



The Eye of the I From Which Nothing is Hidden
By David R. Hawkins, MD, Ph. D

David Hawkins is one of those “new-age” guys that blows me away. Hawkins’ background is that of a trained psychologist. He ran one of the largest practices in all of Manhattan for many years before retreating to ten years of meditation and spiritual work. Over the last five years I have spent a great deal of time studying the whole notion of “energy.” I have read books on quantum physics, chemistry and biology. I have learned about energy from spiritual masters and my own journey. I say all of this to tell you that what Hawkins says in *The Eye of the I* makes total sense to me.

Hawkins has either created the most elaborate fantasy or he is really onto something. My guess is the latter. This is a sequel to his previous book *Power vs. Force* which introduces the concept of kinesiology and how it can be used to calibrate truth. To understand his methodology: Hawkins lays out a scale of 0-1,000 based on how truthful the categories calibrate. He emphasizes that each level increases geometrically in its power. For example, one enlightened avatar has the spiritual power of millions of people.

<u>Level</u>	<u>Log</u>
Enlightenment	700-1,000
Peace	600
Joy	540
Love	500
Reason	400
Acceptance	350
Willingness	310
Neutrality	250
Courage (Integrity)	200
Pride	175
Anger	150
Desire	125
Fear	100
Grief	75
Apathy	50
Guilt	30
Shame	20

Hawkins tells us there is hope. Mankind has averaged under the level of two hundred, which is the level of Integrity, up until 1986, commensurate with the collapse of communism in Russia. He also explains that fundamentalist religions often calibrate at under 200 as well. In fact, many religions worldwide have dropped in their calibrations over the centuries and continue to do so.

What follows will be various quotes and insights I have gathered from the book. I hope they stir your imagination, spirit and passion as they have mine. The material in [brackets] are my comments and insights.

- All is of equal value because the only real value is the Divinity of Existence.
- There is only a continuous state of Now.
- On the surface, words sound superficial, but on a deeper level, they have profound spiritual implications. [This is why in the Four Agreements, Don Miguel Ruiz teaches that we “must be impeccable with our word.”]
- There are energy responses, the observation of which is known as kinesiology, to any presence, whether made known verbal or not.
- When the criticalness and discrimination of dualistic perception are set aside, absolute perfection and beauty stands revealed.
- Once converted into a story by the dualistic mind, the terms “good” or “bad” are then applied. One can readily see that even the terms “good” or “bad” refer in their origin to what is really merely human desire. [This is consistent with what we call “the Plot” in *Victims, Villains and Heroes*.]
- This moment is the only reality that is being experienced; all else is an abstraction and mental construct. Therefore, one cannot actually live seventy years at all; only this exact, fleeting moment is possible. [This is a powerful statement. One discussed in depth in the book *The Power of Now*. Fact is, our past shapes our future only to the degree we allow it to. The story can change, if we want it to. As I joke in workshops, “How many psychiatrists does it take to change a light bulb? Answer: Only one, but the light bulb has to really want to change.” Certainly we have our genetics, our experience, and our environment to deal with. But these are limitations only if we allow them to be. For example, I can’t do what I want to do because I live paycheck to paycheck. Perhaps living paycheck to paycheck is the very thing you need to triumph over. Perhaps that is where your attention and intention need to go. So, that’s how it works.]
- Any baggage we have is not produced by the now, and any fear we have is in the future. [So the question is: Are we doing the right thing, right now to fulfill our destiny, purpose, passion and glorification? All the rest is nonsense.]

[I think this is true in the workplace as well. For example, many times we assume that because we have done something for years, that we have progressed to become that much better at it. Perhaps that is not the case at all. Perhaps you learn for the first five years and then for the next twenty haven’t improved with any marginal significance. Industrial psychologists refer to this the Peter Principle. The point is, what am I, or you, or that employee accomplishing now?]

- In the reality of non-duality, everything is complete and desire is replaced by appreciation. [This takes us back to the old axiom: Take people for who they are not for who you want them to be. Who are we to judge anyway?]
- Perception is the eye of the ego. This includes the perceptions of time, place, duration, dimension, position, form, limitation and singularity.

- Hawkins reminds us that we don't just experience things, we become those experiences.
- Hawkins' spiritual growth has brought him to a place where he has a "permanent capacity to see the world from a humorous standpoint. Ordinary life seems to be an endless comedy so that even seriousness itself was humorous." [Sometimes it's hard to find the humor. Especially if grieving for a loved one. Having recently gone through the experience, I had to find the humor and laughter I had with that person while they were in their body. I have to be thankful for the experience as opposed to finding anger in what I have lost.]
- Most people seem to have a vested interest in the negativity of their perceptual world and resist leaving it on for awareness on a higher level. [Which leads to the question "What do you stand to gain from your negativity?" Every one of us has it someplace. As I wrote in *Victims, Villains and Heroes*, every one of us has something that we fear or something that feels unfair. What's yours? How are you dealing with it? In a way that you can be proud of? If not, what do you stand to gain from your current approach? What story are you trying to sanctify with your nonsense?]
- Science is not expected to reach beyond the limits of perception, nor should it be faulted for failure to do so. It can only take us to the threshold of awareness, which does not depend on perception at all. In all actuality, science progresses by scientific intuition with the logic and the proof coming afterwards. [This is one reason why I find it exciting to read books from people like Hawkins and other who are "out there on the edge." I have to read the material and ask if it makes sense given my truths, beliefs and experience. And again, everything Hawkins says throughout the entire book "feels right."]
- In the state of Awareness, the mind has become silent. [This is so hard to do when we are running so hard. For example, one of the greatest strengths a manager can possess is to be a good observer. Being able to distinguish and discriminate that which works versus that which doesn't. We can't think in terms of finding the "luxury" of time. It is the *necessity* of time. Time to observe so that we can gain awareness, and then improve our condition. Therefore, management "science" necessarily follows management contemplation, observation, awareness, intuition, intention and attention. First things first.]
- The ego appears to be the product of fear, and its purpose is to control the next instant of experience and insure its survival. [Once again, we can substitute the word "ego" for "story." As the saying goes, "Ego stands for Edging God Out." Well, so can our story. Our story of who we tell ourselves or what we say our organization is, can limit a more purposeful and yes, profitable, life or business. I know this from first hand experience as a result of deciding to change professions at the age of forty.]
- For the spiritual person, "Love becomes the sole motivator of the continuance of physical existence." [Sometimes the word love is too "heavy" for us. So let me substitute the words caring and goodness. Perhaps the highest quality any individual can have is to be a caring person. Everything falls off of that. When we use the words love or caring, we have to be careful not to substitute the phrase "I want you to do this because I love or care about you." The point is, unless they're drowning, don't try to rush in and play the hero role. Loving and caring is about letting others become their own heroes and celebrating with them in the process. Loving and caring is not about control or co-dependency. Hawkins talks about unconditional love. To give without expectation of return. We give for the act itself, not because of what's in it for us. We give without attachment.

In the workplace, one of our greatest concerns is about retaining employees. There are programs, books, newsletters, videos and hundreds of gurus, including me, who will tell you what to do to help you retain better employees. But ultimately, it boils down to one thing: How do you show that you care about them as a person? In *Victims, Villains and Heroes*, we write that the best way to do this is to use your ability to *coax*, *encourage* and *inspire* others. I won't go into detail about how to do that here. But metaphorically, we teach you how to do it from "your side of the line." That's how you love and care for people – from your side of the line.]

- In his studies of kinesiology, Hawkins explains that with lightning-like speed, the muscles of the body go instantly weak in the absence of truth; they go strong in the presence of truth, or that which supports it. According to Hawkins, everything in the world, including thoughts, concepts, substances and images cause forth a response that can be demonstrated as a positive or a negative. It is not limited by time, space, distance or personal opinion. [Now I'm sure many folks who read this think "and if you believe that, I have this bridge in Brooklyn you may be interested in." Let me at least say this – one thing I have learned is to not think in traditional terms of measurement. We are limited by knowing what and how to measure. This "impact" Hawkins speaks of is much like homeopathic medicine in that in very small amounts of natural substance introduced into the body produce profound effects. Similar to the butterfly effect in Chaos Theory or holographic impact in Quantum Theory. The body also seems to "amplify" energy up at incredible levels. For example, a simple pinprick can instantly make our entire body react.

In the workshops I teach about *Victims, Villains and Heroes*, I share about how "vibration" can effect our parenting relationships, managing abilities, sales abilities, leadership abilities, teaching abilities and so on. These vibrations are felt at a level we can only begin to have an awareness of. But the fact is, they are there. Always have been. Questioning whether that is true or not simply doesn't make sense. Of course it's true. How could it be otherwise? It comes to mind that Gladwell spoke about this phenomenon in his book *Blink* as well.

- [In my workshops about discrimination and diversity, I explain we deal with each other on four different levels. Fear, tolerance, acceptance and love. When we treat each other poorly, it's generally based out of fear. That fear is generally supported by ignorance. The law mandates that we move beyond our fears and tolerate each other, especially in the workplace. "We can do no person harm because they are different" is the motto for tolerance. That has been the traditional notion of "fairness." As we grow in our consciousness, we now expect people to "accept" each other's differences. Not just tolerate them, but accept them. For example, you have to accept that I am gay or disabled or older or of a different color or religion. In a sense, you have to accept me as one of your own. This is emerging as the new notion of "fairness." It is important to realize that acceptance can never be legislated, only tolerance can. Special interest groups that try to legislate acceptance make a big mistake. Their main job should be one of education, not legislation.

The last level of dealing with each other is love. Hawkins breaks this notion down into three separate parts. There is the traditional love that we pass around every day such as "I love my job," "I love you," etc. Then there is unconditional love meaning, "I love you no matter who you are or what you do to me," (that does not mean I have to have an unconditional relationship with you). The last level is that of enlightenment. And chances are, none of us will get there anytime as less than a handful of people ever do.]

- True teachers can be seen to have no interest in fame or in having followers, prestige or trappings. Their information is transmitted as a gift because it was received as such. [Here's

another tough one to swallow. Especially when we live in a capitalistic society. One of my favorite thinkers of all time, Buckminster Fuller, led a life like this. Once he “got it,” he claims to have never worried about money, he just figured he would attract as much as he needed to do what he needed to get done. And it worked for him. Peter Druker and many other gurus have succeeded following a similar philosophy. Then there are the marketing gurus I greatly respect, such as Jay Abraham or Dan Kennedy who say, “You gotta be nuts. That’s a bunch of bullshit. If what you’re doing doesn’t help make you money, you won’t be able to do it for very long or with many people.” I guess it comes down to everybody’s definition of what is “enough.” Enough to live their purpose, passion and desires. For Deming and Druker, having racehorses didn’t mean much. For Dan Kennedy, it apparently means a lot. The point is, each guru to their own. For folks like Abraham and Kennedy, it’s not about the money per se, but what the money represents to them – the ability to live their life’s desires with financial freedom. Getting our dualism out of the way, chances are they are really both saying the same thing.]

- Linguistics are always a limitation. [For example, Hawkins is trying to express a concept when he uses the word truth. You might as well use the word spiritual or consciousness. You can probably substitute a whole bunch of other words too, because they are just words.]
- One is not “forced” to feel resentment by negative memory, nor does one have to buy into a fearful thought about the future. These are only options. The secret attraction of all these options is that they offer an inner payoff or secret satisfaction.
- When one chooses to be at one with the inner, ever-present potentiality of joy and peace, the world transforms into a humorous amusement park and all the drama is seen to be just drama. [Shakespeare couldn’t have said it better. Man is so used to fear, worry, anxiety, remorse, guilt, conflict, and distress that they are accepted as normal life with negative emotions, attitude and feelings. According to Hawkins...Mankind (the patient) is advised to seek a therapist to “get in touch with their feelings.” Rather than “getting in touch” with these fermentations of illusions, it would be more beneficial to liquidate them by uncovering their source as perception itself.]
- By simple means, it can be discovered that 78% of the worlds’ population is actually disturbed. That means that only 15% of the population is out of the extreme danger zone of the calibrated of consciousness below 200. Over one-third of the population has a brain which does not even supply enough of the neurotransmitter serotonin to keep the individual from being depressed, overeating, addictable, or being out of behavioral control. The capacity for reason itself can be completely destroyed in an instant by an uncontrollable burst of emotion. Emotions of the animal are ever-present and close to the surface (i.e. eat or be eaten).

Man therefore, starts out with a biologically defective brain, with instincts of the animal and his intelligence and information is systemically downgraded and programmed with data that is inaccurate, fallacious, negative, destructive and damaging at least 78% of the time. That is just a statistical probability for mankind as a whole but within society, there are vast populations where the percentage of fallacious material comes close to 100% (e.g., criminal street-gangs sub-cultures, etc).

- According to Hawkins, the realizations that the kinesiology test can also be used to reap great profitability with elicit notice and interest. Applied to business, research, manufacturing and industry, the potential benefits do actually guarantee the savings of literally trillions of dollars. [The next thing I’m going to do is start seeing how the test applies to the way I am running my business.]

- Curiously enough, the kinesiologic tests of Truth itself calibrates at the level of 600.
- The study of the nature of consciousness is perhaps the most powerful and pure of all spiritual pathways because it becomes self-correcting and self-propelling. [I have been studying the whole “notion of consciousness” over the last ten years. Perhaps the most profound work I read was *The Origin of Consciousness in the Breakdown of the Bicameral Mind* by Jullian Jaynes. My current source of learning is the Institute of Noetic Sciences (IONS) and its publications. In a sense, consciousness is our ability to think about how we think. To question why we feel the way we do. We become “more spiritual” when we gain in our awareness of our consciousness. Ultimately when we use the term consciousness we can also substitute the words spirit or God.
- Levels below 200 represent suffering in all its forms. In the 300s, politics becomes the hope for man’s salvation and wars are fought over political ideologies, labels and slogans with their degradation of the value of individual human life. In the 400s, there is an egotism about the intellect, reason and intellectualization. God is replaced by science as the source of all knowledge and hope for the future.

By the consciousness levels of the 500s, the tendency to get trapped in the innate limitations and ignorance of the opposites diminishes and such fallacies lessen the grip on the mind. 500 is the level of the heart, and opens the door for consideration of alternative views, benevolence, mercy and forgiveness through understanding and non-judgment. At the level of 600, duality disappears into non-duality. Spirit and man meet. The visible and invisible diffuse into each other. This is the level of enlightenment. The level of Truth. Once the level of consciousness reaches the level of 700, humans become less available and more legendary and their legacy consists of their recorded teachings.

At 700 there is no division between Creator and that which is created. This great awareness characterizes the level of the 700s where Self is All That Is. The levels of 800s and 900s represent the highest levels of the potential consciousness of humanity.

According to Hawkins, each consciousness in the world that calibrates above the level of Integrity (200) serves to counterbalance the negativity of the 78% of the population that reflects negativity below the level of 200.

- According to Hawkins, the portions of the Bible that calibrate the highest are Genesis at 660, Psalms at 650 and The New Testament at 640. He states the Lamsa Version of the Bible (translated from Aramaic) is more accurate than King James Versions (translated from the Greek) as Jesus spoke Aramaic, not Greek.
- By letting go of the self-referential term “I” as a habit of thinking, the hold of the narcissistic core of the ego is lessened. We substitute humility for vanity. [One may note that this is exactly what Jim Collins states in his book *Good to Great* about leadership. Successful leaders are humble, not vain. To view that one’s mission in life is to understand rather than to judge automatically resolves moral dilemmas. We discussed this insight in *Victims, Villains and Heroes*. It is very easy to react to something that feels unfair to us with judgment. The challenge is to become aware rather than upset.]
- A yardstick that is helpful making decisions is to project oneself ahead to one’s deathbed and ask, “Which decisions do I want to be accountable for at that time?” – [Another way to say this is to make sure you don’t live a life of regrets. If you have any doubts about whether you should do

something, there is an easy test – is there a possibility you will regret not doing it afterwards? If so, then just do it.]

- In practice, then, one transcends the negative by choosing the opposite. With the internal discipline that stems from passionate commitment, negative choices are no longer seen as options.
- We influence other by who we are rather than what we say or have...the devotee uplifts by internal progression.
- 12-Step groups calibrate at 540, which is a level of Unconditional Love...to value love above gain is already such a major shift of attitude that it transforms life.
- When carefully examined, one finds that all opinions are worthless. [Or, as David Bohm would state, “The truth does not emerge from opinions.”]
- It can be said that the ego is a compilation of positionalities held together by vanity and fear. It is undone by radical humility, which undermines its propagation. [Like a virus, the ego’s job is to assure it’s own survival. To assure it’s obsession with gain, winning, learning, alliances, and accumulation of possessions, data and skills. According to Hawkins, one does not have to destroy the ego or even work on it. The simple task is to let go of the identification with the ego as one’s real self! As I like to kid – I am not just me, I am Me.]
- Our “personality” is a system of learned responses within a context of differentiated hardware. In other words, we’re all born with different physical make up right down to our genetic code and a personality evolves as a result of the learned responses or “software” installed in us. So, while we might not be able to change the hardware, we can certainly change our programming.
- What people actually want is the recognition of who they really are on the highest level.
- The mind “seems to be a non-stop talking machine with a constant barrage of endless thoughts, ideas, concepts, meanings, memories, plans, apprehensions, doubts, repetitions, and nonsense verses. Then arise fragments of music, past events, stories, paragraphs, scenarios, opinions, speculations, images of objects, and people past and present. Next come imaginations, fantasies, daydreams, fears, speculations, and numerous phantasmagoria. Interspersed with all this endless babble are fragments of news, media events, scenes from movies, television shows, and Internet conversations. On top of all this are financial and business worries, bills to be paid, schemes, family, culture, politics, concerns, and so on, ad infinitum.” [No wonder it is sooo hard to be “present.”]
- Hawkins states most of us want anything rather than silence. [I have come to realize we can’t really know what’s going on until we stop running and connect first with ourselves and then with others. Interestingly, many workplace productivity gurus will tell us to focus simply on results and to ignore the connection!]
- “One thing is obvious – the mind is totally unreliable...it is contaminated by feelings, emotions, prejudices, blind spots, denials, projections, paranoias, phobias, fears, regrets, guilts, worries, anxiety, and the fearsome specters of poverty, old age, sickness, death, failure, rejection, loss, and disaster. In addition to all the foregoing, the mind has also been innocently and erroneously

programmed by endless propaganda, political slogans, religious and social dogmas, and continual distortions of facts, not to mention falsifications, errors, misjudgments, and misinformation.”

- “Above all else, the primary defect of the mind is not only its content, usually irrelevant or in error, but it has no means of telling truth from falsehood. It is merely a game board.”
- “Opinions are worthless and dangerous to their owners. The undoing of opinion is facilitated by humility; when the mind penetrates through its own self-infatuation, it discerns that it is not actually capable of knowing anything in the true sense of what knowing actually means.”
- With humility, one can relinquish the ego’s self-appointed role as savior of the world and surrender it straight to God. [Once the ego feels that it has saved itself, it then finds someone else to save. In *Victims, Villains and Heroes*, we state that this creates the “negative hero”. The ego does not allow the other person to become their own hero because the ego is too busy being a hero for them. Of course, unlike God, the ego generates the fight or flight response in others.
- Faith implies a voluntary suspension of disbelief which supports the humility that underlines all spiritual progress. Conviction occurs later since truth is self-revealing, self-evident, and comes about as an effortless, self-fulfilling presentation. [In teaching the *Victims, Villains and Heroes* workshop, I share that we survive the journey of letting go of control by having faith that it makes sense to do so. Going from an ego-driven “80%er” down to a humble “40%er” requires a “busload of faith” as Lou Reed sang. Conviction that this process “makes sense” comes about afterwards and effortlessly.]
- The way of spiritual advancement through consciousness is uncomplicated and simple. The primary quality is really one attitude in that one looks at life not as a place to acquire gain, but as an opportunity for learning, which abounds in even the smallest of life’s details.
- Each person is fulfilling their own destiny; allow them to do so. With detachment it will be observed that most people enjoy the melodrama of their lives. [As the Buddha might say, it’s their path, so get off of it. Unless someone is drowning, it’s not your job to rescue them. Again, this is difficult stuff. For example, you may be a manager that wants an employee to produce a certain way, and you are frustrated with their conduct. First thing to understand is that you’re responsible *to* them, not *for* them. A good manager tries to create awareness in an employee. For example, are they so clear about what their job is that they can see if they are succeeding or failing without having to ask someone or without having someone tell them? Until one is able to get to that place, a management’s judgment on a performance evaluation is useless as well as discouraging. It neither corrects nor motivates.

If you are a good teacher and able to supply an employee with this awareness and they still never “get it”, then it is your responsibility to let them go as a decent human being. If they are aware and know what their job is, the next question is whether there is anything you are doing that is killing their desire to perform? If a manager has checked his or her head and understands that this employee is aware of their job and is not being demotivated by the manager, then the responsibility lies squarely with the employee. So again, if they never “get it,” let them go, and if they do “get it” but choose not to deliver it, and it’s not because of you, then it is also time to let them go. Don’t think that you can jam a round peg in a square hole or change somebody so they will fit. Both are a waste of your time and no journey you want to be a part of.]

- It serves spiritual progress to always accept responsibility for all that befalls one and avoid the trap of being a victim. From a higher view, there are no victims.
- Nothing in the world of appearances has the power to cause anything. [This takes the notion of victimology one step further. Not only does adopting a victim mentality not make sense, the whole notion of “victims” does not make sense. Again, this is tough stuff. Hard to say that the inhabitants of New Orleans were not victimized or that a woman sexually harassed by her boss is not either. I think what he is saying is God does not think in those terms, so if we want to be enlightened people, we may wish to give up on them as well. I guess it boils down to the choice of just how Buddha-like do you want to be?]
- Everyone is enamored of their own thoughts and ideas even if they are worthless. [Or, as Alan Weiss will remind me, “Watch buying in to your own press.”]
- Language is a metaphor – for example, when we say something is good, we mean we want it. When we say something is bad, we really mean we don’t like it.
- To spiritually advance persons, whether other people agree with them or not is immaterial as they no longer need to look outside themselves for validation or agreement.
- It’s all about awareness. Compassion and wisdom go hand and hand. To complain about the limitations and defects of others is futile and unrealistic. [Are you executives and managers out there listening?]
- The majority of people are not bound by logic, but by want, emotionalism, desire, ignorance, pridefulness and the desire to be right. Below the conscious level of 200, society relies on force rather than power. [This is the 80/20 rule looked at in new light. In a sense what he is saying is that the spirit of 20% of the workforce balances out the egoism of 80% of the workforce. One leader driven by humility is worth four leaders driven by ego.]
- If we want to be “spiritual” people we could chose kindness, compassion, forgiveness, understanding, or non-critical acceptance. Whatever principle is chosen, has to be applied to everyone including oneself, without exception, and without absolute persistence. It is apparent that this is the state of being, not of doing.
- When we focus on our fears, what we want to have that we don’t or want to be that we’re not, we are below the level of 200 – basic Integrity. [Remember, the Lord is my Shepherd, I shall not want.]
- The large area of life that is socially acceptable and open to everyone is that which is “caring.” To “care for” it is a wide-open avenue for the expansion and expression of love. [In my workshops I discuss how critical it is to show that you “care.” So I ask you this: When is the last time you *showed* that you cared? See, one of traps we get in, is because our self-talk is that we’re a good person and that we must care, others must know that we do. But it doesn’t work like that, we have to *show* people we care. The good part, is the effort made to show that we care is more important to the other person than how we actually do it.]
- Don’t think that Hawkins dismisses the benefit of earning money. He states that “one can earn money out of love for one’s family, country or all mankind, or one can make money out of fear,

greed, or selfishness.” [Hawkins is clear: money is not the root of all evil, ego is. Money is only a vehicle. In my experience, *money only makes people more of who they already are.*]

- Problems cannot be solved at their own calibrated level of consciousness, but only by rising to the next highest level. [This is akin to Einstein’s definition of insanity. If we want a different outcome, you have to stop doing and thinking the same things we’re doing that are producing the current outcomes.]
- To be helpful to the world, we can make a gift of our life and lift all mankind by being kind, considerate, forgiving and compassionate at all times and in all places, and under all conditions, with anyone as well as with ourselves. That is the greatest gift anyone can give. [Amen!]
- For the spiritually inclined, most anger is the result of impatience. [i.e. I really care, but things are moving too slowly!]
- The lowest scores on the scale of consciousness are humiliation, blame, despair, regret, anxiety, hate, and scorn. At the level of Integrity, these emotions are substituted in ascending order with trust, optimism, forgiveness, understanding, reverence, serenity, bliss, and the eventual absence of emotion. [Question: What emotions are running around your home, business and self-talk?]

Conclusion: Perhaps in the end, Hawkins statement that “to live with care and kindness is all that is necessary” sums up this book. The opportunity of course is to create such an environment in our inner-talk, our homes and workplaces. We can coax, encourage and inspire ourselves to go to such a place by elevating our awareness including reading books such as *The Eye of the I*.

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