

	Ignorance			Enlightenment		
Labels	Unconditioned Awareness (no-self)	Ego Identification (fictive-self)	I AM-ness (natural mind)	Self-Realization (Pure Being)	God-Consciousness (Divine Love)	Unity Consciousness (Love-Bliss)
Outer World	emergent duality no SELF	Duality no SELF	duality no SELF	non-duality no SELF	Non-Duality Shakti	Radical Non-Duality SELF = Shakti
self	Nascent me/i	ME/I	me/i	no me/i		
Inner World	Unconscious	Unconscious	Personality is less me/i some SELF I AM	more SELF	Shakti	SELF = Shakti
The SELF	Unconscious	Unconscious	Unconscious	SELF	SELF	

Freely Adapted from Jan Esmann's
 LOVEBLISS: The Essence of Self-realization
www.lovebliss.eu

Consciousness chart by Aaron in Cosmic Healing by Barbara Brodsky

State	Body	Stage	Usual Chakra	Tone	Color	Added Labels
Gross	Etheric	Magical	Base	C	Red	Unconditioned Awareness Nascent I-ness
		Mythical	Sacral	D	Orange	
	Low astral	Rational	Solar plexus	E	Yellow	Ego Identification I-ness
		Vision-Logic				Natural mind I AM-ness (Conversion)
Subtle	Astral	End of Vision-Logic	Heart	F	Green	Awakening (Crucifixion) Death struggle of self
		Psychic	Throat	G	Blue	
	High astral	Subtle	Third Eye	A	Indigo	
	<i>Dark night of the senses</i>					
Causal	Causal	Christ / Buddha Consciousness	Crown	B	Violet	Self-realization (Resurrection)
Beyond the Causal		Nondual Awareness	Above the Crown	C	White	God-consciousness (Ascension)