



## Reality, Spirituality and Modern Man

*David R. Hawkins*

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This is the seventh book in a progressive series based on the revelations of consciousness research. It describes in detail how to discern not only truth from falsehood but also the illusion of appearance from the actual core of reality. The text explains how to differentiate perception from essence, and thereby enables the reader to resolve the ambiguities and classical riddles that have challenged mankind for centuries and baffled the best minds in history. While modern technologies have provided a plethora of new toys and conveniences, the basic problems of daily existence remain. This book provides the tools to survive and regain fundamental autonomy and inner harmony while living with the complexities of the modern world.

## Reality, Spirituality and Modern Man Details

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## From Reader Review Reality, Spirituality and Modern Man for online ebook

### **Kelly says**

Didn't realize this book too was part of the series, and I continue to read these out of order. Nonetheless, after reading books 1-3, this one (#7) was more about Hawkin's theories as applied to society as a whole, rather than the more individual-focus of books 1-3. Not nearly as impactful or standalone as the first three books.

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### **Ed Schulte says**

Absolutely a remarkable flow of consciousness and Truth.

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### **Javier says**

The picture of reference on social issues for me.

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### **John says**

After reading Transcending the Levels of Consciousness, Truth vs. Falsehood, and Power vs. Force all by the same author, this book didn't add anything significantly new. Hawkins repeats himself at levels I can tolerate in those three books, but in this book, it was too much for me not to start skimming rather than absorb every word. This time I thought to myself, "He is a poor writer."

The thematic departure from his other books is that this is more his commentary and explanation for the woes of mankind. He calibrates things as before, which is one topic (and something you can try yourself), and he comments on policy and social issues. But like I said, I don't see anything really new here. Power vs. Force is his best, I think. And I am probably done reading his stuff now.

On page 82 Hawkins cites two publications to support his statement that "Deep polar-ice drillings and other data indicate that earth-warming cycles are the consequence of the magnetic activity of the sun's surface." One of these two publications (both of which I name below as Hawkins cites them) made no mention of magnetic activity or ice drillings; the other was not primary research. I know that Hawkins uses his truth-finding method to answer yes-no questions and will go to his method before going to conventional research. But why does he cite like this? I don't understand, and I feel like things like this weaken his book.

I liked the section on contemplation:

pg 291 - 292

*Contemplation*

Calm reflection and introspection allow information to become integrated, correlated, and recontextualized. Thus, a contemplative state is more relaxed, open, spontaneous, and intuitive than goal-directed activities. Contemplation allows inferences and general principles to formulate spontaneously because it facilitates

discernment of essence rather than the specifics of linear logic. A benefit of contemplative comprehension is revelation of meaning and significance.

Whereas meditation generally involves removal from the world and its activities, contemplation is a simple style of relating to both inner and outer experiences of life, which permits participation but in a detached manner. Intentional doingness is focused on result, whereas contemplation is related to effortless unfolding. One could say purposeful thinking is quite 'yang' in character, whereas contemplation is very 'yin'. It facilitates the surrender and letting go of attractions, aversions, and all forms of wantingness or neediness.

Contemplation is invitational to awareness of meaning and progressive levels of abstraction. Thought is linear; understanding is contextual and nonlinear. Expansion of context enhances the significance, value, and meaning of thoughts; thus, contemplation tends to invite the influence of Self to overshadow the activity of the self.

Whereas the goal of the ego/mind is primarily to do, act, acquire, or perform, the intention of contemplation is to 'become'. While the intellect wants to know 'about', contemplation seeks Knowingness itself and autonomous wisdom. Rational thinking is time related, sequential, and linear, whereas contemplation occurs outside of sequential time. It is nonlinear and related to comprehension of essence. Devotional contemplation is a way or style of being in the world whereby one's life becomes a prayer.

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Climate change references:

Mehlman, J. D. 1997. "Uncertainties in Projections of Human-Caused Global Warming." *Science* 2278, 1416-17. 21 November.

Lehr, J. and F Bennett. 2003. "It's the Sun." *Environmental and Climate News* 6:4 May.

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