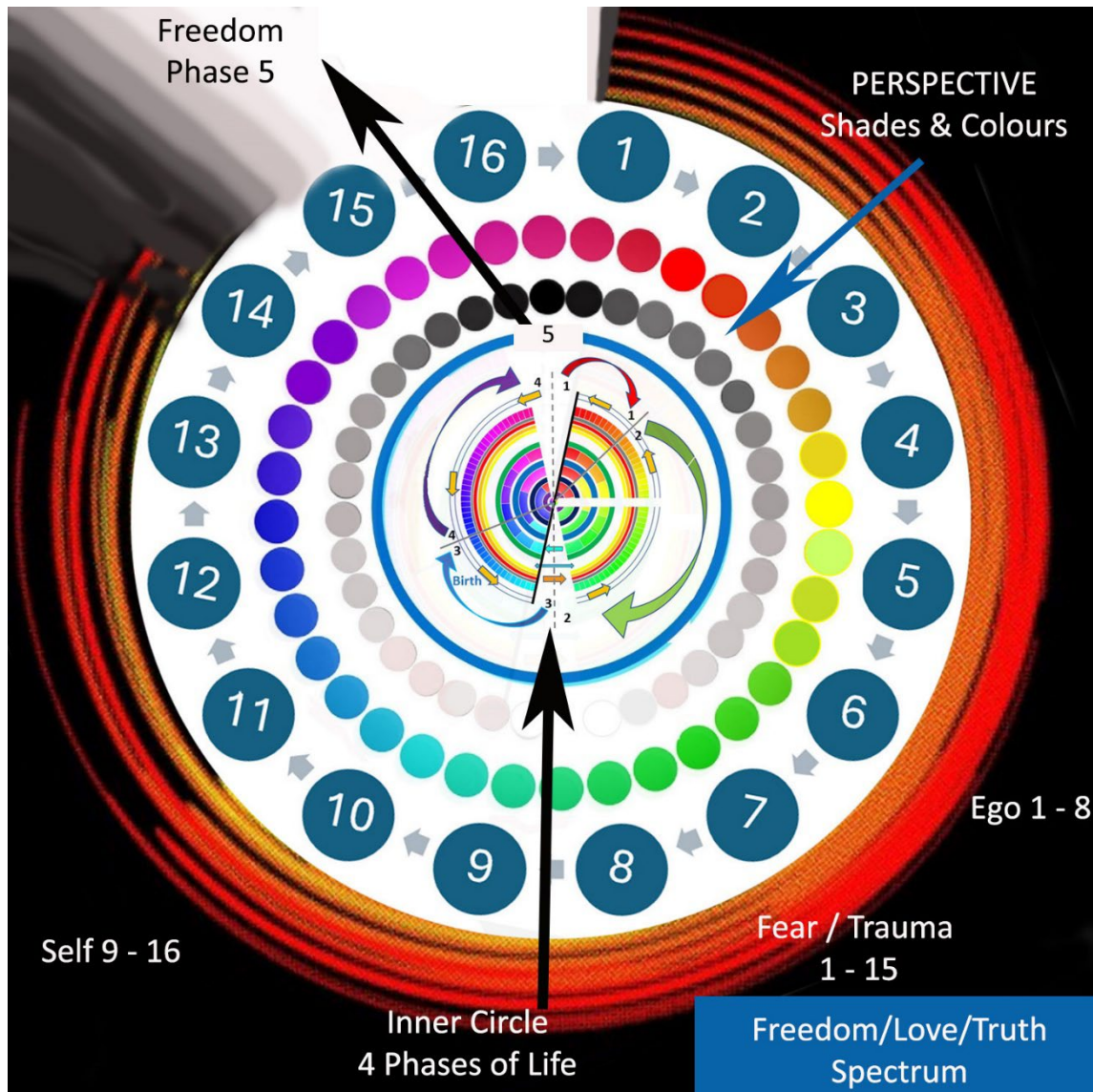


The FREEDOM SPECTRUM is also the LOVE SPECTRUM or TRUTH/AUTHENTICITY SPECTRUM.

Understanding this spectrum may help you better understand life, yourself, and others:

All that you see within the infographic, the colours, shades and numbers are all part of the same whole.



**Mutual and Altruistic Endeavour pursued with compassion for polarity integration, the truth, and authenticity of Self and Others is what Love, Freedom and The Ultimate Purpose of Life is all about.**

To pursue The Ultimate Purpose in Life you must be physically, mentally and emotionally balanced.

It cannot be experienced by anyone alone; and as such no single perspective or quality of one is better or worse than a polarised quality of another. All polarities must be integrated; and all spectrums of each polarity must be integrated to experience the whole. Integration is not a compromise it is acceptance.

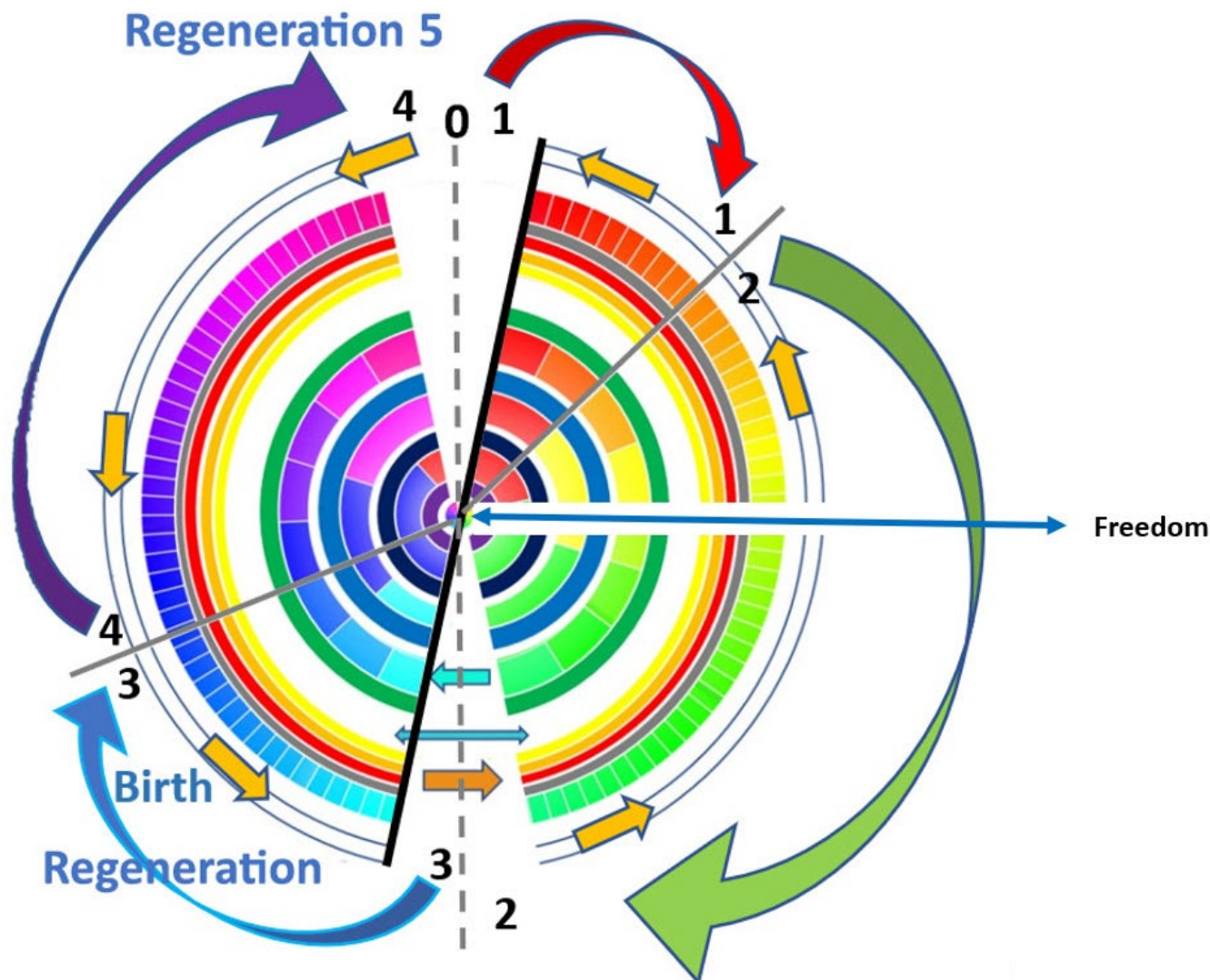
Without the spectrum of polarised parts, the whole would not exist; the sum of the parts = the whole.

You are unlikely to experience all that you need to within your time frame of life; subsequently, you return to live and experience more until you have experienced all the polarised parts of the whole. Your complete life is experienced when you have experienced and integrated all the polarities within yourself and with others. When you have done this, you will continue to live, however, your life will then be supporting others to journey to complete their complete life, rather than being a life of Self.

The Freedom/Love/Truth Spectrum seeks to explain why specific challenges and issues arise that hinder the Flow and Ease in experiencing The Ultimate Purpose in Life.

## Where should we start?

Explanation of the infographic – diving deeper:



**You were born, or to be more precise, regenerated, into what we refer to as Phase 3:**

Phase 3 starts after Phase 2, and this cross-over point is shown between numbers 8 and 9 on the main infographic. This is in between having clarity/awareness (qualities of Self - number 9) and being unaware/inexperienced (qualities of Ego - number 8). It is where you would expect/hope a newborn baby would be.

A HUMAN BEING may not experience all that their SPIRIT/SOUL seeks in a single lifetime, and before it achieves The Ultimate Purpose of Life, and so your SOUL is reincarnated into a new physical body to experience what is missing – this may continue for many lifetimes. When your physical body dies, either at Phase 0 or Phase 5, your Soul either reincarnates from Phase 0 into a new physical body (Phase 3); or it incarnates into its Spirit (Phase 5), where it remains in the non-physical realm to support other reincarnated Souls on their journey as Human Beings.

The Freedom Spectrum explains the challenges and issues that your Soul, your Self and your Ego endure on their journey towards Freedom, Love and Truth. It also seeks to answer a few BIG questions, such as:

1. What if you die as a baby, or die whilst appearing to be trapped within a neurological dysfunctional state, such as someone with a mental diagnosis or ASD. Or how do you cope with the death of a loved one? How do you then journey to experience The Ultimate Purpose of Life?
2. If you experienced a positive life with Freedom, Love and the truth, and pursued The Ultimate Purpose in Life – how do you then cope with Fear, Trauma or Loss?

**Let us dive into to find out these answers and more:**

#### **Answer to question 1:**

When a newborn dies or when an infant or child dies at a young age it is one of life's greatest tragedies. The Soul of the dead infant however, has no remorse; its purpose may have been specifically to experience some part of childhood experience (an experience it never previously had), and it didn't need anything more from a physical life. This experience is also true of the parents and families Souls – they have to experience the loss/grieving. The positive aspect of this is that everyone is regenerated for a further life – the only loss is one of the Ego. The Soul and Spirit are not harmed and will continue to live on – to know this is to have peace of mind. The solution is to feel the emotion fully, to let it out and then to let it go through compassion for the Soul of the departed and the Souls that remain. Integration of the polarities with compassion and love and a focus on what is living in the now is where peace prevails.

#### **Answer to question 2:**

Nobody is exempt – at some point we all experience some form of fear, trauma or loss in our life. If you don't experience any until near the end of your physical life, then you may or may not be resilient to what prevails. If you embrace the insights from the VFP Protocols then you will be better placed to cope, if you have simply had a fortunate life, then this is what your Soul was gifted to experience. Awareness of the following is of help to everyone:

#### **Loss:**

The most significant loss is death; more specifically, when we cannot be prepared for the inexorable silence of instantaneous, irrevocable absence. **Permanent absence of someone we love** is the epitome of acute disconnectedness, a massive violation of expectancy in face-to-face interaction that profoundly disrupts our ability to regulate our bodies and our emotions. This attachment emergency leads to primal panic – or numbers 3 to 0 on the main infographic and Phase 2 or Phase 1 and Phase 0 in the top infographic. Death of someone we love is worse than Fear or Trauma/ ACE's because it may take people into the dorsal vagal state.

**It is important to clarify a subtle difference at this point between Humiliation and Shame, because they were identified as the same by Prof Hawkins (Power vs. Force) – and identified as the lowest level of consciousness. Whilst they may share the same level of consciousness, they manifest differently with the Ego:**

**Shame** manifests through the Ego as internalised negative judgements, self-disgust and self-hatred or self-blame. It manifests in the same way for people with ASD.

The shamed self can be perceived as the Ego self being the cause of trauma - **you perceive yourself as the perpetrator**, or perhaps **you as the cause of the loss or suffering**. Shame manifests as self-harm and a desire to self-punish.

Shame manifest as fear, and a desire to hide yourself away. Those who feel **shame are often victims**. **This may stem from ACE's or even from a previous lifetimes experience of loss or abuse or ACE's.**

**Humiliation** on the other hand, perceives an **external force as the cause** of trauma (you perceive an external perpetrator as the cause of negativity, and **you perceive yourself as the victim**). Humiliation manifests as anger and harm to others as retribution or vengeance and harm (even further humiliation) towards others for daring to devalue them. It is felt or manifests as unfairness and injustice, ridicule, and bullying they previously endured. It manifests in the same way for people with ASD. **Those who feel humiliation are often perpetrators. This may stem from ACE's or even from a previous lifetimes experience of loss or abuse or ACE's.**

It is important to recognise this distinction, especially when you are supporting an individual or family with ASD.

### **How can we support them and ourselves to better integrate with ASD?**

The PNS (calm and social nervous system) and SNS (fight and flight nervous system) are intertwined parts of the ANS – Autonomic Nervous System. Until recently, it was believed that the ANS was strictly an involuntary system that controlled itself subject to external and internal factors. Studies have now proven that certain techniques can impose changes to this system under the influence of our own control. The graphic below shows how changes to the ANS impact on our mood and behaviour.

#### **Vagus nerve signalling:**

The vagus nerve is a key player in the gut-brain axis, transmitting signals between the gut and brain. In ASD, abnormal vagus nerve signalling might affect both gut motility (leading to constipation or diarrhoea) and brain function (influencing behaviours such as anxiety, repetitive behaviours, and social difficulties). We can use this knowledge to overcome these GI issues, and minimise toxic dis-ease from making their symptoms worse.

#### **Neurotransmitters:**

The gut produces a large portion of the body's serotonin, a neurotransmitter involved in mood regulation. Dysregulated serotonin levels in individuals with ASD might contribute to both GI symptoms (such as altered gut motility) and mood-related symptoms like anxiety or irritability.

**Gut Microbiome Differences in ASD** One of the most extensively researched areas is the role of the gut microbiome—the collection of bacteria, viruses, and other microorganisms living in the digestive tract—in both GI health and behaviour. Studies have consistently shown that individuals with ASD have different microbiome compositions compared to neurotypical individuals, and these differences may be linked to both their GI symptoms and ASD-related behaviours. We can use this knowledge to overcome these issues, and minimise toxic dis-ease from making their symptoms worse.

The next significant loss is absence of Self from someone you love. When someone you love endures loss of physical, mental or emotional contact (such as with Alzheimer's or ASD or a coma etc); then the loss is also acute disconnectedness, a massive violation of expectancy in face-to-face interaction that profoundly disrupts our ability to regulate our bodies and our emotions. This leads to numbers 2 to 1 (Phase 2). Humiliation and shame, as an emotion, can lead to feelings of inadequacy and worthlessness – and can spiral someone down to the dorsal vagal state of point 0.

**ASD (autistic spectrum disorder) and other neurological disorders – all provide a profound opportunity:**

The scale of ASD, and its symptoms, within the perspective put forward by The Freedom Spectrum, clearly indicates that the challenges faced by those on the spectrum are very challenging in terms of realising Freedom and The Ultimate Purpose in Life – however:

If you put this into the BIGGER PERSPECTIVE, that perhaps the Souls of those with ASD have already had many other lifetimes of varied positive and negative experiences (and may have more in the future). It may well be their current lifetime is one with purpose. It is for their Soul to not only experience the issues and challenges of ASD, but also cope with the coregulation or control management of their Ego. They will be very much detached from Self, positivity and truth; but provide an opportunity to integrate their polarity for others and possibly their Soul with previous reincarnation information. Their condition may also help those who are supportive (or ignorant) to learn how to integrate such polarities within their being with positivity and truth.

AUTONOMIC NERVOUS SYSTEM AS A LADDER	
	<p><b>VENTRAL VAGAL ACTIVATION</b> Attitude: "I am feeling at ease and can manage whatever comes my way. I feel empowered and connected. I see the "big picture" and connect to the world and people in it."</p> <p><b>SYMPATHETIC ACTIVATION</b> Attitude: "I am getting overwhelmed and having hard time keeping up. I feel anxious and irritated. The world seems dangerous, chaotic and unfriendly."</p> <p><b>DORSAL VAGAL ACTIVATION</b> Attitude: "I am buried under a huge load and I cannot get out. I am alone in my despair. The world is empty, dead and dark."</p>
<p>Adapted from <i>The Polyvagal Theory in Therapy</i> by Deb Dana</p>	

This image relates predominantly to people who are **not challenged** by neurodivergent issues such as ASD and ADHD etc.

Many individuals with ASD can experience all aspects of this ladder within a few moments. However, their awareness is such that they live either **IN THE NOW** (unaware of what happened in the past and oblivious to the future – beyond what happens next); or they live consumed with thoughts of the past and future that impact on their **NOW** behaviour.

They live within the previous numbers 1 – 8 (hence their spectrum).

The lower rungs of the ladder represent points 1 – 8 (a greater loss of Freedom). Individuals at these numbers experience less awareness and less knowing of what is going on. They experience symptoms associated with lower levels of consciousness.

The next infographic is very informative.

<0.1%  
HERE

Pathway to use the 5th dimension  
for insights on higher informational  
energy (in the 6th - 9th dimension).

OLAM ?  
Phase 5

1.8%  
HERE

8%  
PEOPLE  
AT THIS  
KIND OF  
LEVEL



Phase 4  
SELF  
Positive  
RISE

2nd, 3rd & 4th Dimensions

Phase 3  
Birth &  
Childhood

85%  
PEOPLE  
AT THIS  
KIND  
OF  
LEVEL



Negative  
FALL  
Phase 2

5.1%  
HERE

Physical Collapse/Mental Shutdown

Phase 1

1st & 2nd dimensions transform using  
the 6th, 7th, & 8th dimensions back  
into a new physical being.

If you scroll down to the bottom of this infographic you will notice a red box indicating that **approx. 5.1% of the world's population** experience Dorsal Vagal activation.

This represents a physical or mental shutdown caused by extreme levels of stress. To protect itself, the body, or mind, shuts itself down to a bare survival mode. It shuts out all physical, mental and emotional senses and focuses on just staying alive. This is seen in severe ASD.

**This Dorsal Vagal state** is like most things in life; it is a scale rather than a fixed point. This means some people will be conscious and be able to function, whilst others may be in a state of paralysis, a coma, or a world of their own – or somewhere in between.

At the borders of this state people either experience the most extreme behaviour OR, in some cases, appear to transcend, or regenerate into peace. This may be followed by death or a new positive life.

**Most people with ASD are in Phase 1 or Phase 2.**

Surprisingly, many successful individuals and teams are also in Phase 1 or Phase 2. This does not mean they have ASD or ADHD – it means they are more self-focused and absorbed (either consciously or sub-consciously) – meaning they may know what they are doing, or they may not be aware of their limited perspective. They may actively pursue and prosper with focused activity and appear successful – but often lack strong inter-relationship skills. This may include members of a senior leadership team running ASD provision – sorry!!

Dorsal Vagal Activation is a great place to start. It is better than starting at the top, because most people can unfortunately relate better to a state of physical collapse or mental shutdown than they can to being in pure bliss and living as and amongst enlightened others. So let us go deeper and focus in:

This image is the bottom of the larger infographic - let us focus here:



An example of how we start to do this:

**Step 1 – Identifying where you feel you are in relation to the phases of life can be answered with a few simple questions.**

1. Did your mother experience trauma or chronic stress during her pregnancy with you? Yes/No

If yes, how old were you when she cleared and healed herself of this, so it did not impact further on you?

1. Within the first 7 years of your life
2. Before you reached 18
3. Before you reached 27
4. Before you reached 36
5. After the age of 36
6. She has not yet cleared and healed fully.

2. Did you experience trauma or chronic stress in the first 12 months after birth?

If yes, when did you clear and heal – and to what extent are you still uncleared (1=not cleared, 10= fully cleared) =

3. Did you experience trauma or chronic stress in the first 7 years after birth?

If yes, when did you clear and heal – and to what extent are you still uncleared (1=not cleared, 10= fully cleared) =

4. Have you experienced any trauma or chronic stress since you were aged 7? – Yes/No

If yes, when did you clear and heal – and to what extent are you still uncleared (1=not cleared, 10= fully cleared) =

**From your answers we can better determine which Phase of Life you are in - this will help explain many things about life to you – it is your starting point on the journey.**

**So, what are these Phases?**

Depending on how positive your support and co-regulation were during your formative years will determine whether you remained in phase 3 or moved to phase 4 or phase 2 or 1.

**Phase 1:**

In this Phase, what we do impacts others, however, we are a perpetrator rather than a victim. We live in a way that suits us and that caters to our needs and wants. We indulge our wildest fantasies. We are not

concerned about how this may negatively impact others. We may even live a life with no consequences for our actions. At the lowest levels, we murder, lie, cheat, steal, rape, burn, torture, abuse, neglect, and indulge our wildest fantasies – we may endure bad health, and disease and cause or support pain and suffering in others.

## **Phase 2:**

We are victims more than perpetrators, and others do unto us.

Whether or not we were aware of it, we had reciprocal agreements with those we victimized in phase 1. In phase 2, those IOUs are paid back – this does not mean directly to the same people (although those with narcissistic personality disorders would fall into this category) – it means we exhibit traits associated with being a victim.

We are murdered, lied to, cheated on, stolen from, plundered, pillaged, raped, burned, tortured, abused, neglected, or are the recipient of indulged fantasies. This phase is most synonymous with the coregulation and control solutions of the EGO. At this point, we have 3 options:

1. Return to phase 1
2. Remain in phase 2 as a victim or go to phase 3

If we want to pay back what was done to us. We will return to phase 1, to again become trapped in a karmic cycle of doing to and being done to.

3. **Phase 3** – Acceptance of what is/was/will be.
4. Phase 3 is about potential, a potential for the reunification of the ego and the soul and evolving to phase 4, or the potential to revert to phase 1 and to do unto others.

If we accept that we chose the role of victim in phase 2, to balance out our role as perpetrators in phase 1, we can break out of the karmic cycle of reactive behavior and shatter the illusion of cosmic abandonments. We begin to have a sense that there is more to existence than what we can perceive with our physical senses. We begin an inner journey of self-discovery, leading us to examine our lives, our decisions, and the consequences of those decisions. We want to know who we are and why we are here. We are ready to go to phase 4. Any Cosmic Number can achieve this, furthermore, by knowing your SOUL's achievement number, destiny number, and your SOUL's life calling number then you can create a positive pattern to achieve this in phase 4.

5. **Phase 4** Integrating our EGO and Our SELF and SOUL.
6. Until we reach phase 4, the ego can sabotage the SOUL's attempts to remember it chose to be here, rather than being sent here.

**Fear / Trauma / Loss** relates to the outer red circle. It is shown as starting from and becoming more dominant at the lower numbers and finally becomes less frequently at the highest numbers. It is not experienced when Self is fully realised at approximately point 15+ or surprisingly at point 0\*. Thus, fear, trauma and loss may be experienced by anyone at almost any time depending on when it manifests. It does not have to relate to ACES' (Adverse Childhood Experiences) – although this is the most common cause of dysregulation. Fear, trauma and loss impact on almost everyone regardless of levels of consciousness.

## **We have already examined Loss - let us now look at Fear:**

- There are only five basic fears, out of which almost our other so-called fears are manufactured.
- These fears include **extinction, mutilation, loss of autonomy, separation, and ego death.**
- Only Self can think about fear consciously. The Ego tries to deal with fear from the sub-conscious.



- \* - Point 0 – known as the dorsal vagal state. This is a state beyond all negativity or fear. It is acceptance and surrender of one's situation with a knowing that what will happen cannot be stopped by anyone other than the creator. At this point the body and mind almost shut down. Fear is replaced by freedom and people either physically die, and their Soul prepares for reincarnation or a life in a non-physical realm; or they return to life without further fear. Point 0 is almost identical to point 15+, except this higher number is activated with full consciousness and without a near death experience. It is not uncommon however, for people at this level, to appear to die suddenly – when in fact they have simply left to a higher dimension leaving their physical body behind (which appears to have died).

The Ego is what is fearful, indeed, it brought President Franklin Roosevelt famously to assert, "*The only thing we have to fear, is fear itself.*" So, let us examine these top 5 a little more:

1. **Extinction (normally experienced between numbers 3 – 15):** The fear of annihilation, of ceasing to exist – beyond Ego. Extinction is a more fundamental word to express this fear, rather than just "fear of death." The idea of *no longer being* arouses a *primary existential anxiety* in all normal humans. Such fear may be caused by an impending threat, a war, or a natural catastrophic event – or even the thought of not being remembered (as it makes people question if their life has had purpose, because they are not recognised). It may also arise from a fear of no life after death. The concept of a heaven or hell, rather than a reincarnation, instils fear rather than acceptance of life as an opportunity.
2. **Mutilation (normally experienced between numbers 2 – 14):** The fear of losing any part of our precious bodily structure; the thought of having our body's boundaries invaded, or of losing the integrity of any organ, body part, or natural function, including dis-ease of the mind. Anxiety about animals, such as bugs, spiders, snakes, and other creepy things or being mutilated by a large carnivore are unpleasant thoughts to say the least. This is not a fear anyone seeks to experience, nonetheless, experience may be gained from spending time with others who have lost use of part of their body or mind.
3. **Loss of Autonomy (normally experienced between numbers 4 - 10):** The fear of being immobilized, paralyzed, restricted, enveloped, overwhelmed, entrapped, imprisoned, smothered, or otherwise controlled by circumstances beyond our control. In physical form, it's commonly known as claustrophobia, but it also extends to our social interactions and relationships. This may also be a psychophysical fear, brought on by a shortage of oxygen (unable to breathe correctly – and may lead to panic attacks). It may also be experienced by people suffering from a variety of neurological conditions.
4. **Separation (normally experienced between numbers 3 - 11):** The fear of abandonment, rejection, and loss of connectedness; of *becoming a non-person*—not wanted, respected, or valued by anyone else. The "silent treatment," when imposed by a group, or even a single family member, can have a devastating effect on its target. This fear may come about by feeling insulted or disrespected or misunderstood and devalued. It is also to feel unloved and may cause someone to lose the ability to love. It is a fear felt by both the Ego and the Soul.
5. **Ego-death (normally experienced between numbers 2 - 8):** The fear of humiliation, shame, or any other mechanism of profound self-disapproval, as represented by the lower numbers 1 – 8 in the infographic; anything that threatens the *loss of integrity of the Ego-self*; the fear of the shattering or disintegration of one's constructed sense of lovability, capability, and worthiness. Fear is shown on the infographic as being at a level of 100, however, it can manifest itself at almost any level – it just comes down to what Informational Energy you have experienced rather than just read about. Subsequently, to have experienced the lowest levels on the infographic is perhaps unfortunate, but nonetheless, is essential if you are to fully grasp all that fear provides.

Self can process all aspects of Fear when it considers who Self is and what Self will be after physical death. This is not a morbid subject, moreover, it is a topic of high interest and discussion amongst those who have

experienced most of the 8C's of Self. Overcoming the fears of **extinction, mutilation, loss of autonomy, separation, and ego death** is part of fully realising Self-Actualisation.

**Now we will examine Trauma – it is different to Fear:**

In the infographic trauma is represented by the black and white shades.

**Trauma includes Fear, however we have dealt with this, so what else does it involve. It includes Adverse Childhood Experiences (ACE's).** They are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. The more someone experiences during their childhood, the greater the likelihood of them suffering from dysfunctional symptoms in later life.

According to Young Minds, 2018, “ACES can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity” – this is very well explained by Prof Stephen Porges in his comparison of Polyvagal Theory to SIMS 30 (Somatic-Psychological-Interactive-Model).

He explains 7 Neurophysiological stages of a survivor’s experiences and reactions:

In the table below, ACE's would be experienced around RS3, RS4, AND RS5; or numbers 5 to 1 on the main infographic.

RS1	RS2	RS3	RS4	RS5	RS6	RS7
Ventral Vagal Dominance			Sympathetic Nervous System Dominance			Dorsal Vagal Dominance
Joy Wellbeing Curiosity Points 9 - 16	Tiredness Discomfort Avoidance Points 8 - 7	Aversion Avoidance Flight Points 7 - 6	Flight Fight Panic Points 5 - 4	Submission Shock/Panic Flight/Freeze Points 3 - 2	Freeze Submission Paralysis Points 1 - 0	Feeling/Feigning Death Paralysis Point 0

The factors that cause these experiences and reactions (at any age), as mentioned include Fear and Abuse of Self (all forms); they also include experiencing (living with or witnessing) abuse of another person or people (including people who take excess alcohol, drugs, or imprisonment), and or living with, caring for, or providing long term support for someone with neurological or mental, emotional, or physical dysfunction – and this is a significant factor often unrecognised. It also includes Loss – such as the death of a parent, or sibling, or close family member or friend, or separation through divorce or abandonment.

N.B. It is important to realise that in addition to the mental and emotional dis-ease as indicated in the table above, actual physical dis-ease will occur. More specifically, Fear, Trauma, and Loss may increase the risk of certain health problems in adulthood, such as cancer and heart disease, as well as increasing the risk of mental health difficulties, violence and becoming a victim of violence. In essence, if you are around dysfunctional electromagnetic energy fields, it is likely to weaken your own electromagnetic energy field on a mental, emotional and physical way. Furthermore, the longer an individual experiences an ACE and the more ACEs someone experiences, the bigger the impact it will have on their development and their health.

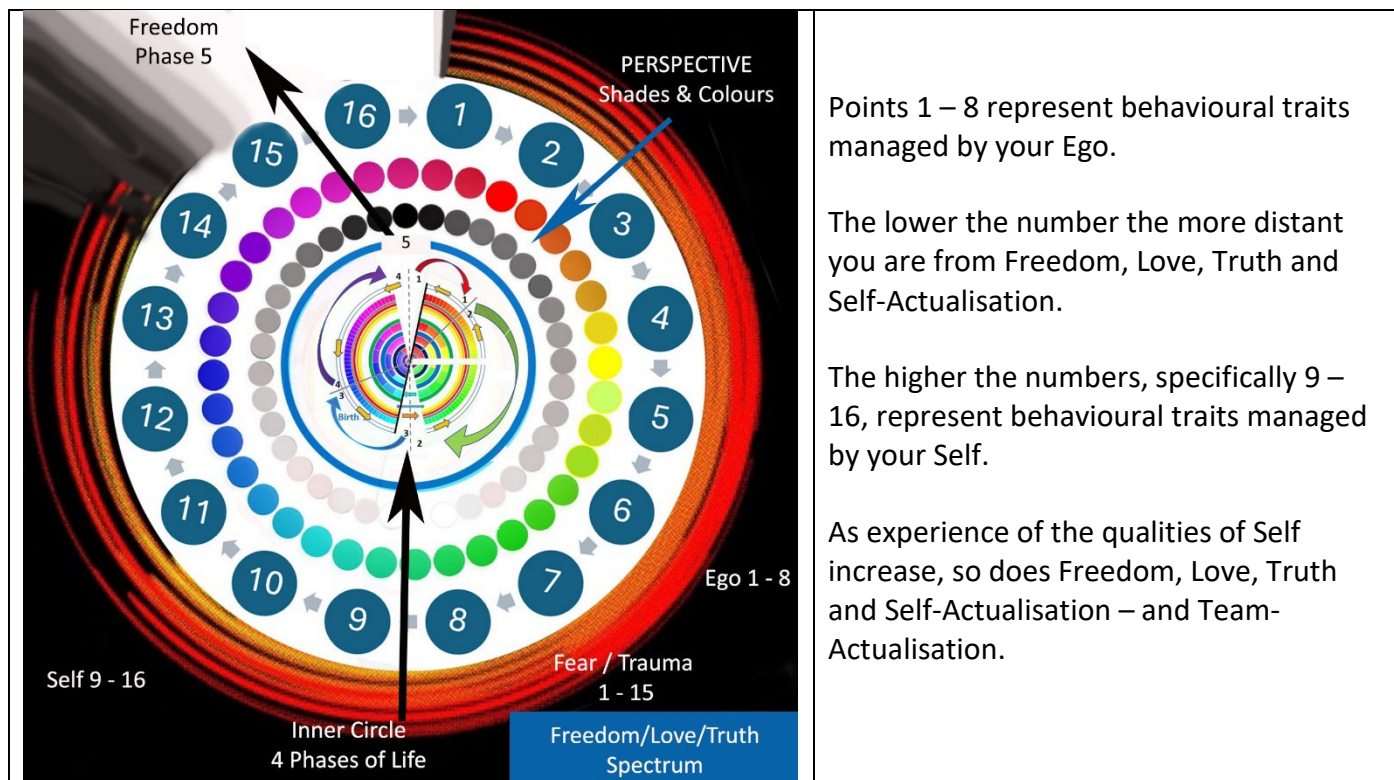
To put this into perspective, in a 2014 UK study on ACEs, 47% of people experienced at least one ACE with 9% of the population having 4+ ACEs (Bellis et al, 2014) – and in 2024 things were worse, not better.

**Freedom at Phase 5 of Life:** Freedom may be expressed in relation to Purpose in Life and freedom from Fear. Phase 5 is about experiencing The Ultimate Purpose of Life.

Mutual and Altruistic Endeavour pursued with compassion for polarity integration, the truth, and authenticity of Self and Others is what Love, Freedom and The Ultimate Purpose of Life is all about.

It is shown as being fully achieved after number 15 on the outer circle of numbers. This circle of 1 – 16 represents a spectrum of Freedom, or self-actualisation. N.B. When I say The Ultimate Purpose in Life, this is only the start. Team actualisation can only begin after Self-actualisation (this is covered in the latter 5 VFP Protocols – you are not yet ready for this). Self-actualisation is explained in respect of Emotional Intelligence, Freedom, & Resilience. Allow me to start by introducing you to a simple infographic about the spiral of behaviour:

A Spiral of Behaviour is easier to relate to – you can see behaviour, do it, be it – and subsequently, better understand it.



Points 1 – 8 represent behavioural traits managed by your Ego.

The lower the number the more distant you are from Freedom, Love, Truth and Self-Actualisation.

The higher the numbers, specifically 9 – 16, represent behavioural traits managed by your Self.

As experience of the qualities of Self increase, so does Freedom, Love, Truth and Self-Actualisation – and Team-Actualisation.

### Behavioural traits of the EGO:

These eight number (1 - 8) are traits that can be associated to someone when they are not on any clear pathway – they have not found Freedom to discover Self – they are managed by their well-meaning Ego. For most people (85% of the world’s population), points 1 - 8 represents a time when their nervous system is predominantly governed by their SNS (sympathetic nervous system – often referred to as the fight or flight). This is a time when they are becoming more focused on themselves (consciously or sub-consciously), when they only perceive within their own internal world and other people, or the environment are blamed for the cause of their behaviour. Their body, mind and emotions are to some extent struggling to recover, regenerate, digest, or function Informational Energy positively. These traits are shown on the left of the table below; whilst the right compares them to the Levels of Consciousness as created by the great Professor David Hawkins (levels of consciousness are also shown with various descriptions).

Levels below 200 are False, lack Integrity, do not support life.						DESTRUCTIVE
8. Unaware / Inexperienced	Indifferent	Demanding	Pride	175	Scorn	Inflation
7. Divided / Polarised	Vengeful	Antagonistic	Anger	150	Hate	Aggression
6. Procrastination / Unbalanced	Denying	Disappointing	Desire	125	Craving	Enslavement
5. Acquiescence / Compliant	Punitive	Frightening	Fear	100	Anxiety	Withdrawal
4. Apathy / Unenthusiastic	Disdainful	Tragic	Grief	75	Regret	Despondence
3. Lacking / Deficient	Condemning	Hopeless	Apathy	50	Despair	Abdication
2. Dis-ease / Stressed	Vindictive	Evil	Guilt	30	Blame	Destruction
1. Heartless / Victim / Perpetrator	Despising	Miserable	Shame	20	Humiliation	Elimination
0. Shutdown / near death experience						

← This is known as the dorsal vagal reactive state!!

Throughout numbers 1 – 8 the ego self-protects at one extreme through **codependency** – which manifests mainly as one of three subcategories:

- Enablers
- Doers
- Clingers

At the other extreme, our ego self-protects through the need for total **control** of the environment. Most people project behaviour that has both codependency and controlling issues. The determining factors in how the Ego protects is determined by previous incarnations of the Soul.

## Can you identify any of these traits (in yourself or in others)?

At one extreme our ego self-protects through **codependency** – which has 3 subcategories:

- People who do *to be loved* are called “**Enablers**”, and they will support negative behaviour patterns to try and facilitate love (for themselves and others).
- People who do *to be accepted* are called “**Doers**”, and they make themselves indispensable, so no one can do without them (this may include doing negative things).
- People who *do very little* are called “**Clingers**”, and they rationalize that anything is better than being alone, regardless of how they are treated (or how they treat others).

At the other extreme, our ego self-protects through the need for total **control** of the environment.

Control that is driven by self-protection, self-interest, power, manipulation, subversion, or indoctrination normally involves a need for total control of the environment. Individuals can implement this control in 2 main ways:

- Those who choose not to become emotionally involved or attached to anything. They hide or do not have emotions and feelings, so they don't have to become disconnected. This may manifest in abuse or neglect of others.
- Those who choose to do for others, but not let anyone do for them or to them. They feel that others cannot be depended on, however, they may also become agitated when no one offers to do for them.

Most people fit in between these 2 extremes. Most people have some codependency issues and some control issues.

## Behavioural traits of the SELF:

The numbers 9 – 16 are behavioural traits that can be associated to someone when they are on a pathway to Freedom – to discovering Self. They are qualities experienced whilst Self is being nurtured.

This Self may not be fully realised until all the 8 are experienced together; nonetheless, the numbers below represent behaviour with one or more of the qualities known as the 8 C's. It is a time when the nervous system is predominantly governed by the PNS (parasympathetic nervous system). A time when social interaction is positive, when people are becoming less focused on themselves, when they are starting to perceive the outside world and when other people and the environment are not perceived as the cause of their behaviour. Furthermore, on this pathway, their body is either recovering, regenerating, digesting, or starting to function more optimal. The 8C's are not in a strict order (but almost on point - lol) – the principle is that Self becomes more fully realised the more ALL of them are experienced together.

	View on God	View on Life	Level Name	Level #	Emotions	Process
	Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness
	All-Being	Perfect	Peace	600	Bliss	Illumination
			<i>Spontaneous Healing</i>			
	One	Complete	Joy	540	Serenity	Transfiguration
	Loving	Benign	Love	500	Reverence	Revelation
	Wise	Meaningful	Reason	400	Understanding	Abstraction
	Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
	Inspiring	Hopeful	Willingness	310	Optimism	Intention
	Enabling	Satisfactory	Neutrality	250	Trust	Release
	Permitting	Feasible	Courage	200	Affirmation	Empowerment

Levels at or above 200 have Truth, Integrity and support life. CREATIVE

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16. Compassion / Authentic

15. Calmness / Ease / Flow

14. Creativity / Intuitive

13. Curiosity / Enthusiastic

12. Confidence / True

11. Courage / Intentional

10. Connectedness / Integrated

9. Clarity / Aware

There are a further 5 attributes, known as the 5 P's, that are normally experienced when behaving as Self – these are - Playfulness, Patience, Presence, Perspective, and Persistence.

## THIS INFORMATION IS PART OF A MESSAGE OF POSITIVE POTENTIAL:

We have within us the potential to access all Informational Energy, because it is part of what is true and authentic and FREE. Beyond point 15, and increasingly from point 9 onwards, we experience a growing feeling and knowing about our true authentic Self – our potential/voltage. We are beings of electromagnetic Informational Energy (Light and Sound) that vibrates at specific 'higher coherent frequencies. When our electromagnetic fields experience untruths, then our cells and neurons become deficient and imbalanced. This dysregulation means we do not gain awareness of knowledge that is within and around us. We do not fully utilise our potential, or use what we have, or we use it incorrectly. When we experience FREEDOM, LOVE, AND TRUTH, we also experience thoughts, emotions, and physical functioning at a level beyond our perception – we FLOW OPTIMALLY.

The coloured circles, around the black and white shades, represent perspective of your world. These coloured circles are probably the most important aspect of the infographic, and the shades are simply a spectrum of each individual colour.

Each colour represents a world view. Your internal world, and the world of your mixed community, and the world as in the Earth. The word world means 'an informational energy pod or field'. It only contains what it contains, and in order to perceive beyond what it contains, it must communicate with and listen to other informational fields. It must then be capable of integrating this new Informational Energy for the benefit of

both worlds – and vice versa, otherwise the worlds will exist with dis-ease or destroy one another. Subsequently, being able to move in either direction around the circle of colours is essential. Being able to keep moving is essential and being able to integrate all polarities for mutual and altruistic benefit is also essential. Until we have moved all around the circle we cannot have the full potential, moreover, an experience may also be time related, meaning, a colour (or world) may have different Informational Energy at different times – so more than one cycle may be of benefit or essential. Understanding this concept of Polarity Integration is crucial because it must be done whilst enduring the other factors explained in this Freedom/Love/Truth Spectrum.

**N.B. Everyone has the potential to access and know all the colours and shades – the knowledge is available when we integrate the polarities through experiential learning.**