





Life is Consciousness

*I came that they may have **life**, and have it abundantly.* – John 10:10 (NRSV)

Levels of Consciousness:

<p>Victim consciousness: When do I go here?</p> <ul style="list-style-type: none"> • Everything happens to me! • I am a victim. • I have little or no control about what happens to me. • Example: <i>Why does my line always move slowest at the supermarket?</i> 	<p>Victor consciousness: When do I go here?</p> <ul style="list-style-type: none"> • I have some ability to control the world. • I have some ability to control my thoughts. • To be a victor, there must be a victim. • Example: <i>While this line moves slowly, I can read the funny titles in the tabloids.</i> 
<p>Vessel consciousness: When do I go here?</p> <ul style="list-style-type: none"> • There is something greater than me. • I am an instrument or conduit of the Divine. • The Divine is in me (separation thinking). • Example: <i>I was called to do this.</i> 	<p>Verity consciousness: When do I go here?</p> <ul style="list-style-type: none"> • I am an expression of the Divine. • God shows up as me. • Example: <i>From my Oneness I know what to do.</i> • Example: <i>I claim Abundance that is mine by right of Consciousness.</i> 

Sources: *Heart-Centered Metaphysics* by Paul Hasselbeck, *Applying Heart-Centered Metaphysics* by Paul Hasselbeck and Cher Holton