



Transcending the Levels of Consciousness Series: Spiritual Practice and Daily Life

David R. Hawkins

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During this outstanding presentation, Dr. Hawkins explains the difference between the phrase, "Glory be to Thee" and "Glory be to me", saying it is the difference between heaven and hell. He also expands on the kinesiological response as being about the essence of something, not about what it appears to be.

Additionally, he expands on the topic of surrender: what it means and how to incorporate it into one's life on a daily basis.

Dr. Hawkins presents a variety of valid spiritual practices that can lead to a higher level of consciousness, what one needs to surrender along the way, and then what one needs to be willing to accept in order to move forward on the journey toward Enlightenment. He further explains the role of karma in our lives and how it is undone, and discusses the role of "intention" and the challenges around trying to control the outcome of something rather than surrendering it to God.

Dr. Hawkins' responses to questions from the audience further illustrate ways in which we can apply a spiritual approach to the daily challenges many people face in the areas of health, family issues, and life in general. During this presentation, many of his teachings are further refined, bringing the information together in a remarkably cohesive manner. This helps us to realize that Enlightenment is a real possibility, not just a fantasy.

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