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At this time in the history of the Earth, the vibration in which the earth exists has changed. All existence is based on vibration. There is at this time on the Earth the raising of the vibration of the Earth. Imagine analyzing people's electronic vibrations, which, it has been proven, are more unique to the individual than fingerprints.

Quantum physics tells us that material substances are composed not only of observable matter, but also more subtle field components with organized energy patterns, boundaries and definitions. The energy field is the primary source of the interaction of a person with her/his environment. Whatever happens to you, it is your field that gets influenced ahead of anything in the nervous system or brain. Our energy field data carries one thousand to ten thousand greater frequency information per second than neurological frequency data. Our energy field carries the same times amount more information about the health of our body, or the disease of our body than any other neurological or pathological information from our chemistry or tissues.

We need to know the rules (how the universe functions) so that we can live our lives by intention and not by accident or default -- so that we can create joy, freedom, love, and an abundance of whatever we choose to be do, have, express and/or experience, while, at the same time, being positive or neutral in your affect upon other and in your affect upon the environment.

Here's the basic rule: By our thoughts, our beliefs, and our actions, we each create our lives all day long, every day. Our thoughts, our attitudes, and our focus of attention, control our lives. The most fundamental law of this universe is: "Everything attracts that which is Like Itself." It's called "The Universal Law of Attraction." In common terms, one could say, "Like vibrations want to hang out together." In this vibrational universe, experiences are not created "out there" in the external, physical world. They are created inside one's own mind. Every human act starts with a thought. Intentionally creating something that is desired and intentionally changing an unwanted experience are both accomplished by shifting one's own vibration to be in harmony with the vibration of that which one chooses to be, do, have, and/or experience. Vibration is a function of thought.

Realize that you're NOT going to change anything in the external world by pushing on it. This means that being angry, feeling negative feelings, (resentment, regret, rejection, self-judgment) speaking condemning words, and/or acting out against something merely strengthens the object of thought. Rather than eliminating it from your life, your negative thoughts, emotions, words, and actions actually empower whatever you are pushing against and make it stronger. Such thoughts words and actions tell the universe to give you more of what you are intending to eliminate or push away from yourself."

The great thing is that nobody's personal energetic frequency is fixed or pre-destined to a certain level. The same way that you can train your body to get them into shape, or train your mind to learn a new language, you can actually re-tune your frequencies. By removing the energy blockages holding you back, it's even possible for you to elevate your own personal energetic frequency to a higher vibration – a level of Love (500) or Above.

Dr. David R. Hawkins, M.D., Ph.D., Director of the Institute for Advanced Spiritual Research introduced the Map of Consciousness of all of life on the planet and beyond. Dr. Hawkins points out that the two greatest spiritual growth barriers seem to be at level 200 and 500. Everything below 200 makes one go weak using kinesiography.

Currently, approximately 78% of the world's population is below this significant level. The destructive capacity of this majority drags down all of mankind without the counterbalancing effect of the 22% above 200. Because the scale of consciousness is logarithmic, each incremental point represents a giant leap in power. As such, one person calibrated at 600 counterbalances the negativity of 10 million people below 200.

The second great barrier is level 500—Love. Love in this context is a way of being in the world—not an emotionality as most of us perceive it. According to Dr. Hawkins, the reason the level of love is so difficult to achieve is because our ego is so rooted in the physical domain as opposed to the spiritual domain, which emerges at 500. The 400s represent the level of reason, guided by the linear, mechanistic world of form (our modern society that includes advancements in medicine, science, government, etc). Interestingly, the top echelon of intellectual genius, including Einstein, Freud, Newton, Aristotle, etc., all calibrated around 499. This level denotes a shift from the linear, provable domain (classic physics or Newtonian physics) to the nonlinear, formless, spiritual realm.

These levels can be divided into positive energy-giving levels and negative energy-taking levels. The negative levels from the lowest to the highest are: shame, guilt, apathy, grief, fear, desire, anger, pride. The positive levels are: courage, neutrality, willingness, acceptance, reason, love, joy, peace, enlightenment.

Consciousness is like a lens you use to view reality. Being at a different level of consciousness means you are using a different lens to view the world. Your thoughts, feelings, beliefs, values and actions are outputs of the level of consciousness you vibrate at. While the object you are observing (i.e. life, the world, events in your life, yourself) can remain the same, just having a different consciousness level causes those outputs to be widely different.

Let's take an analogy with myopia. If you are at the lowest level, it's like you have extremely high myopia of -10.00. You can't see anything beyond an extremely distorted sense of self-worth and the world. At a higher level however, that visual fog lifts and you develop higher clarity on yourself, the world, and your place in the world. Your vision becomes less hazy and more accurate. The higher you go, the higher the clarity your vision on what the world around you entails. All these changes come from just a change in your consciousness; in reality nothing about life or the world has changed. To increase your consciousness level thus translates into a more accurate viewpoint of reality.

Shame (1-20)

According to Hawkins, this is one step above death. At this level, the primary emotion one feels is humiliation. It's not surprising that this level, being so close to death, is where most thoughts of suicide are found. Those who suffer from sexual abuse are often found here, and without therapy they tend to remain here. Someone at this level feels humiliated, has low self-esteem, is paranoid. Common expressions where one vibrates at this level would be when one feels like he/she has "lost face", wishes he/she is invisible, feels worthless. Some individuals at shame react by becoming overly rigid and/or neurotic perfectionists. Vibrating in this level for prolonged periods leads to elimination (of self and others), such as suicide, turning into serial killers, rapists, moral extremists who apply self-righteous judgment onto others. The person's view of life at this state is misery.

Guilt (30)

Not too far from shame is the level of guilt. When one is stuck in this level, feelings of worthlessness and an inability to forgive oneself are common. Feelings of blame and remorse hover here. Used to consciously or subconsciously manipulate conformance to certain forms of thinking and behaviors. Commonly melded by our society with public punishment and finger-pointing culture, by religious institutions with preoccupation of "sin" and "salvation", acts of ritual killing to "appease" higher entities, etc. This level cultivates destruction.

Apathy (50)

The level of hopelessness and despair; this is the common consciousness found among those who are homeless or living in poverty. At this level, one has abdicated themselves to their current situation and feels numb to life around them. A state of despair and helplessness. Someone here is needy and dependent on others for help, such as the homeless, the poor, the aged population. Because this level feels "heavy" and is seen as a burden to others around, many people usually avoid those who are vibrating at these levels. For example, we see how the poor and unfortunate have come to be shielded away from the mainstream society. We also frequently see situations where the aged is abandoned by their own kin because they are seen as a liability. This level is associated with abdication, which means to give up one's power to others. The life-view here is hopelessness.

Grief (75)

Many of us have felt this at times of tragedy in our lives. However, having this as your primary level of consciousness, you live a life of constant regret and remorse. This is the level where you feel all your opportunities have passed you by. You ultimately feel you are a failure. Feelings of regret, sadness and loss are abounding here. Many people vibrate at this level in times of losses – of loved ones, relationships, possessions, jobs, money, etc. Outcomes would be mourning, remorse, being hung up over what has occurred, etc. Someone at grief sees despondency and bleakness all around the world and in life. The life-view is tragic. Grief is a higher level than apathy, because one starts feeling more energy at this level, albeit of sadness and loss.

Fear (100)

People living under dictatorship rule or those involved in an abusive relationship find themselves at this level. There is a sense of paranoia here, where you think everyone is out to get you. Suspicion and defensiveness are common. Energy at this level is oriented in anxiety. Common situations of fear at play would be fear of rejection, fear of failure, fear of uncertainty, fear of challenges, fear of aging, fear of death, fear of loss, fear of strangers. This emotion is often played on by marketers and politicians to achieve their agendas. Fear leads to paranoia and can turn into an obsession. At this level, one views everything uncertain as fearful and thus undergoes the state of withdrawal. Thus, fear prevents personal growth from taking place. Someone in the level of fear sees the world as frightening.

Desire (125)

Desire is a major motivator for much of our society. Although desire can be an impetus for change, the downside is that it leads to enslavement to one's appetites. This is the level of addiction to such things as sex, money, prestige, or power. At the level of desire, the emotion of craving becomes dominant. We have people pursuing money and status as end goals for a better life, lonely singles longing to be in romantic relationships believing it will complete themselves, marketers conditioning 'wants' in people's minds through enticing advertisements and promises of happiness with consumption of goods, fashion industry playing on desires for increased attraction, just to name a few. Addictions are outputs of desire, such as desire for food, video games, fun, sex, shopping, acquisition of money and power, etc. One becomes looped into enslavement at this level, because desire is never-ending emotion. The life-view is disappointing, which ensues when one cannot obtain what one desires. Desire is a higher level than fear because the desire for something propels people forward to action, rather than withdraw to a corner.

Anger (150)

As one moves out of Apathy to Grief and then out of Fear, they begin to want. Desire which is not fulfilled leads to frustration which brings us to Anger. This anger can cause us to move out of this level or keep us here. The emotion at this level is hate. Anger expresses itself as resentment, frustration and even revenge. Common manifestations of anger in the society are activism toward causes (environmental, animal rights, third-world countries, poverty-stricken areas), equality, social movements. At the individual level, examples include irritable and volatile behavior, short-temper. The upside of anger is it has resulted in liberation and great movements in the society; the downside is dangerous behavior and intentional harm might ensue from it. The process one undergoes is aggression. The life-view here is antagonistic, where one is hostile, unfriendly and acts in opposition/rebellion against others.

Pride (175)

According to Hawkins, since the majority of people are below this point, this is the level that most people aspire to. It makes up a good deal of Hollywood. In comparison to Shame and Guilt, one begins to feel positive here. However, it's a false positive. It's dependent upon external conditions such as wealth, position or power. It is also the source of racism, nationalism, and religious fanaticism. Dignity is an emotion that is more representative of the level; scorn comes a result of this dignity, though it may be too subtle for people to recognize since it is often masked over. At our current society, pride is a level that is encouraged and seen as positive – for example, pride of being part of a group, institution, company, nation, religion, race. However, this leads to duality viewpoints which act as an invisible force to separate people. For example, nations exist because people identify themselves more with a geographical location rather than the common, universal identity. Religions exist because people attach themselves to their beliefs of god and values which serve as a separator. On a personal level, people form pride based on possessions and external conditions, and it is vulnerable because such conditions can be removed at any point in time. Pride results in denial

and arrogance. At pride, one undergoes inflation (of ego) rather than being able to see things objectively. The life-view here is demanding.

Courage (200)

This is the level of empowerment. It is the first level where you are not taking life energy from those around you. Courage is where you see that you don't need to be tossed to and fro by your external conditions. This empowerment leads you to the realization that you are a steward unto yourself, and that you alone are in charge of your own growth and success. This is what makes you inherently human: the realization that there is a gap between stimulus and response and that you have the potential to choose how to respond. Affirmation is the key emotion here. This is the separation point between Power and Force, where one starts creating change through the use of constructive states of power rather than destructive force. This is the first waking point where one starts to wake from his/her sleepwalker status. At the lower levels before this, the world is seen as hopeless, tragic, frightening, demanding; People from below 200 see themselves as victims, at the mercy of life and subjected to forces of the external world. At courage one sees the world as exciting and filled with possibilities. One undergoes empowerment here. This marks the start of active pursuit of growth – where there exists a gap, the person will act to fill it. For example, learning new job skills, embarking on new education, pursuing personal growth. The life-view is feasible – anything is manageable since the person is able to harness power to deal with situations in life. People in the higher levels >200 recognize that their happiness and life lies within them.

Neutrality (250)

Neutrality is the level of flexibility. To be neutral, you are, for the most part, unattached to outcomes. At this level, you are satisfied with your current life situation and tend not to have a lot of motivation towards self-improvement or excellence in your career. You realize the possibilities but don't make the sacrifices required to reach a higher level. The emotion at this level is trust and safety. Here, people are non-judgmental, objective and able to see things as they truly are. They are not attached to possessions, situations, outcomes and can roll with the punches in life. If they are not able to get something, they are equally happy settling for something else. This is NOT the same as apathy – the power of neutrality comes from a positive place, where one recognizes his/her inner power and abilities and does not feel the need to prove anything to anyone; apathy is rooted from being forsaken in self and the world, resulting in nonchalance and jadedness toward the external world. The process is one of release (of everything), and the life-view is satisfactory, where anything goes. These people are easy to get along; however they are difficult to engage toward causes and visions because they are detached toward everything.

Willingness (310)

Those people around you that are perpetual optimists - this is their level of consciousness. Seeing life as one big possibility is the cornerstone of those operating here. No longer are you satisfied with complacency - you strive to do your best at whatever task you've undertaken. You begin to develop self-discipline and willpower and learn the importance of sticking to a task till the end. Optimism runs high here. At Willingness, the individual is open to do anything and everything – he/she is not bounded by others' judgments or by limitations. For example, he/she is willing to take on menial jobs if he/she cannot get jobs elsewhere. The marked characteristic between willingness and levels below is the desire to do things *well* (for the sake of it), rather than just doing things. Someone at Willingness can readily bounce back from set-backs, is easily moldable and genuinely open to everyone. Success follows them easily. The process one undergoes here is of intention (to do anything). The life-view is hopefulness. At this level you have people who perform extremely well in their careers in corporations, start-ups; however the question then comes as to whether they are investing their energy in the best way.

Acceptance (350)

If Courage is the realization that you are the source of your life's experiences, then it is here where you become the creator of them. Combined with the skills learned in the Willingness phase, you begin to awaken your potential through action. Here's where you begin to set and achieve goals and to actively push yourself beyond your previous limitations. Up to this point you've been generally reactive to what life throws at you. Here's where you turn that around, take control, and become proactive. Here, one finally realizes that he/she is THE creator and source of his/her life, as opposed to having relegated some part of it to someone else or a different entity. He/she is (1) aware of the social

constructs present in one's life, whether by family, society, nation, religion, work (2) able to discern against (limiting) beliefs, viewpoints and conditioning which he/she is surrounded with and (3) able to consciously craft his/her life above and beyond all these social constructs. Characteristic behavior at this level will be acceptance vs. rejection, seeking for resolutions vs. judging right or wrong, long-term vs. short-term view, engaging on life harmoniously on its terms vs. resisting it, striving for personal excellence and growth. Forgiveness is the dominant emotion. The process one undergoes is transcendence (above what one faces in life). The life-view here is harmonious.

Reason (400)

The level of science, medicine, and a desire for knowledge. Your thirst for knowledge becomes insatiable. You don't waste time in activities that do not provide educational value. You begin to categorize all of life and its experiences into proofs, postulates, and theories. The failure of this level is you cannot seem to separate the subjective from the objective, and because of that, you tend to miss the point. You fail to see the forest because you're tunnel-versioned on the trees. Paradoxically, Reason can become a stumbling block for further progressions of consciousness.

The emotion is understanding and rationality. One seeks out huge amounts of information and analyzes them to infinitesimal detail before reaching conclusions. This is where the noble prize winners, leaders of science and medicine and great thinkers of history calibrate. However, Reason falls into the trap of over intellectualization in concepts and theories. Where differing theories clash and each argument is sound on its own, we reach a blockade, leading to the inability to resolve discrepancies. This leads to the process of abstraction or preoccupation with data. The life-view is meaningful.

Love (500)

Only if, in the level of Reason you start to see yourself as a potential for the greater good of mankind, will you have enough power to enter here. Here is where you start applying what was learned in your reasoning and you let the heart take over rather than the mind - you live by intuition. This is the level of charity - a selfless love that has no desire except for the welfare of those around them. Gandhi and Mother Theresa are examples of people who were living at this level. Only 0.4 percent of the world will ever reach it. This represents unconditional love – love that is pure, unfaltering, unwavering, not subjected to any external conditions. It is not the same love that is commonly portrayed in mass media, which is rooted in lust, desire, pride, control, addiction, attraction, jealousy and possessiveness. While the media often establishes love and hates as opposite poles, hate is actually rooted from pride (desire for control/possessiveness), and not actual love. Reverence is the main emotion in the level of (unconditional) love. At this level, duality becomes an illusion; the feeling is one of entirety that rises above separation. Unconditional love is inclusive of everyone and expands beyond self. While reason deals with specific data, love deals with entirety, thus giving rise to the capacity for instantaneous understanding. This aspect is often linked with intuition. The process one undergoes is revelation. The life-view is benign, there is no separation, fear or negativity.

Joy (540)

This is the level of saints and advanced spiritual people. As love becomes more unconditional, there follows a constant accompaniment of true happiness. No personal tragedy or world event could ever shake someone living at this level of consciousness. They seem to inspire and lift all those who come in contact with them. Your life is now in complete harmony with the will of Divinity and the fruits of that harmony are expressed in your joy.

The dominant emotion is serenity and compassion. This is the inner joy that arises from every moment of existence rather than from an external source. This is the level where saints, advanced spiritual students and healers dwell. At this level, one is characterized by enormous patience and an unwavering positive attitude in the face of harsh adversities. The world is seen as one of perfection and beauty. Individuals are motivated to dedicate themselves to the benefit of life rather than for specific individuals. Here, the process of transfiguration occurs (emanating of radiance from the person). The life-view the individual holds is completeness (of the world). Near death experiences have the effect of temporarily bumping people into this level.

Peace (600)

Peace is achieved after a life of complete surrender to the Creator. It is where you have transcended all and have entered that place that Hawkins calls illumination. Here, a stillness and silence of mind is achieved, allowing for constant revelation. Only 1 in 10 million (that's .00001 percent) people will arrive at this level. The emotion is bliss. At

this level, there is no longer any distinction between the observer and the subject. People here become spiritual teachers, great geniuses in their field to effect great contribution for mankind; they typically transcend formal religious structures and replace it with pure spirituality where religions originate from. Perception becomes one of slow motion, suspended in time and space. Everything is perceived as interconnected by an infinite presence. The process one undergoes is illumination; the life-view is perfect. Hawkins claims this level is only attained by 1 out of 10 million people.

Enlightenment (700-1000)

This is the highest level of human consciousness where one has become like the Divine. Many see this as Christ, Buddha, or Krishna. These are those who have influenced all of mankind. Hawkins' Power vs. Force and his associated map of consciousness has been a groundbreaking work for those interested in human-consciousness development. In this continuum we can clearly see where we as individuals function and where we can arrive. A view into what could be our potential is inspiring. The emotion is ineffable, in other words – inexpressible. This is the pinnacle of the evolution of consciousness of mankind. The greatest people of history have attained this level, such as Krishna, Buddha, Jesus, Mother Theresa. Here, the body becomes recognized as a tool to project consciousness in. One's existence becomes all-encompassing and transcends time and space. The process is described as pure consciousness. The life-view here is simply 'Is'. In achieving our highest potential and embracing our best lives, we should strive for the highest possible level i.e. enlightenment.

What is your destination? For some — in some sense perhaps, for us all — the ultimate goal is personal transformation and self-mastery. From this flow personal fulfillment, career success and other accomplishments, satisfying relationships and physical health and empowerment. It paints the picture of ourselves in proper perspective — a picture of the whole person, the unique person, the person with will and consciousness, with potential for transformation and transcendence.

The purpose of the workshop is to aid each person to increase his/her energy levels (maps of consciousness) at the end of the day. The workshop clears the energy field and raises energetic frequency, which commences with receiving the Wholeness Blessing as shared through Archangel Michael. Archangel Michael's main role at this time is to clear the earth and its people of fear. Each individual will become a spreading source of blessing to our world as the "Wholeness Blessing" spreads across our globe.

Joseph Crane has had numerous angelic visitations that has provided him with several methods to assist in healing utilizing angel healing inclusive of: Gate of Grace, Grace Therapy, Angelic Armor, Healing and Anointing Oils, and Acutuning. Using these methods, he has assisted hundreds with their physical, mental, emotional, and spiritual ailments.

On February 14 of 2012, eight angels appeared to Joseph Crane, one of the angels being Archangel Michael. Unlike previous appearances, the angels took him to an angelic dimension in which sacred tones (tuning forks) and "the most sacred oils" were handed to him. The angels told him his aging 65-year-old body would be "made whole" again, and then showed him how he would eventually look—some twenty years younger. Archangel Michael then said to him, "With each passing year you will become more fit in body and mind. You will be able to pass this on to others in time ... through mutual love ... As you grow in years, the better you will become in bringing this gift to others.

This is a strong indication of what our world can choose to receive from the angels—or not. It's up to us. We have this glorious opportunity not only to receive this Wholeness Blessing but to spread it out across our world. What could be simpler? "Be the change you want to see in this world." - Gandhi