



David R. Hawkins, M.D., Ph.D.

POWER
VS
FORCE

The Hidden Determinants
of Human Behavior

Author's Official Revised Edition

Power vs. Force: The Hidden Determinants of Human Behavior, author's Official Revised Edition

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All human endeavors have the common goal of understanding or influencing human experience. To this end, man has developed numerous descriptive and analytical disciplines: Morality, Philosophy, Psychology, and so on. Regardless of what branch of inquiry one starts from-philosophy, political theory, theology-all avenues of investigation eventually converge at a common meeting point: the quest for an organized understanding of the nature of pure consciousness. To explain that which is simple can be difficult indeed. Much of this book is devoted to the process of making the simple obvious. If we can understand even one simple thing in depth, we will have greatly expanded our capacity for comprehending the nature of the universe and life itself.

Power vs. Force: The Hidden Determinants of Human Behavior, author's Official Revised Edition Details

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Iona Stewart says

This is a unique book - I've never read anything like it before.

The book is worth reading for the preface alone. Here Hawkins discloses his various awakening experiences, beginning at the age of three. At one point, when caught in a blizzard, he enters "a state of peace beyond all description ... accompanied by a suffusion of light and a Presence of infinite love". This was indistinguishable from his own essence. Later in life he enters a permanent state of bliss. He was "an instrument of the Infinite Presence, and ... did as it willed".

His chronic maladies disappear. He heals incurable catatonics and other desperately ill psychotics in an instant just by "loving" them. He sees in each patient "the shining essence of love and beauty" and the patient is healed by his/her own recognition of who he/she really is. He sees that "all pain and suffering arises solely from the ego and not from God".

This preface is a revelation. Make sure to read it.

But the main content of the book is about the author's discovery of kinesiology – that the truth or falsehood of any statement can be tested by means of muscle testing. Our bodies in their infinite wisdom know the answer to everything.

Hawking devises a scale of calibration ranging from 0 – 1000. 0 is presumably death, 700-1000 is enlightenment. Shame, Guilt, Apathy, Grief, Fear, Desire, Anger, Pride range from 20-175. At the 200 level, which is Courage, power first appears.

When subjects are tested at all the energy levels below 200, all go weak. Everyone goes strong at levels above 200.

Neutrality is 250, Willingness is 310, Acceptance is 350, Reason is 400, Love is 500. (The love referred to is "unconditional, unchanging, and permanent".) Joy is 540, Peace is 600 and, as stated, Enlightenment is 700-1000.

The collective level of consciousness of mankind is currently at 207 (the book first appeared in 1995, so perhaps the average level of consciousness has now increased).

The level of Nobel Prize Winners, great statesmen, Einstein and Freud calibrates at 400. From level 540 up is "the domain of saints --- advanced spiritual students and healers". The level of 600 is associated with "transcendence, self-realization, and God-consciousness". "It is extremely rare, attained by only 1 in 10 million people." Mahatma Gandhi calibrated at 700. Gandhi won in the struggle against the British Empire because his position was one of far greater power. The British Empire represented Force (calibrated at 175) and power always wins against force.

Hawkins has calibrated each sentence and chapter in the book to check for their truth. The calibrated levels of truth of the chapters are given at the back of the book and range from 710 to 890.

I would thus strongly advise everyone to read this book - it may raise your consciousness!

John says

At the time of reading this book I appreciate the overall positive ideas and am glad to have had the exposure to all the various concepts and ideas mentioned in the book - especially the information about the great organization Alcoholics Anonymous and various scientific concepts and theories - good karma there. I think, however, the desire to back up the theory and prove it all true through Applied Kinesiology, and a 1-1000 logarithmic based scale, etc. does greatly discredit an otherwise pretty good and seemingly intuitive way of looking at the human condition and life. This book was valuable in that it did cause me to recall that AK was once demonstrated to me, as one exercise of many, during a very impactful and to me valuable leadership training seminar several years ago. It seemed reasonable enough during that ordeal I suppose, but since I forgot it I guess I never bought into it. I do agree with Dr. Hawkins that everything is interconnected, and that the outcomes we all come to know can be and probably are influenced by things nobody realizes. So the two stars are I suppose because I see myself as a lover of the truth, but this book is a case of the spiritual/religious trying to make or use people's ideas of science to prove or validate itself (pseudoscience). And the darn thing about that is much of the writing is so uplifting and good - and as a fan of Buddhism and Christianity I think the basic idea is right - so why does it even need to try and do that. Another strange thing is I can't find out anything about Dr. Hawkins on Wikipedia, even though I know he's a big name out there. Weird.

Kimber says

This could have been a decent book had Hawkins presented his ideas, many of which are valid, as philosophy. Instead, he presents a so-called system based on kinesiology that claims it can detect truth from falsehood. Simple logic disproves his theory. Anyone can test it and it is wrong. Furthermore, he shows no respect for science. What is even more sneaky is he labels skepticism as being of a "low calibration"--what a convenient way to get any open-minded skeptical investigation off your back! He claims if you don't believe him it is of a lower mind, it's negative, it's false. This is very dangerous thinking indeed.

His followers seem to think he is enlightened and their so-called science claims that only someone who knows enlightenment can describe it. That you can't fake this on an intellectual level. Why not? You can fake anything.

This man is disturbing and a fraud. He has delusions of grandeur which explains why it wouldn't be enough for his ego to simply write a book of philosophy. His megalomania needs much more attention than that.

A true state of enlightenment needs no recognition.

Kent says

This book is over-hyped by people who should know better. It supposedly proves that you can tell the truth of something by how much resistance your body puts up ("applied kinesiology") when someone asks you a yes or no question. They say "are you hungry?" and try to push your arm down, and if it holds firm, that means, "yes, time to eat." If your muscles react weakly and your arm falls to your side, that means "dude, I'm stuffed." What?!

Does that sound plausible? No. Common sense says, "this is ridiculous." That is because it is. This is pseudo-science, a waste of time, and not even interesting from the perspective of "hmm some people believe this crap?"

I was going to sell mine back to Amazon, but instead I thought, "this book is taking advantage of the weak-minded" and I tossed it in the trash.

Hansen Wendlandt says

Disclaimer: I read this for a friend, and tried very hard to give it a fair read. And in fact, the primary cosmological argument wasn't as crazy as I suspected, although with all the benefit of the doubt, the epistemic and axiological implications are still dumbfounding.

PvF is not really the self-help para-spirituality that it seems on hearing a review. For instance, Hawkins never gets close to explaining how you can use consciousness to financially invest better, giving credence to his purity of the motivation. And knowing my buddy who lives by this stuff, the life-changing capacity is genuine. But anything, drivel or brilliance, about self-introspection and human value has the capacity (shocking) to get people self-introspective and thinking about values, so PvF's specious argument and ridiculous methods here are window dressing on a mannequin of high hopes.

Hawkin's cosmological argument is imprecise, incomplete and ultimately flawed, though reasonable enough at a glance--the conclusion to which is that we united mind-body selves are connected to a wholly interconnected universe. The noetic argument is a bigger stretch--the conclusion to which is that our bodies stand in a knowledge-relation to all parts of the conscious universe. The two fundamental flaws are that relation to the univese does not imply relation to all the things of the universe; and that the nature of our relation to consciousness, namely knowledge, is based on an arbitrary equivocation of 'awareness'. That there is awareness (consciousness) and that we have awareness does not imply that for creatures like us awareness is knowledge; as well, consciousness could meet us in any relation, most directly the simple relation of being aware.

But the 'practical' implications take the cake. For, even if we are connected to the universe, and to things of it, and connected in knowledge ways, Hawkins demands (with appeal to science, though no evidence) that your arm (in the right conditions) serves to ascertain knowledge, and that truth knowledge (now abandoning his non-Western concept for an intentionally simple, Western concept) can yield value measurements with the same method! That your arm is the cable to the consciousness internet is just silly (why not little toe, why not intense meditation of some sort?), and that the same test works for such various ontological commitments as propositions and high order values, is just too good to be realistic at all.

So, ignore the mathematical evaluations, ignore the dream of knowing everything with your simple arm, and ignore the noetic argument about your reation to the universe. But by all means, if it helps you to quantify and categorize values, embrace this one more guess at how to live in a world of spiritual consequences and hierarchies.

Helene says**ENLIGHTENED: STRONGLY RECOMMEND FOR THOSE STRUGGLING WITH TRUTH**

David R. Hawkins, M.D., Ph.D. has established a powerful measure of consciousness .

Substantial conceptualization of human behavior .Fresh view on how your body expounds and reacts to people and objects around us . A intellectual description of aggressive behavior .

A challenging read . But worth the endeavor. Looking forward to reading more from this brilliant man and magnificent writer

THINK: VALOR VS. RAGE

Shannon says

I love delving into the inexplicable and the unseen. My entire life I have been on a search for truth, trying to decipher the good from the bad. This book makes it into the good pile. I'm eagerly waiting to try out kinesiology and see if it works as described in the book.

This book focuses on the deciphering what is true and what is false through applied kinesiology. I must admit it seems absolutely unscientific, the technique itself is very controversial. Through applied kinesiology the author has formulated a ladder of consciousness 0 - 1000. Lower levels of human consciousness register below 200, while levels of consciousness such as unconditional love register around 500. Those who reach enlightenment register between 700 and 1000 - which according to author very few ever reach this level.

Moving beyond the controversial methodology to formulate his theories, there are some ideas that resonated with me. The M pattern - which is described as an attractor pattern for human accomplishment. For example, the 4 minute mile for a long time was considered impossible, however once the goal was reached an attractor pattern was revealed to "human consciousness" and the 4 minute mile came into the realm of possible - others began to replicate and improve upon this feat.

Linear vs non-linear causality. Linear causality would look something like this A > B > C. Non-linear is more organic. Your thoughts, feelings, and beliefs influence the outcome, moreso than an action causing another action. This falls into the realm of The Secret - which many view as quackery. Personally, I think there is truth there but science has not caught up and "proved" it yet.

I've had a lot of personal experiences where I have focused on and attracted certain outcomes and things to my life. If I used these techniques more often I'd probably be living a better life, but I am sometimes thwarted by my own cynicisms.

If anything, this book provides some good food for thought.

Kim Olver says

This is an excellent book that speaks of the difference between power and force. Power is quiet and requires no explanation. Force is coercive and creates an automatic counterforce.

This has great applicability for couples, parents and bosses. Standing on the side of truth, justice and all that sustains life is power. This is strength of its own merit. Force represents all that is negative and life destructive.

Whenever you attempt to make someone do something that they don't want to do, you are applying force. We do this through any number of behaviors such as manipulating, blaming, guiltling, bribing, complaining, criticizing and coercing. This always creates a counterforce. Whenever you attempt to coerce someone else, you create a measure of resistance. This resistance may not show itself in your presence but it will manifest in the world in some way.

People will undermine your authority, talk behind your back, rally other's support or confront you to your face. You cannot win with force. If you think you have, know that it is only temporary. What goes around comes around. Read the book. Its message is powerful!

Riley Haas says

"One of the worst books I have ever read. On par with *The Secret* and perhaps worse because this guy has an MD and claims to have a PhD (his PhD was acquired from a university later shutdown by the State of California for literally being a degree factory).

Here are some random thoughts because the book makes me too angry to even compose a thoughtful review: He explains the levels of energy in one chapter (never really explaining how he could possibly measure this stuff), then he discusses cultures based on this same scale. There is no correlation. The sections could be in separate books. He basically implies that industrial societies never go to war...or that industries never exploit, etc. The more modern the society the higher the energy level. This must be comedic gold to anyone who has ever had their life destroyed. A fundamental truth of existence is that all people are flawed; some are better at some things than others and some are worse at some things than others and this is not mutually exclusive. He is separating personality traits as if an angry person is just angry all the time or a person who shows compassion is just compassionate all the time, or as if someone who is prideful can't also, in other circumstances, express acceptance or a willingness to act for others.

Energy Level 500 he calls love. But what he appears to be describing isn't love but the human desire for totality/wholeness/integrity/purity/etc. This may be a reasonable thing for an individual to do (though I doubt it, as it can never succeed) but socially and politically, such a quest has led to more death and unhappiness than any other idea/human desire in history. The argument of essence prior to existence underlies every genocidal/democidal regime in history, as well as all the major institutionalized and violent religions. The reason for this - as far as I can figure - is when you prioritize essence (or the whole) over existence (or specific people, places, things) what does it matter if you break a few eggs? What you are attempting to achieve is far more important than any one person's life. And though most people would at least argue that reason leads to the realization of essence over and above existence, he is trying to get us to ignore reason,

which is worse. I get that he is advocating this for individuals, but very few people seem to be good at keeping their ideas and beliefs private any more.

To top it all off, he makes a bizarre scientific claim with absolutely no evidence re endorphins (there is no footnote).

Four pages later, he puts himself in the same energy level category as Jesus when he claims he has knowledge of the energy level of Jesus through his own personal experience. The man is not only a snake oil salesman, he is arrogant beyond anything.

I stopped reading around page 100. I NEVER fail to complete a book. But I just can't take this horseshit any longer. Absolutely horrible in every way."

Doris says

This is the most significant book I have read in a long time. Power Vs. Force explains the connection between individual levels of consciousness and human behavior.

This is important because every decision we make and every action we take is driven by our individual level of consciousness.

Dr. David R. Hawkins uses Applied Kinesiology as a tool for doing consciousness research. Using Applied Kinesiology, he developed a map of consciousness that ranges from 1 to 1000. According to consciousness research, Dr. Hawkins states that anything below 200 level of consciousness is negative, false, weak, Force therefore not life sustaining and anything above 200 is positive, true, Power and life sustaining.

Everything in our environment has an effect on our individual level of consciousness. TV, Books, People, Places, Objects, Food, Thoughts, etc . . .

The overall message of the book is that we have to avoid at all cost the things, people, places, products that fall below the critical level of 200 because they weaken us and they lower own level of consciousness. At the same time we have align ourselves with everything that is positive, true Power and life sustaining.

But how can know what to avoid and what to align with? Well in this book Dr. Hawkins presents a method for knowing that is so reliable its scary! With this method for calibrating the levels of consciousness of anything and anyone you will know the truth about anything you wish to know.

I highly recommend this book. This world needs for more people to develop a higher level of consciousness such as Jesus and Buddha for the benefit of all mankind.

Emma Scott says

Another read by my hubs that is inexplicably linked to my GR account. Some day I'll figure out how to unlink them. Today is not that day. ?

Bob Nichols says

Under his scientific kinesiological system (testing muscle reactions to good and bad stimuli), Hawkins rates human traits on a numeric scale. Most of us (85%) are below 200 because we focus on survival and are preoccupied with negative thoughts and feelings. Those that are in the 200-500 range are increasingly humanitarian in orientation. Descartes, Freud, Einstein were rated at 499 - how they were measured, I can't say right off). Hawkins says currently that only "twelve persons on the planet" calibrate at 700 or above. Only the rarest individuals in history have reached the fully enlightened spot (e.g., Jesus, Buddha, Krishna) where time is timeless and dimensionless, and existence is continuous and beyond duality, and where divinity is experienced within.

In this hierarchical scale, power increases and force recedes. Power is whole, positive and wholesome. Force is partial, selfish, negative energy and unhealthy. Hawkins pulls everything into his system. His theory he believes is verified by quantum physics (non-linear causality). It explains highly successful business people, artists, sports figures. Everything we do generates an energy field and creates a personal record, and "the ripples we create return to us" (karma). Hawkins believes his system reveals the evolution of consciousness and this will lead to the salvation of humankind.

Hawkins has a story to tell and he does a good job at weaving it all together. No doubt there's much to be said about the power of positive thinking. If this helps people, that's a good thing. He references various 12 step programs as kindred to his own. For doubters, there's not much room for discussion when he asserts that the three dimensional universe is conventional, whereas the universe has "higher dimensional realities." With that perspective, whatever is said from the conventional paradigm is dismissed (or can be placed low on his scale) because there's always this higher truth. There's a beauty in faith and also a danger.

Mario Tomic says

Brilliant book. It starts a bit slow but then after a couple of chapters it really picks up and unveils absolutely fascinating research on different levels of human consciousness. The book is filled with examples, and I could definitely relate to a lot of things being said about the influences of environments and people around us. This is an evergreen piece of material that people will be as fascinated a 100 years from now as I was reading it in today's time. Highly recommended for those who seek to expand their knowledge of human consciousness and really take your life to the next level.

Byrd Alyssa says

This is an amazing book that details, (from subtitle) "The Hidden Determinants of Human Behavior". It is engaging to peek into the psychology, both conscious and subconscious, of the underlying behavior patterns and choices made throughout life. Yes, you may find this book on the self help shelves (shudder!), but in this case, it will actually help many of us to overcome negative behaviors, converting them into positives. As I like to say, we can all use less "nega-thought" and more "posi-thought" in our lives, eh?

Pennie Rumsey says

This idea on p. 108 has transformed the way I see motivation and how to inspire my children.

Power Vs. Force by

p.108

“On examination we will see that power arises from meaning. It has to do with motive and it has to do with principle. Power is always associated with that which supports the significance of life itself and dignifies-ennobles. Force must always be justified, whereas power requires no justification. Force is associated with the partial, power with the whole.

“If we analyze the nature of force it becomes readily apparent why it must always succumb to power; thus is in accordance with one basic law of physics. Because force automatically creates counter-force, its effect is limited by definition we could say that force is a movement. It goes from here to there, or tries to go from here to there against opposition. Power, on the other hand, is still. It is like a standing field that does not move. Gravity itself, for instance, does not move against anything. Its power moves all objects with its field, but the gravity itself does not move.

“Force always moves against something, whereas power does not move against anything. Force is incomplete and therefore has to constantly be fed energy. Power is total and complete in itself and requires nothing from outside itself. It makes no demands; it has no needs. Because force has an insatiable appetite, it constantly consumes. Power, in contrast, energizes, gives forth, supplies and supports. Power gives life and energy. Force takes these away. We notice that power is associated with compassion and makes us feel positively about ourselves. Force is associated with judgment and makes us feel badly about ourselves.

“Force always creates counter-force; its effect is to polarize rather than unify. Polarization always implies conflict; its cost, therefore, is always high. Because force incites polarization, it’s inevitably produces a win / lose dichotomy, and because somebody always loses, enemies are always created. Constantly faced with enemies, force requires constant defense. Defensiveness is costly...”

Power just is! When we connect with that power, we stand as if in sunshine. When we use force, we step outside that light. The result in the end is something completely different than what we thought the force would do. Force incites the powers of darkness and the results are within that sphere.

This principle is transforming the way that I think and act. Thank you Dr Hawkins!
