the most important piece of it all is *your* consciousness and where *your* energy is; you’re open and allowing your energy to flow through you and to serve you and to serve through you so you can elevate your consciousness to the highest level. That’s it. You *will* serve in raising the consciousness level of humanity.” (p. 81)

ACTIONABLE STEPS

- **Don’t try to figure it out.** Don’t try to force it. It only happens through opening and allowing.

- **Focus** on what makes you happy.
- **Allow** your joy; **allow** your beauty; **allow** your inspiration and creativity. (*Joy is 540 on the Map of Consciousness*)
- **Say yes** to this day; **say yes** to your life; **say yes** to loving your life and this world; love this human experience. (*Acceptance measures 350 on the Map; Love measures 500*)
- **Do not push against** what's happening in the world, do not go into resistance or fear or judgment of good or bad or right or wrong. (*Fear measures 100; anger measures 150*)

Affirmations

I choose to see myself and life in the most positive ways.

As such, I say yes to opportunity and prosperity. I say yes to all good.

I rejoice that it is so. Louise Hay

I say yes to life and life says yes to me. Louise Hay

#2: EXPRESS GRATITUDE

Gratitude is essential and one of the well-noted ways for enhancing vibrational frequency. Many spiritual teachers promote gratitude as the simplest but most powerful path to a happy life and higher vibration.

ACTIONABLE STEPS:

- **Look for** things, events, or people you appreciate each day. It will profoundly change your perspective in a positive way.
- **Develop** a spiritual practice of acknowledging what you're grateful for daily.
 - If you are not into keeping a gratitude journal, ritualize having gratitude during meditation or quiet times like driving to work.
 - Spiritual teachers refer to gratitude as the ONE most essential path to maintaining your consciousness at a high frequency! (*Gratitude is not listed on the Map but is most likely similar to "Love" at 500 or "Joy" at 540.*)
 - **The Secret** has a phone app "gratitude journal" as well as inspirational stories and affirmations that some find helpful on "The Secret Super App."
- **Be grateful** for everything, especially your life and your opportunity to be alive on the Earth at this time. See even your challenges as opportunities given to you for growth. (*Most akin to "Acceptance/Forgiveness" at 350, "Reason/Understanding" at 400, or "Love/Reverence" at 500*)



Affirmations

I am grateful for the opportunities opening up for me today. Rhonda Byrne

When I'm grateful for what I have, I can feel good along the way to what I desire.

Gabrielle Bernstein

#3: PRACTICE MEDITATION and MINDFUL SELF-AWARENESS

Unless you are already a regular meditator, you may feel confusion about what meditation is or exactly how to do it. You may have tried but ended up feeling that you can't meditate.

There are many books written with procedures and traditional steps for meditating. However, if it seems daunting to you, consider using your own methods that simply let you comfortably sit (or walk or even dance) in silence, allowing you to achieve a quiet mind. Besides raising your vibration, the practice can help you enhance your intuition.



Through a frequent practice of meditation, we can learn to connect with our higher selves and even the Divine. In a practical sense, meditation may reduce stress and clear negative energy.

“Mindful self-awareness” is the practice of monitoring our thoughts and emotions to help realize when we may be thinking negatively, allowing us the opportunity to seek a higher vibration.

ACTIONABLE STEPS

- **Create a dedicated space** and time to practice silence.
- **Discover tools** to help quiet your mind.
 - Focus on rhythmic and deep breathing.
 - Use crystals, incense, or natural oils for energy.
 - Utilize mantras, chants, and affirmations for focus.
 - Ground yourself outdoors barefoot in the grass, or indoors using a grounding mat.
- **Use sound** for enhancing concentration, such as
 - inspirational music, recorded meditations, singing bowls,
 - white noise; sounds of nature; chakra healing frequencies
 - [Solfeggio](#) frequencies (measured for specific healing)
 - [Schumann Resonance](#) sound therapy (scroll down on the link for a video)

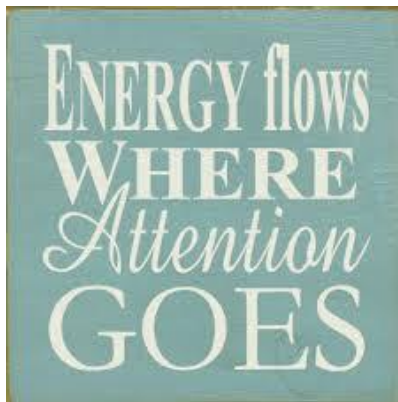
- **Practice monitoring** your thoughts throughout the day. Consider setting your phone alarm to periodically “catch yourself” experiencing low frequency emotions or negative thought patterns.
- **Acknowledge** any negative feelings; allow yourself to “honor” them as your own, but you don’t need to dwell there. It’s easier said than done, but we *can* learn to consciously find ways to pivot to higher frequency perspectives.
 - Look to the Map of Consciousness to move up the scale.
 - Purposely think about or do something that makes you happy.
 - “You can always reach for the next higher thought.” Esther Hicks

Affirmations

It’s only a thought and a thought can be changed. Louise Hay

I’m in awe of the magnificent guidance that’s available to me. Gabrielle Bernstein

#4: CULTIVATE POSITIVITY, LIMIT NEGATIVITY



The world currently is full of events and concepts that we interpret as negative energy. Our co-workers, friends, or possibly people we love may have strong opinions, even expressing hate and bias against certain people or ideas.

This mantra correlates with the Law of Attraction and is a reminder that we get more of whatever we put our attention on. It is in our best interest to avoid becoming emotionally involved with continued negative feelings about current conditions. To maintain positivity and uplift our consciousness, we can use the negative events to help us pivot to thoughts of what we *want* to create rather than what we *don’t want*.

The faster our own vibrations and the Earth’s consciousness can increase, the sooner the Earth can reach a positive tipping point where a more compassionate mentality will again emerge. It’s up to us and the population as a whole. So, Wayshowers, let’s learn to be positive in spite of circumstances and be an example to show the way.

THE LAW OF ATTRACTION

Esther Hicks likens our emotions to a GPS. When we are feeling good, we know we are on the correct route to our chosen destination. But when we have lower vibrational feelings such as

anger, fear, shame, etc., and we are feeling disturbed or uneasy, we have veered from our path and are heading away from where we want to go.

We can use our feelings as guidance from our higher self to let us know when we need to say, “STOP!” to the negative thoughts and pivot to a higher vibration. Hicks tells us that “there is nothing more important than feeling good.”



ACTIONALBE STEPS:

Surround yourself with positive influences; pay less attention to (or even ignore!) the negative:

- Joyful Music:
 - Music has the power to uplift a mood/vibration instantly.
 - Try using your favorite music as an antidote to feeling depressed or angry; let it help you pivot to higher vibrational thoughts.
- Positive People:
 - Spend time with like-minded people and community.
 - Avoid engaging with people you perceive as negative or who tend to stir up low vibrational energy, especially if you are in a period of struggling to stay positive.
- Selective Media:
 - Spend time absorbing inspirational books and podcasts, movies, or whatever puts you in a good emotional state. Follow the Esther Hicks “GPS rule.”
 - Limit or abstain from what triggers you.
 - If you feel you need to inform yourself or take action against what you perceive as negative, do so by focusing on a solution, not stewing about the problem. (Seeking solutions is positive thinking.)
 - If you choose to disengage from watching the news or political discussions, that’s okay. Remember that the greatest way we serve is to raise our own vibration.
 - Find good news outlets. Here’s one: [FIXTHENEWS.COM](https://www.fixthenews.com). I love their newsletters and podcasts with stories of progress from around the world.



- Peaceful Space:
 - Create your sanctuary where you are cozy, comfy, and feel safe and balanced. Use it for regular doses of restorative energy-- a retreat as needed to curb outside energies.
 - Include things that refresh you like living plants, natural light, sensory experiences, or any soothing comforts you love.
- Fun:
 - Be regimented about planning time and activities you enjoy with people you enjoy.
 - Laugh, laugh, laugh. It's good for you!

Affirmations

My home is a peaceful haven, a reflection of myself. As I clean out the closets of my mind, I also make my home a wonderful place to live in. Louise Hay

I honor my sensuality by exploring sights, sounds, scents, and textures that make me feel alive and connected to my body. Cheryl Richardson

#5: CONNECT WITH NATURE



The unique vibrational signature of the Earth (or Gaia) has been called life's pure unfiltered essence. Spending time in nature can help us to harmonize with the earth's natural rhythms and realign our energy.

It can inspire feelings of well-being, raise our vibration, and elevate our consciousness of the Divine.

ACTIONABLE STEPS

- Reduce stress by walking in the woods, listening to birds and other sounds of nature.
- Diminish anxiety admiring trees, foliage and the unique scents of the earth.
- Enjoy the warmth of the sun while it triggers your body to produce Vitamin D, which improves mood and lowers anxiety by increasing serotonin levels.
- Enjoy your improved sleep after spending time in the natural light.
- Notice your contentment observing squirrels and rabbits go about their business of finding nourishment.
- Feel your cheerfulness expand watching puppies or kittens joyfully frolicking in the grass.
- Notice the peace you feel while working in your garden or simply admiring beautiful plants and flowers.

- Boost not only your physical fitness but also your mood by hiking or biking in the outdoors.
- Revel in the awe and wonder you experience when admiring majestic mountains or at the ocean.
- Walk barefoot in lush grass or on a sandy beach to ground yourself with the vibrant energy of the natural world.
- Indoors, experiment with a grounding mat, thought by some to mimic the frequency of the ground, reduce inflammation, improve sleep, and boost the immune system.

Affirmations

I notice the beauty of nature every day, and it feeds my soul in delightful and delicious ways.

Cheryl Richardson

I am in harmony with all life, the sun, the moon, the winds, the rain, the Earth. Louise Hay

MAINTAINING HEALTH AND WELL-BEING

Raising your vibration generates electromagnetic energy waves which change your cells and determine how your body functions.

#6: SUPPORT YOUR AWESOME BODY WITH NOURISHING FOOD AND HEALTHY EXERCISE



We all know that a well-balanced diet can promote a host of health benefits. Some may not know that the foods we consume affect our vibration. Nourishing foods contribute to greater well-being, improved mood, mental clarity, and increased energy.

Regular exercise, be it a brisk daily walk or a work-out in the gym, can be beneficial in many ways beyond the obvious benefit of keeping muscles and heart in good shape.

Exercise can improve our mood by releasing endorphins (feel-good hormones) while reducing stress hormones (adrenaline and cortisol) which weaken our immune system.



ACTIONABLE STEPS

- Choose fresh fruits and vegetables, especially those grown locally, which are alive and full of energy from the sun and the earth.
- Look for less processed foods that are free of artificial additives and sugars.
- Drink plenty of water to flush out toxins.
- Exercise regularly and consider trying mind-body practices such as yoga and Tai Chi.
- Investigate therapies such as Reiki, Acupuncture, Chakra Alignment, or Massage to find what might uplift you.

Affirmations

I listen with love to my body's messages. My body is always working toward optimum health. My body wants to be whole and healthy. I cooperate and become healthy, whole, and complete. Louise Hay

I honor my health by resting, eating well, and moving every day. Cheryl Richardson

#7: CREATE SPIRITUAL PRACTICES

Creating spiritual practices for any of the actionable steps suggested, such as meditating regularly, spending time in nature, or pivoting from negative thinking to a higher vibration, is similar to forming habits.

A common thought is that it takes 21 days to form a new habit and 90 days to make it a lifestyle change. In creating spiritual practices, I have found it sometimes daunting to be consistent, but I do notice that I feel better and am more peaceful when I remember to make the effort to keep my vibration high. Hopefully, that will be your experience as well.

ACTIONABLE STEPS

- Professionals advise us to start small and build momentum.
- Set reminders and strive for consistency.
- Give yourself rewards as well as systems of accountability.
- Build routines around the habit.
- Be gentle with yourself and celebrate progress.

Affirmations

When focusing on solutions I feel good. Esther Hicks

*I keep sacred the daily habits that make me feel good and allow my cells
to vibrate at their highest potential. Cheryl Richardson*

My hope is that readers will find this handbook helpful during the chaotic transformation the world is currently experiencing. Our efforts to raise our own vibration will hopefully reward us all with better feelings of peace, joy, and love. We will be examples to those around us and will serve as catalysts to collectively raise the consciousness of all.

Shari Harris

www.shari-harris.com

“If you want to live in a peaceful, loving, harmonious world, you must first create it within you.”

Sara Landon, *The Wisdom of the Council*, p. 64

“By changing ourselves, we change the world. As we become more loving on the inside, healing occurs on the outside. Much like the rising of the sea level lifts all ships, so the radiance of unconditional love within a human heart lifts all of life.”

David R. Hawkins, *Letting Go: The Pathway to Surrender*, 2014