

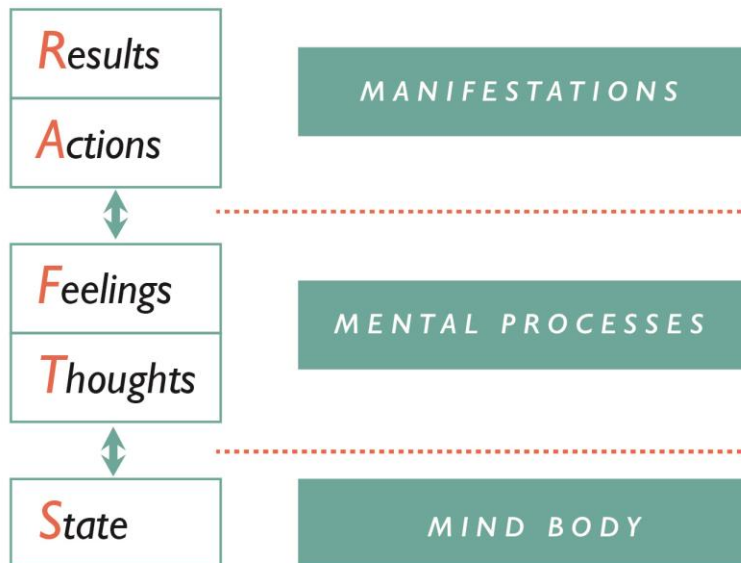
## The RAFTS Map: Results-Actions-Feelings-Thoughts-State

As we will see in due course, the RAFTS Map: “Results-Actions-Feelings-Thoughts-State” depicted below can be presented and explained in different ways. The causal relationship between thoughts, feelings, actions and results is already well recognized. Connecting one’s State (of Consciousness) to this cause and effect logic is a vitally important addition, because it enables a shift to seeing through the *eyes of Being* rather than the ego, a dramatic and life changing shift in perspective.

The RAFTS Map founded on our *State of Consciousness* will help us to ensure that our manifestations in life are congruent with who we are, and therefore fulfilling. It will help ensure that our ladder of purpose is up against the right wall, so that we don’t waste time or energy achieving and manifesting things which turn out to be of not that much value to us or others. Connected thereto, we want our manifestations to be effective, efficient, fulfilling and purposeful so that we live more happily, and make the best use of our short time on Planet Earth.

In the RAFTS Map shown below, there is a causal relationship between observable actions and results. This is why it is so important to take action in order to manifest our goals, and not to rely solely on the “thoughts become things” axiom. Indeed, it is the underlying feelings, e-motions and thoughts that provoke or motivate our actions. Never the less, as we take action, we may well find that the Universe seems to be supporting us with helpful coincidences and synchronicities beyond our own direct actions. This may be evident in the present or may be in retrospect as we review life events. Could it be that our thoughts, which are energy forms, impact wider collective consciousness? Many believe this to be so, consider, for example, Jung’s “collective unconsciousness.” We make no claims and you will have to evaluate according to your own life experiences.

## THE RAFTS MAP – MANIFESTING RESULTS



The Map suggests a causal relationship between (the quality of) our feelings and thoughts and our underlying State which includes our overall mood, and whether we tend to operate from a relatively closed ego-perspective within the limitations of our experientially conditioned, "ego-cocoon," or from a more open and aware one. Let's look in more detail now at each element of the Map.

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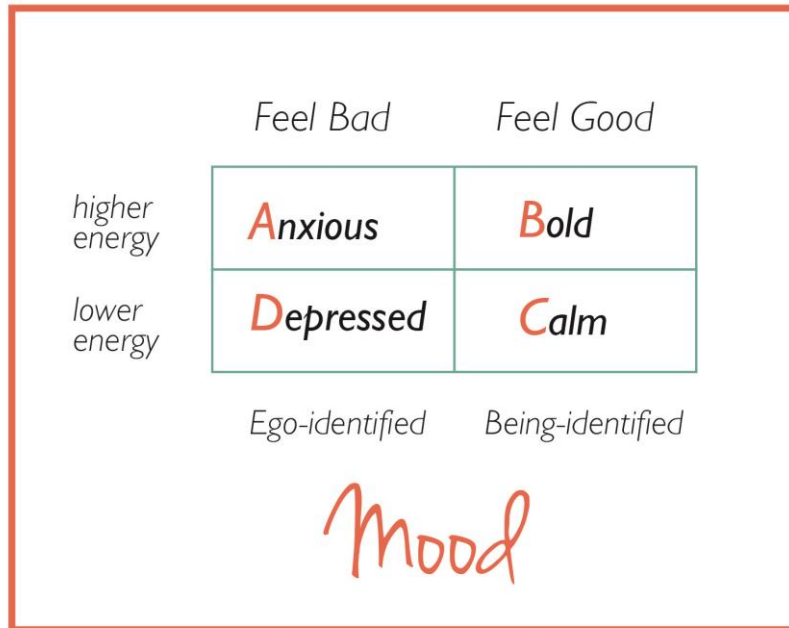
### State

We look at this aspect of the Map in more detail first since it is the foundation. You may have come across the expression "we see things as we are" attributed to Anais Nin among others. This is our "State," the way we see things, which is a function of our mood and our state of Being-ness versus operating out of ego.

Our mind-body state concerns where we are coming from and what we give out to the world, what's in us, and how we show up. That is why, in the Introduction to this book we considered the notions of forever-Being and our Oneness with all life going backwards in time and into the future. The concept of oneness also fits in perfectly with the Buddha's notion of non-self.

In simplistic terms, at any given moment we feel good or we feel bad. The state that we feel to be in at any moment can depend upon many mind-body factors, including our genetic disposition, habits (sleep, diet, exercise, physiology, work, recreation, etc.), the environment, the conditioning and lifestyle that we experience, the extent to which our needs for well-being are met, as well as the interplay between thoughts and emotions that we allow ourselves to be engaged in. The good news is that we have a measure of control over all of these with the possible exception of genetic disposition, although relatively new research in epigenetics suggests that this can be modified too! (Dispenza et al).

## THE ABCD MAP – MOODS RELATED TO FOREVER-BEING, EGO

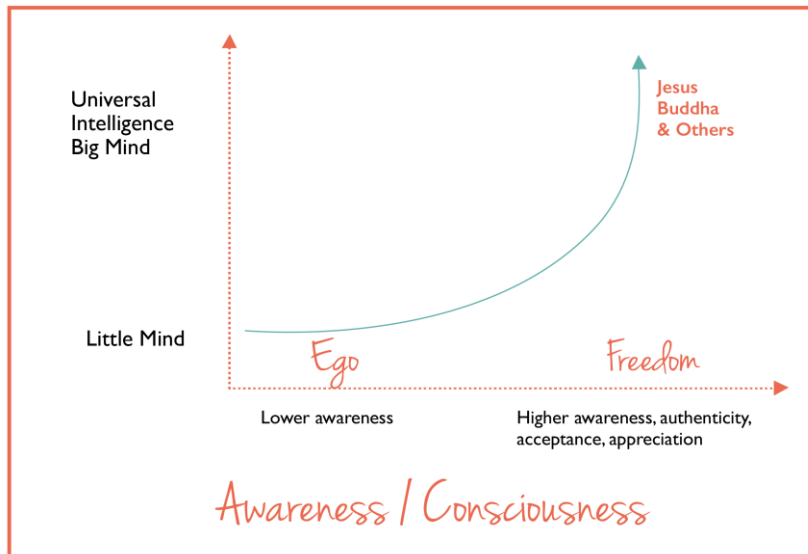


With reference to the “ABCD Map” above, essentially if we are to attract good fulfilling things into our lives, we need to be in a *feel good*, abundant and grateful mode which is consistent with the State of Being as opposed to the State of Ego or identification with lack, not enough, “more, more, more” and associated therewith “I’ll be happy when ....” (Fill in the blank).

The ABCD Map suggests that we should take steps to ensure that our mood be both calm and bold, and thereby avoid anxiety and depression. It is important to check that your body is relaxed, and it is helpful to maintain consciousness of your inner body energy. With the right mind-set, there is no need for anxiety or fear in the present moment, and particularly in a safe and comfortable environment. Meditation is helpful to becoming calm and present; it can also help you to be bold or fearless, through stopping and looking deeply at the true nature of reality and transformation of life forms.

With reference to the “Awareness/ Consciousness Map” below, if there is any guarantee of happiness and fulfillment in life, then being in touch with the Oneness of creation, our Creator is that guarantee.

## THE AWARENESS/ CONSCIOUSNESS MAP



The first commandment of Jesus is to love God, (or your Source or Creator), with all your heart, all your soul and all your mind. The Buddha recognized the Oneness of reality through the notion of inter-Being and interconnectedness of the elements of sun, water, air and earth as discussed in the “Introduction.” Buddhists refer to the “Ultimate Dimension” which is likened to the Ocean, (and similar to the “vertical dimension” shown on the Human Being Map provided in the Introduction). The waves that come and go are always in touch with the mighty Ocean. Similarly we can think of humans, (like waves), as being in touch with their Creator or Being or God, (like the Ocean). The Buddha reminded us of the impermanence of all forms, of the beauty of silence and stillness, and opened our eyes to peace, love, joy, acceptance, gratitude and interconnectedness in the present moment.

Jesus and Buddha were aware people in touch with reality, (not the oft-times inaccurate, automatic, fleeting thoughts that pass for reality), with qualities that included awareness, authenticity, acceptance and appreciation – explored in Chapter 2, the AAAA Map.

Now, we are not getting into religion here, only the wisdom of highly notable historical figures. Similar wisdom is found across the various faiths. In their own ways, both Buddha and Jesus taught us (a) how to live (and love) well, (b) how to manage our ego and (c) how to be more present in the here and now. If we could see and sense the world through the eyes of the enlightened Buddha or Jesus and other luminaries we would get as close as possible to the aware state of forever-Being as opposed to the state of ego.

So, what would your perspectives and views on the world be, if you could live in a state of awareness, and see through the eyes of forever-Being? Well, they would undoubtedly transform your life for the better, no matter how happy and successful you are already. With reference to the table below, there are marked differences between seeing through the Eyes of forever-Being rather than the Eyes of Ego.

**STATE OF AWARENESS AND PERSPECTIVE ON THE WORLD: EYES OF FOREVER-BEING VERSUS EYES OF EGO**

<b><u>Eyes of Ego [fear]</u></b>	<b><u>Eyes of forever-Being [love]</u></b>
<p>Ego-identified, Impermanent                      Needy, lacking                      Living in the limited ego’s “Comfort Zone”                      Unaware of body’s energy                      Mood tied to externals                      Judgmental                      Attachment to me and mine; I’ll be happy when ...                      Resistance to life                      Trapped in past and future                      Exaggerated sense of self (e.g. I am this body)                      Victim of circumstance                      Dissatisfied                      Drama – always something!!                      Unconscious; self-sabotage                      Identification with involuntary self-talk, my stories                      Striving, struggle                      Resentment, unforgiving                      Anger, dislike                      Limiting beliefs                      “Monkey mind,” living in illusion                      Anxious</p>	<p>Forever-Being, awareness                      Complete, enough                      Living in the amazing Divine’s “Comfort Zone!”                      In touch with your life-energy                      Joy within, no matter what!                      Accept what-is, love what-is                      Detachment from ego-needs; Happy now and always!                      Surrendered; let go, let God                      Present moment focus                      Realization of Awareness (e.g. I am the animating presence)                      Master of destiny                      Fulfilled                      Peace!                      Conscious, wise choices                      Co-creator; if it’s to be it’s up to me; conscious focus on mission                      Inspired action                      Forgiving (or nothing to forgive)                      Love and compassion                      I can do it; an inner knowing                      Clarity, living in reality as it is                      Calm and Bold</p>

Imagine a conversation with a tree.

<b>QUESTION TO THE TREE</b>	<b>THE TREE’S ANSWER</b>
<p>What’s the time?                       Oh, you’re so much bigger than that tree over there. You must be very proud?</p>	<p>I don’t understand. It’s now, it’s always now                      So what! That’s just the way I was made. It’s the same for all the trees be they bigger, or smaller, less leaves, more leaves, etc. They were made that way by our awesome Creator; all are perfect and as intended according to seed and environmental conditions</p>

Of course, there are major differences between us and trees. In particular, we are able to move around and have highly developed thought and feeling processes. Yet, the conversation with the tree exemplifies that in nature, everything (including you), is already enough and it couldn't be otherwise. All life forms manifest according to earlier life forms and environmental conditions. You are perfect, even perfectly imperfect, as is everyone else. It's just the wonderful way that you were made.

In seeing through the eyes of forever-Being, your temporary automatic, repetitive style of thoughts and feelings would take a lowly second place to your permanent field of awareness. [Recall in the "Introduction" that we explained awareness simply as that constant field of awareness of your life that has always been with you, as your body and mind has changed considerably up to the present day]. Seeing through the eyes of forever-Being, you would not automatically get lost in and follow all thoughts and urges as if they were commands, rather you would view them in a non-judgmental manner and consider their veracity. You are *not* your thoughts.

As you go through life, it is fundamentally important to *maintain a relaxed state at all times*, to *maintain zero resistance to life*, and to take timely action if appropriate according to situations arising. Relaxation is common to meditation, visualization, hypnosis and mind-management techniques such as the "Silva Method."

Now, imagine that:

**(1) You are the present moment** – free of the burdens of time and thoughts

Try it now. How does it feel like to actually *be* the present moment? Can you sense the stillness, spaciousness? Look! Listen! Stop and observe your breath without trying to control it. On the in-breath say inwardly *I Am* and on the out-breath say *the Now*. Don't just say it – slow down, be still, and sense it, feel it. You will find your real self by coming into the present. If there are any lingering thoughts and emotions just observe them and they should settle down, dissolve. There are no problems now as you read this. Even if under physical attack you would be far too busy dealing with the situation rather than spending time to worry about it.

**(2) You are one with life** – free of separation, on the wave of the life continuum

You are not your temporary life situation, you are life itself. You were created by your Creator and your life can be traced all the way back through your ancestors, to the Big Bang, and beyond. And, this moment, alive, you are at the very forefront of creation, among the freshest and latest life forms having a human experience.

The real you, your life force never dies. You may want to think of this real you as part of the divine, the eternal or permanent. Feel the aliveness, your life-energy in your body, *as often as you can*, (which also diverts attention from the mind). Let this be your anchor in the present, peace *from* mind. [You may prefer other anchors such as your breath or invent one such as your halo].

- (3) You are here in the *temporary human form* for the sole purpose of **enjoying** yourself in alignment with the direction, aliveness and joy of your Maker, contributing your gifts to the world

Decide to live from the joy of your Creator, that is, to live from love – a warm reverence and appreciation for the sacredness of life – rather than from fear. And, you will do this *whatever happens!* This could be the most important choice of your life, more important than your choice of partner, career or home. Forget any excuses that your mind comes up with and find a way. And, if you worry about being selfish, take it to heart that if you are a joy, it's guaranteed that you will be a joy to others.

According to Ralph Waldo Emerson “We lie in the lap of immense intelligence, which makes us receivers of its truth and organs of its activity. When we discern justice, when we discern truth, we do nothing of ourselves, but allow a passage to its beams.”

The above quotation is consistent with Jesus' remark that “it is the father who doeth the works,” and his advice to “deny thyself.”

These quotes can be considered as cues from excellent sources to allow divinity to guide us, and perhaps not to take ourselves too seriously. Since we were created through a higher power and didn't create ourselves “let go, let God.”

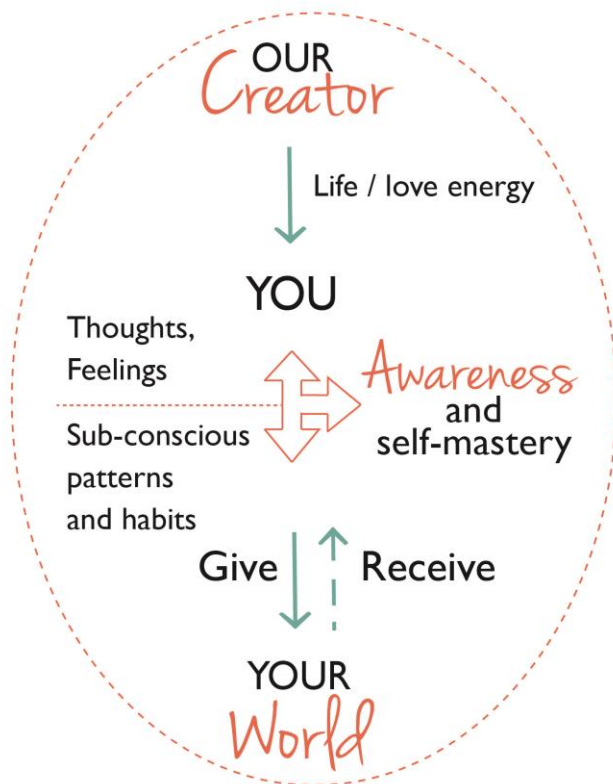
Accordingly, we should neither push ourselves so hard that we frazzle ourselves and others in the process, nor beat ourselves up when things turn out a bit awry. So long as we have good intentions and are willing to learn we can live in a calm, relaxed and accepting manner.

You will surely experience adversities. These will develop your strength of character, so, with this understanding, learn to accept if not enjoy the process!

Know that birth and death are simply life transitions that are absolutely necessary for life itself. When your time is up, it's time for renewal that's all. Life *is* change, and without change and renewal there would be no life. As the saying goes “the only *constant* is change.” Fear not! Be bold!!

With reference to the “Create your World Map” below, you create your world through your awareness, self-mastery and what you give out to the world. As you give so you will receive. As within, so without.

## THE CREATE YOUR WORLD MAP – GIVING AND GETTING



In the State of Awareness, you are the watcher of your thoughts. In awareness you observe your thoughts, feelings, beliefs and stories non-judgmentally and choose where to place your attention. Developing self-mastery, you have the power to choose or change the content of your thoughts, especially to maintain positive ones always. Through consistent, daily affirmation and imagination, you can impress upon your sub-conscious beneficial changes in how you see and feel about life, and manifest your desires. Deliberate and conscious repetition will rewire your brain and result in forming, (a few, very specific), good habits that support your growth. [Refer Chapter 12].

If you can ensure that you are present, in a very relaxed state, your brain waves will be at alpha or theta so that the intensity and rate of thought generation is subdued. At the same time your powers of creative imagination and intuition will increase. In aware, *appreciative presence*, there is no negativity or anxiety and no problems. And, this is not a numbed state but a highly alert one.

You can achieve the state of calm awareness, that sees interconnected reality clearly and freshly in the here and now, untainted by harmful thoughts.

You are 100% safe – free of fear.

The Creator gives you love. Your ego gives you fear. You seek no salvation or release in the future, and all that you could possibly ever need is met already, secure in the knowledge that all to come will be good too. Welcome everything.



Operating from the state of awareness, you are relaxed and calm, surrendered to, (not resisting), what-is. In your essence you are already whole and complete while your body and thoughts-emotions are temporary or impermanent to use a Buddhist expression. It's easy to recognize that your thoughts and emotions are fleeting and temporary; in cosmic terms your body is equally as fleeting. Just compare, for example, a typical life span of say 80 years with the age of this planet 4.5 billion years. Yet life goes on, always will, always has, and your so-called birth and death are merely transitions in the life continuum.

You can think of your awareness as the forever-Being side of you, and your thoughts, feelings and senses as the human side of you. Similarly, with reference to Jesus Christ, you can choose to associate "Christ," (the Messiah, the anointed one), with the forever-Being or divine side of Jesus Christ, and to think of "Jesus" as the human side.

In stark contrast to the commonplace, ego-driven up and down mood-states experienced in reaction to, or with, the external world, living from awareness or state of forever-Being frees us from ego-driven mind chatter, (the "monkey mind" as it is sometimes called). This enables us to experience an inner peace and calm. Indeed, in order to be in touch with our Creator, we have to drop our ego and sense of self. We have to get out of our own way, and a key ingredient of that is to be present in the here and now, rather than lost in compulsive thought of the ego. You are eternal awareness, not the fleeting and temporary thoughts and emotions!

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## Thoughts and Feelings

The interplay between thoughts and feelings is of fundamental importance, since on the one hand they influence our State, and on the other, govern our actions, (expressed as behavior), and our results. There is a need to differentiate between automatic, involuntary thoughts on the one hand, and conscious, that is to say deliberate thought, on the other. When following automatic, repetitive thoughts, you are lost in trance, possessed by thought and associated emotions - you could say that your mind is using you. In deliberate thought mode, you are the master of your thoughts and you are using them productively.

Indeed, the human condition is such that many of our thoughts are repetitive, automatic, involuntary, patterned and habitual, that is to say conditioned over many years, especially during childhood when our mind-set and beliefs were being shaped and formed. Buddhists believe that this conditioning goes back further to our ancestors, and that karma can impact our future lives.

Gaining conscious and deliberate control of our thoughts and feelings is crucial for anyone who wishes to live life on their own terms, and to live life by purposeful design rather than simply conforming to the cultural conditioning of society.

A few things to note about our thoughts and emotions: first, our thoughts are creating 24/7!! Our brains are unbelievably active energetically in processing sensory information and this includes thoughts – typically 60,000 each day according to some scientists. Although thoughts are fleeting and impermanent, "thought-trains" can draw us in if we are not alert and take us over – don't let that happen to you unless they're pleasant ones! "This too will pass" – be it good or bad.

Secondly, thoughts are only a minor aspect of intelligence; for example, our bodies have much greater intelligence than the mind given the mind-boggling feats it produces in keeping us alive and healthy every second – it just happens; and, for those who believe in consciousness pervading

everything animate or otherwise, an individual's thoughts and emotions are infinitely microscopic entities of energy compared to the awesome, inconceivably vast energy of the universe.

Thirdly, the quality of our thoughts, emotions (and state) will vastly improve if we learn to live in a calm, relaxed manner in the here and now. Being present now implies acceptance of what is, and is true freedom because we are not wrapped up in the past or future. Yet being present is an excellent state to consciously engage our quietened thoughts and emotions in planning, direction setting, establishing goals and milestones, and engaging with our vision of the future.

All this means that we should take care not to be identified with, and get possessed by, negative feel bad thoughts and emotions of little mind or ego, that cause us to act unconsciously and unwisely. On the contrary, we can actively monitor our thoughts and substitute positive ones for negative ones. We should be still, calm and present in the here and now in order to be in touch with, and guided by, the creative universal intelligence that is behind, precedes, and drives, all life.

If a thought that doesn't serve you passes over your field of awareness, you can ignore it, perhaps substituting an opposite positive thought. Important thoughts arising about actions you may need to take can be listed so that you can get them off of your mind as noted earlier. In some cases, immediate action may be beneficial but beware of following thoughts blindly, which is indulging in unconsciousness.

This will become a mind-habit. "You will be transformed by the renewing of your mind" to paraphrase Romans 2:12 of the Bible. In Corinthians 10:5 of the Bible there is a reference to "bringing every thought into captivity to the obedience of Christ ..." This suggests that we need to discipline our thoughts. Furthermore, "A man reaps what he sows," as stated in Galatians 6:7, which leads us into the next section on action and results.

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## **Action and Results**

What do you really want? With the caveat, beware what you wish for! Goals, the results we seek as human beings, can come from either the human (ego) part of us, or from the forever-Being (higher awareness/ consciousness) part of us.

Ego driven goals are more concerned with protecting our vulnerable ego, for example the need to prove oneself, or look good, or gain approval, or meet some other sense of lack – all perhaps quite normal given the plight of the typical human being, growing up and adapting to society's norms, expectations and pressures!

Achievement of ego driven goals may satisfy us for a while, and may even be necessary, to end an unsatisfactory situation such as negative net worth, or to teach us a lesson. In our early working years we will be concerned to ensure that we have a roof over our heads and sufficient funds to take care of ourselves and our dependents. But ultimately, the never-ending quest for "more, more, more" beyond important needs is not fulfilling of itself, as it suggests that we are never really satisfied except perhaps for brief intervals when certain goals have been accomplished. On the question of work or retirement, we need to be contributing and providing service in one way or another to channel our life energies and this is covered in later chapters. The important thing is that we maintain a healthy state of wellbeing, and are guided by love rather than driven by fear as in "keeping up with the Joneses," approval-seeking, excessive neediness or blindly following societies dictates.

Higher awareness goals are more concerned with our feeling of oneness with the source or life force that permeates our world and beyond; operating boldly when appropriate from a calm, clear, fresh and undistracted mind in the present moment. And, in a feel good state of presence we can set goals from a deeper and more fulfilling inspirational level, guided by higher awareness and wisdom. Good or great results come from a growth mind-set based on a clear purpose, and engage our strengths, values and preferences. Yet, do not be attached to your goals, their achievement is secondary to your participation in the game of life.

When operating from forever-Being rather than ego, your goals will be stress-free, and you will feel a sense of passion or love-energy. It isn't really so important whether you gain or lose, fail or succeed every time, living from forever-Being you will grow.

With respect to ambition, there's nothing wrong in wanting to contribute more in life, be that through a more influential job position or through an expanding business in which you have an ownership stake and are able to provide job opportunities that contribute to society. In a sense, there is nothing inherently wrong with any choice; it's just that wiser choices connected to forever-Being are likely to make you and others around you happier. As you sow, you shall reap and the law of attraction is invoked.

If you have a driving force to acquire, so long as you have a clear purpose, are being true to your values, and you are experiencing real joy and fulfillment, particularly in your relationships, then that's fine too. There is no guilt living from spirit or forever-Being! In determining your way ahead, consider suggestions for "moving toward lasting happiness" provided by Chopra and Tanzi in their book "Super Brain – Unleash the Explosive Power of your Mind."

- Give of yourself. Take care of others, and care for them.
- Work at something you love
- Set worthy long-range goals that will take years to achieve
- Be open minded
- Have emotional resilience
- Learn from the past, and then put it behind you. Live for the present
- Plan for the future without anxiety, fear or dread
- Develop close, warm social bonds

Chopra and Tanzi also advise on not what to do. Don't:

- Hitch your happiness to external rewards
- Postpone being happy until sometime in the future
- Expect someone else to make you happy
- Equate happiness with momentary pleasure
- Pursue more and more stimulation
- Allow your emotions to become habitual and stuck
- Close yourself off from new experiences
- Ignore the signals of inner tension and conflict
- Dwell on the past or live in fear of the future

These lists fit in well with the main themes presented in this book, and the premise that attending to your own wellbeing and inner strength is a prerequisite to a full, adventurous life.

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## **Feeling is the Secret**

In the RAFTS Map we know that *feelings* lead directly into action. When we feel inspired, we experience *inspired action*, which is the ideal because then we feel *enthusiasm*. The next best feeling to have is enjoyment, and below that, at least acceptance. In mindfulness is the intention to enjoy and appreciate everything, even what we often tend to regard as household chores such as washing the dishes. We can achieve this by deciding to focus close attention on the doing of the thing before us, and not to spend this time in unproductive thinking.

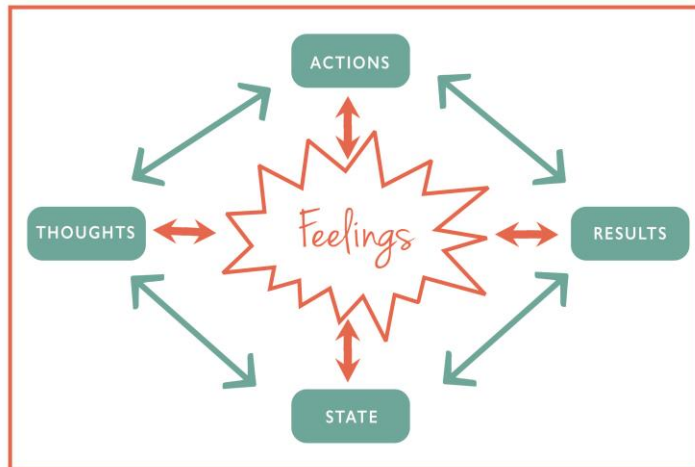
In reality, feeling is not a separate phenomenon but interplays with thoughts or imaginations, perceptions, interpretations, questions, ideas, etc. that come to us. In the law of attraction we get what we focus on, what we give our attention to. We also need to have a vibrational match or feeling for that which we desire, and if we affirm or imagine something, it must feel true to us. On the other hand, doing things now, whether we feel like it or not, is a master skill, (although in some cases we may indeed need to wait until we are in the right frame of mind, so long as we do not indulge in unnecessary excessive procrastination).

There was a book published way-back in 1944 by a popular author named Neville Goddard, (who wrote simply under the name “Neville”), called *Feeling is the Secret*. The main emphasis in that book was on adopting “the feeling of the wish fulfilled” in order to manifest goals. In other words, Neville suggested using our imagination to feel the presence of what we desire *as if* it was *already* manifest. This invites us to engage in mental movies, using our imagination to “preview life’s coming attractions” as Einstein put it.

In support of this from the scientific community, experiments have been carried out with athletes where their performance (manifestations) of sports related goals has improved by *imagining* or visualizing their physical actions and “being there,” fully associated with the mental movie. This is linked to the scientifically verified fact that our minds cannot tell the difference between a real and imagined event.

This is why vivid dreams seem real to us and our body physiology and so on can react as if our dreams and imaginings were real. Correspondingly, neuroscientists have found that imagination of phenomena and their actual reality cause similar brain activity.

Below we show a different representation of the RAFTS Map, with *feeling* as the central aspect in manifesting results. This Map is consistent with our experience that our feelings are affected not only by our thoughts but by our state of awareness, (or mood and Being-ness), our actions, and our results or manifestations.



Indeed, we are feeling beings, and consciously or otherwise, we tend to gravitate towards things that give us pleasure, and move away from things that give us pain. We also live in accordance with our values and needs which will include a concern for others to a higher or lesser degree. It is generally recognized that where there is a difference between our thoughts and emotions, that our emotion is a more true reflection of how things are, the way we see things.

While thoughts lead to feelings, it can happen the other way round too. Your body, for example, may sense a chemical imbalance which you sense as a feeling, causing you to think I want a cup of caffeinated coffee or a sugary chocolate bar.

Consulting our feelings is something that we need to do on a regular basis, to consider how we feel about our current life situation, and to make choices and decisions about the future.

And, excitingly, we can learn to manage our feelings positively through gratitude and kindness, through our physiology, through exercise, through attention to our inner state, (for example, using meditation), through choice of environment, and through our diet and sleep routines. Managing our mood is covered in more detail in Chapter 7.

In a controversial book written by the late David Hawkins, called *Power versus Force*, “power” equates to what we refer to as *feel good*, and force equates to what we refer to as *feel bad*. Any positive feeling from courage upwards is termed “power” by Hawkins, while any negative feeling below courage is termed “force.”

In the power mode we feel strong, while in the force mode we feel weak. Hawkins attempted to measure the strength of this feeling in human subjects, using, what he called the *muscle test*, for assessing the “truth” of certain statements given to subjects. He originally used the term “kinesiology” for this approach but changed it after the scientific community rallied against his use of this term.

The controversy really concerned the objectivity of measurements, not the basic thrust of his main work. So, rather than throw the baby out with the bathwater, below we reproduce his Power versus Force scale. So long as we accept that there might be some subjectivity in his measures, then his work provides some valuable insights.

In the Hawkins typology below, feelings and emotions are summarized. Compassion, gratitude, empathy and (happy) surprises are not specifically mentioned for example, but reverence and love are associated with these emotions. Hawkins “Power” is similar to the notion of “Awareness” and “Seeing from forever-Being” used in this book, while “Force” aligns with “Seeing from Ego” or being trapped in ego.

**POWER VERSUS FORCE SCALE**

<b>Feeling</b>	<b>“Truth” Measure</b>	<b>Emotion</b>	<b>Life View</b>
Enlightenment	600 - 1,000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	300	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
<b>Courage</b>	<b>200</b>	<b>Affirmation</b>	<b>Feasible</b>
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

**Source: Power Versus Force: An Anatomy of Consciousness, Dr. David Hawkins**

**Note:** Column 1 heading changed from “Level” to “Feeling”; Column 2 heading changed from “Log” to “Truth” Measure, which is a logarithmic scale. [Hawkins used a Muscle Test on the arms of people to test for truth]. The “truth” measure could also be thought of as a scale of *emotional vibration*.

Interestingly, desire is seen as negative and this is because of its association with cravings – I’ll be happy when ... The issue is whether our desire is driven by love or fear and whether we can accept all of our manifestations without disappointment, knowing that we often need to fail our way to success. If our ancestors had not acted on their desire to improve things we might all have remained cavemen, or still be walking miles to find water, so appropriate desire is helpful.

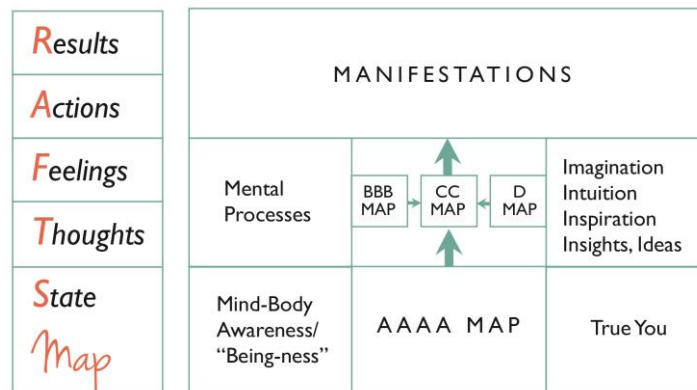
Indeed, if we are uncomfortable with something affecting us directly, desire or self-love may drive us to make changes to become more comfortable. A sincere love of family may drive us to “improve our lot,” and make the lives and prospects for our family rosier, and this desire doesn’t have to be ego-driven.

Manifesting desires, and the appropriate form of desires consistent with authentic living and awakened action, is the subject of Chapter 9: “Adventures.” The feeling of gratitude, and reverence for all that-is, is considered very important and is the entire subject of Chapter 10.

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### Expanding the RAFTS Map

We need to expand on the components of the RAFTS Map in order to clarify the creative process of manifesting. The key thing here is the flow of joy into what we do and create.



Another way of looking at the RAFTS Map using the time-tested gardening metaphor, is to view **State** as the Garden, the aspects connected to **Thoughts and Feelings** as Seeds, (presumably good, deliberate intentions although our involuntary ego or “monkey mind” can be tricky), and the Manifestations in terms of **Action** and **Results** as producing the flowers (or weeds).

Manifesting wisely is immensely important to all of us in leading a fulfilled and happy life. While what we want may sometimes be very clear to us, this is not always the case in navigating our lives, and introducing the above set of interlinked or integrated Maps helps us to be more explicit in **consciously determining what we want to manifest**.

The Maps that we will introduce as an expansion of the RAFTS Map are listed below:

The AAAA Map: Awareness-Authenticity-Acceptance-Appreciation

The BBB Map: Beliefs to Behaviors to Benefits

The CC Map: Clarity and Commitment

The D Map: Destiny

Note that these expanded Maps of are part of life design. The Benefits and Behavior elements of the BBB Map, for example, are planning tools, and not necessarily the subsequent results and actions.

In expanding the RAFTS Map, we want to know that our goals are right for us, so they should come from our deeper authentic selves, and combine left and right brain mental processes to provide a holistic gestalt.

Let us now look at the AAAA, BBB, CC and D Maps in more detail.