

# **Love as a Field:** **Altruism as a reflection of** **our Level of Consciousness**

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**Works of Love Conference:**  
**Scientific & Religious Perspectives**  
**on Altruism**

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The background of the slide is a solid blue color. In the lower right quadrant, there are several sets of concentric circles, resembling ripples in water, rendered in a lighter shade of blue. These circles are centered around the bottom right corner and extend towards the middle of the slide.



# Altruism is inspired by Love

- Two views of altruism (complementary):
  - As heroic exceptional behavior or
  - As a natural consequence of being in a “Love” state of being

# What's the difference?

- One is looking at behavior
- The other is looking at the place from which behavior comes from -
  - an internal level of consciousness /state of being.

# Altruism, Love & Consciousness

- Love can be seen as a state of being / level of consciousness
- When we are in this state altruism is quite natural and normal - because of the way we feel and see the world
- If this is so then -
  - Can we consciously access this state of being?
  - What beneficial effects & results might this produce?
  - Can such a state of being/ level of consciousness act like a field to create an environment in which positive behaviors are more likely to occur?

# Altruism & altruism


- Big “A” and Little “a”
- We are all altruists  
when  
we help each other

# Awakening Consciousness



- Common Experiences of expanded states of consciousness in our daily lives:
  - Sacred Places
  - Meetings & Prayer Groups
    - Course in Miracles
  - When we connect with others through our hearts
  - Inspiring Music, Nature
- Meeting with “Enlightened” people
  - My Meeting with Swami Muktananda
  - Receiving Shaktipat
  - Sensitivity to “energy” and “fields”

# Questions I lived with:

1. How can I understand my experience - where and how does it “fit in”?
  2. Could there be a way to put the experience of this state to use in a practical way?
- 



# David Hawkins, M.D., Ph.D.



- Renowned Psychiatrist
- Co-author of Orthomolecular Psychiatry with Linus Pauling in 1973
- Early Spiritual Experiences
- Author of Power vs. Force
- Creator of the Map of Consciousness

# Map of Consciousness

	<u>Level</u>	<u>Log</u>	<u>Emotion</u>	<u>Life-view</u>
	Enlightenment	700-1000	Ineffable	Is
	Peace	600	Bliss	Perfect
	Joy	540	Serenity	Complete
	<b>Love</b>	<b>500</b>	<b>Reverence</b>	<b>Benign</b>
	<b>Reason</b>	<b>400</b>	<b>Understanding</b>	<b>Meaningful</b>
+	Acceptance	350	Forgiveness	Harmonious
	Willingness	310	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	Hopeless	Despair
	Guilt	30	Blame	Evil
	Shame	20	Humiliation	Miserable

From Power vs. Force by David Hawkins, MD. Ph.D.

# Higher Levels Related to Altruistic Behavior & Long Survival

SR Index

Peace

Compassion



Long Survival  
with HIV/AIDS



Mediators

Helping Others/Altruism  
Low Cortisol

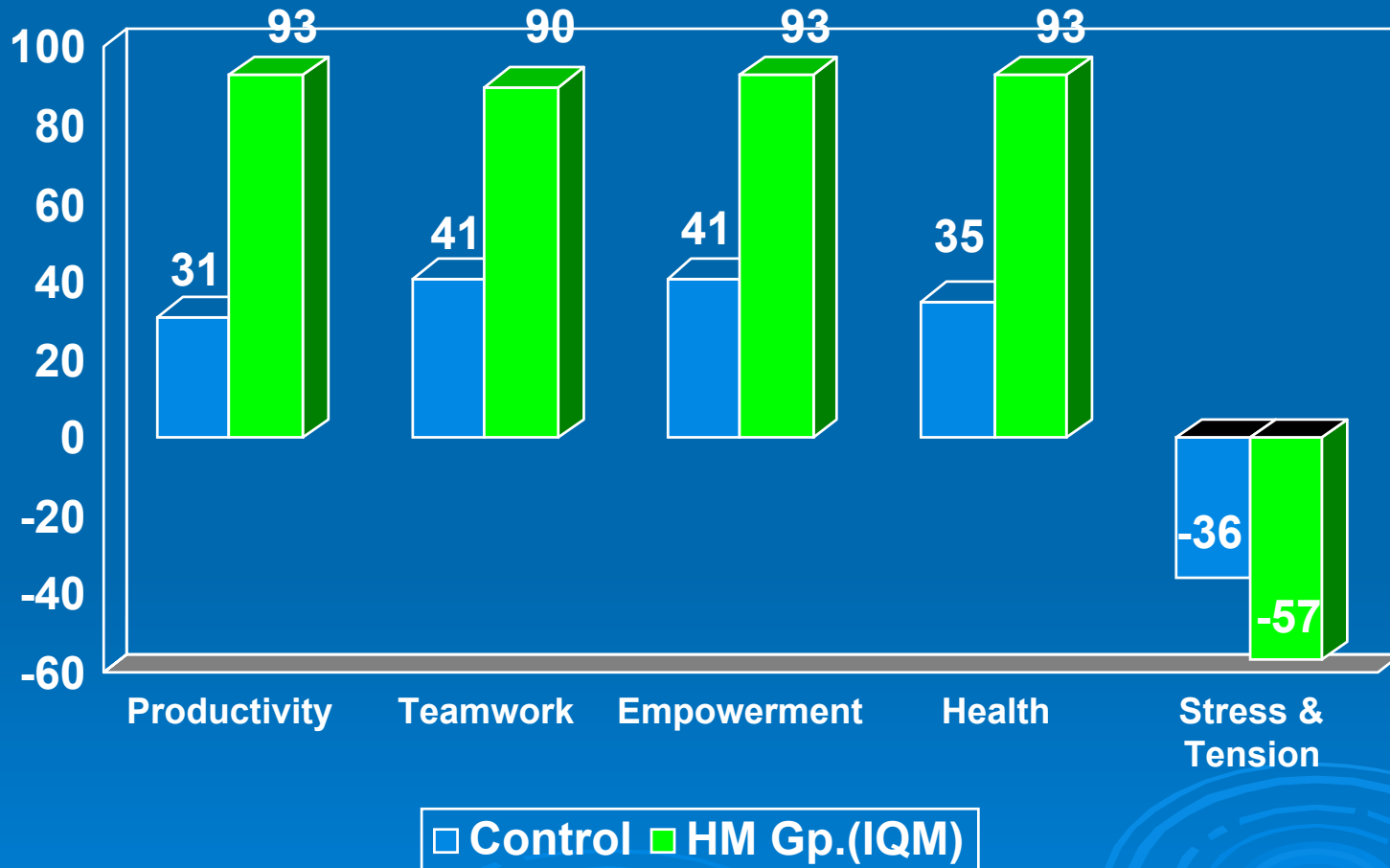


Ironson et al, 2002  
Annals of Beh Med.

# Can we access this Love State of Being?

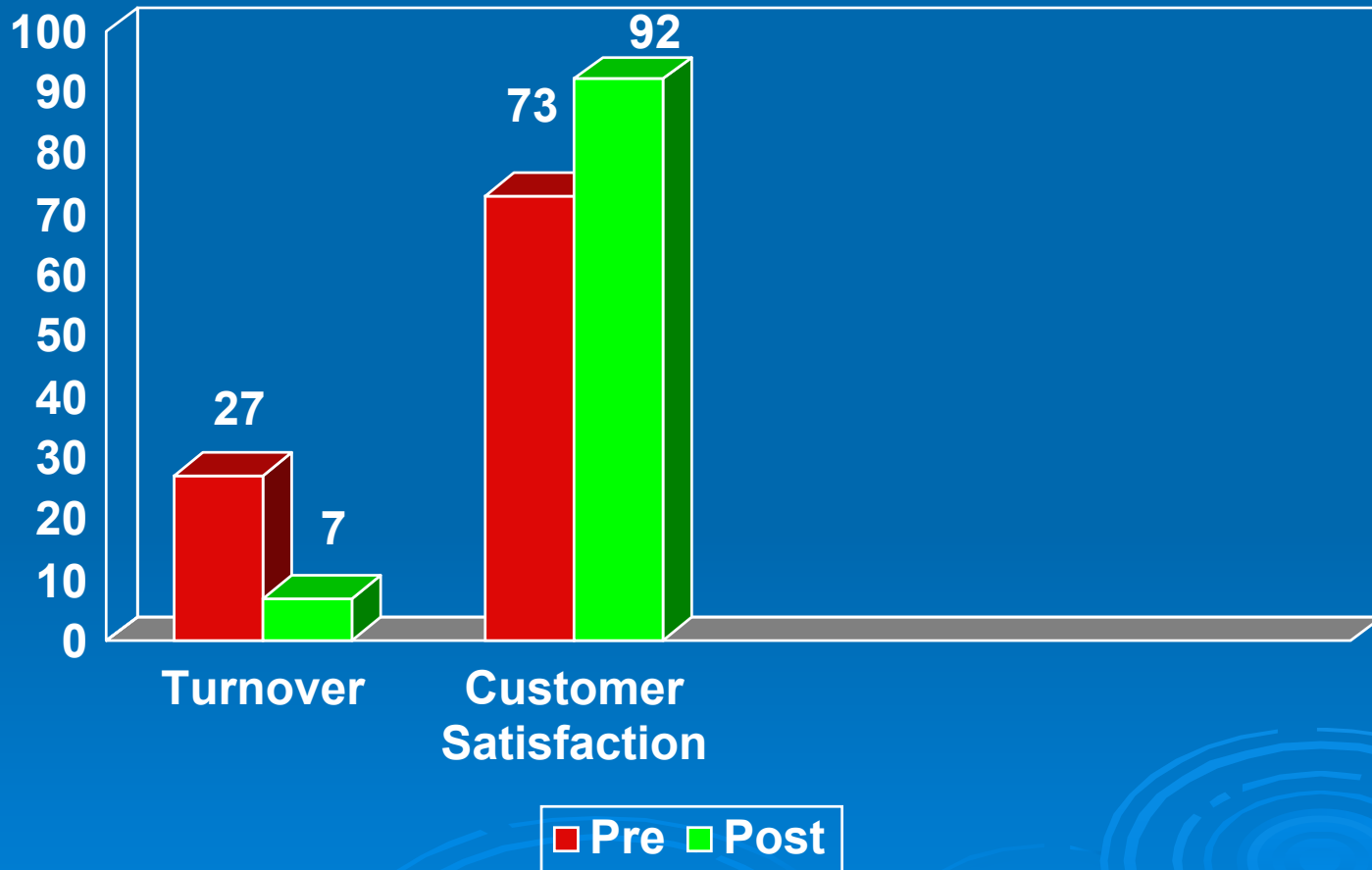
- A simple technique developed and researched by the Institute of HeartMath in California
- The Freeze Frame Technique/ Tool
  - Steps (Modified)
    1. Take a moment to relax - a time out.
    2. Focus on the area of your heart
    3. Energize your heart (memory/feeling/appreciation/gratitude)
    4. Ask a question (or send energy)
    5. Listen

# HeartMath Results - High Tech.



Fortune 50 High Tech Company

# Other Effects - Hospital Setting



# Gratitude & Appreciation

- Experimental manipulation of gratitude created daily increase in positive emotions, higher optimism, friends reports of being more helpful & a desire to “pass it on.”

“feeling more grateful kindled positive emotions”

- Emmons & McCullough, 2003

- The state of appreciation is related to increased parasympathetic stimulation to the heart, which is associated with better heart health care and lower incidence of heart disease.

- McCraty, et. al. 1995

# Extensions of Love

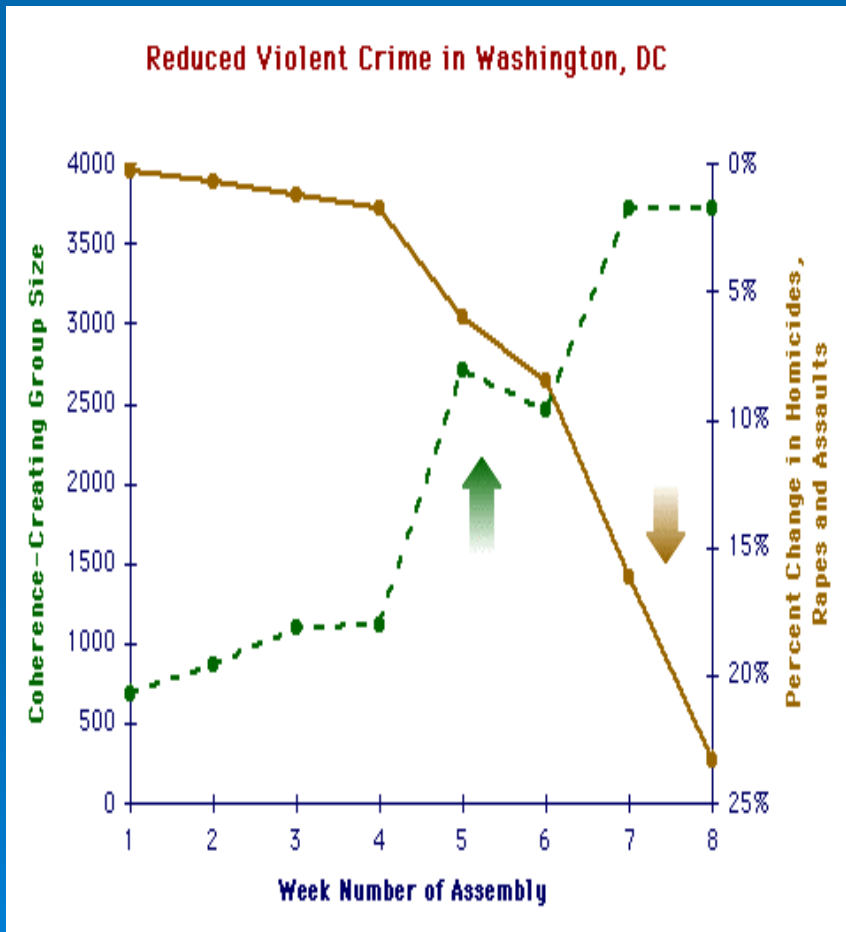
- Who is more altruistic ?
  - a. Someone who intercedes to prevent a robbery, or
  - b. A small group of people who reduce crime by 20% in a city's population
- What if coherence creating groups could reduce stress in collective consciousness?



# The National Demonstration Project

- Developed to Reduce Violent Crime & Improve Governmental Effectiveness
- Held in Washington, D.C., June 7 - July 30, 1993
- Involved 4000 meditators over a two month period
- Crime rates dropped directly in proportion to the number of people meditating

# TM Results



- As the size of the group of meditators increased
  - From 600 to 3800 (green line)
  - the crime rate dropped by 23% (gold line)
  - This effect has been repeated in over 40 studies to date.
  - It is commonly referred to as The Maharishi Effect
  - The meditation methods employed were the Transcendental Meditation and TM-Siddhi Programs

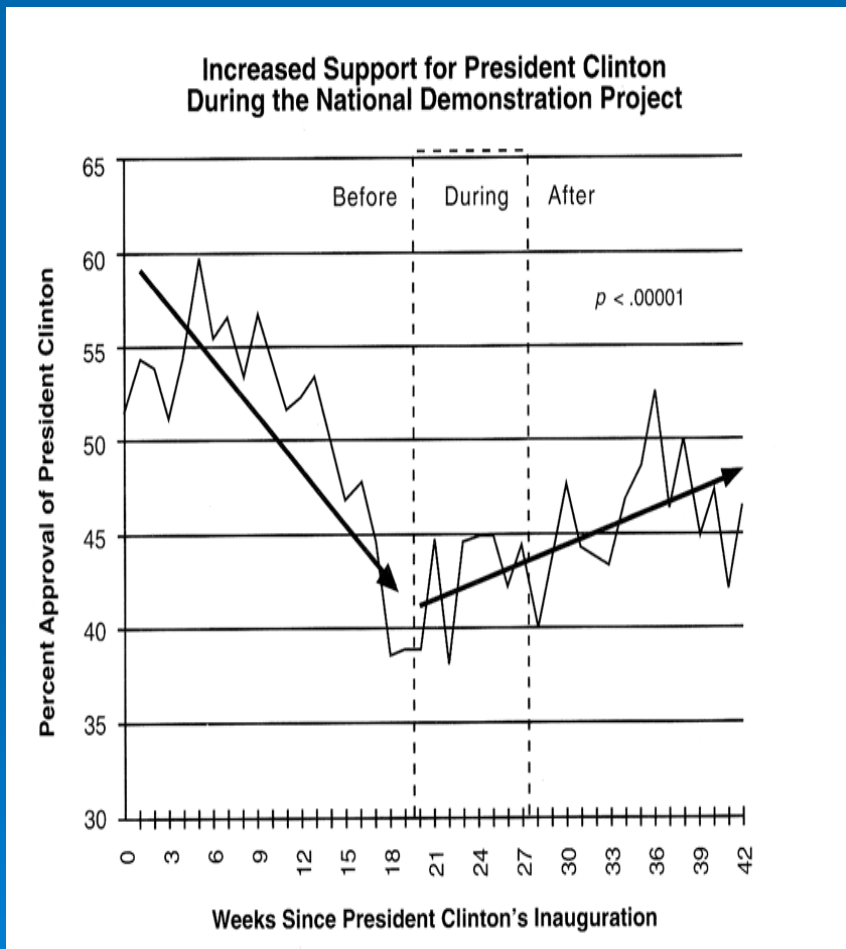
# TM Study # 2

## Increase in Cooperation

### Hypothesis # 2

Increased coherence in the collective consciousness of Washington D.C. would support increased cooperation and greater effectiveness in government as measured by the President's approval ratings, and by more positive media coverage

# TM Results - Cooperation



- Before intervention - decline in approval rating of 1% per week
- During & after the intervention the trend shifted to + 1.16% per wk
  - There were no notable events that could account for this sudden change in the President's popularity

# TM Results-Cooperation

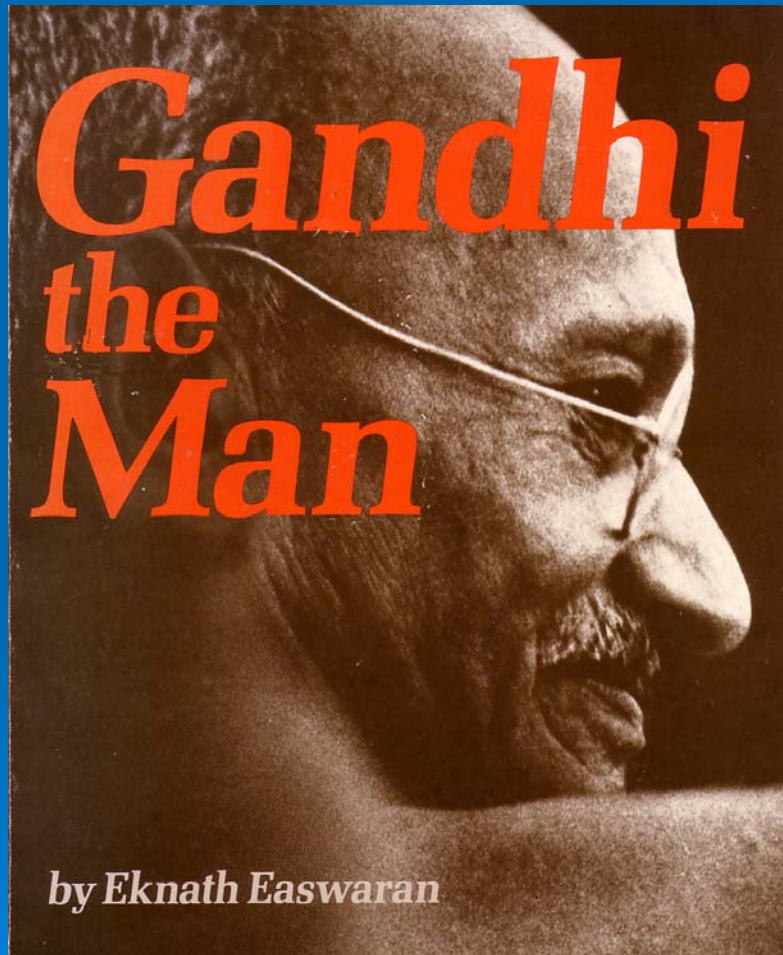
“... such a swift reversal of fortune is not easy to account for. (One) may logically wonder whether Clinton turned things around or if something else is going on. . . almost mysteriously and almost overnight, in the face of governmental distress, the press seemed to be transformed.”

The Washington Post, July 18, 1993

# The Power of Coherence

- According to Maharishi such interventions, when done in groups, require only the square root of one percent of the population to have a positive effect.
  - For the U.S. as a whole that number is around 16,400 people.
  - (Estimated Population of the US: 267,954,764)
  - **A small group of people can have an enormous impact**

# Mahatma Gandhi



- The Power of a Love Field in practice
- “We must be the change we wish to see in the world.”

# Implications

- 1. Altruism is inspired by Love
- 2. Love is a state of consciousness we can consciously tap into.
- 3. Appreciation and Gratitude, as well as focusing awareness in the heart, are ways to raise one's level of consciousness.
- 4. A small group of people can have a large impact.
- 5. By looking at Love as a field we can unlimit our love and enhance our effectiveness in the world.



# Closing Comments



# Resources 1

## ➤ Swami Muktananda

- Swami Muktananda: American Tour 1970
- Published by Shree Gurudev Siddha Yoga Ashram
- 27 Highland Ave., Piedmont CA.
- Copyright 1974, ISBN: 0-914602-25-X

## ➤ Map of Consciousness

- Hawkins, David R., M.D., Ph.D., *Power vs. Force: An Anatomy of Human Consciousness*,
- Veritas Publishing, Sedona, Arizona, 1995
- Also Published by Hay House in 2002
- Web site: [www.veritaspublish.com](http://www.veritaspublish.com)

## ➤ Institute of HeartMath

- From Chaos to Coherence
- By Doc Childre and Bruce Cryer
- Planetary, Boulder Creek Ca., Revised Edition 2000
- [www.heartmath.com](http://www.heartmath.com)

# Resources 2

- TM - Demonstration Project
  - Manual for A Perfect Government
    - By John Hagelin, Ph.D.
    - Maharishi Univ. of Management Press, 1998, Fairfield, Iowa,
  - Effects of Group Practice of the TM program on Preventing Violent Crime in Washington DC: Results of the National Demonstration Project, June-July 1993
    - Hagelin, J.S., et.al. (1999) Social Indicators Research
  - [www.mum.edu](http://www.mum.edu), or [www.ISTPP.org](http://www.ISTPP.org)