

# *Dr. Goldman's Book Reviews*

## **Power VS. FORCE**

The Hidden Determinants of Human Behavior

By

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

Hay House, Inc. 1995

It is a most interesting book. As with others, it was recommended to me by a patient. In its essence, it is a treatise on the change in human consciousness and humanity as a community, as we move into the new age, the Age of Aquarius. It is the first of a set. Book two is *The Eye of the I*.

Part I, entitled Tools, is a description of the author's life and his use of Kinesiology as a tool in patient care. Briefly, kinesiology uses testing of muscle strength to determine the efficacy of prescribed medications and the truth of proposed statements. The author uses kinesiology to assign numerical values to levels of consciousness and to the truth and value of statements and ideas.

More interesting to me, in Chapter Four, Hawkins defines the levels of consciousness with a short description of each level. Each level is labeled with a quality of human emotion, the worst emotional states occupying the lowest levels of consciousness. The lowest level is Shame and the highest is Enlightenment. From the individual, he expands to the generalized consciousness of societal groups.

Part II is entitled Work. He begins with an alphabetical list of words. The positive, elevating, "Power" words first followed by their negative, lowering, "Force" opposites. Some typical pairs are: Educating v Persuading, Just v Punitive, Leading v Coercing, Timeless v Faddish. Simply reading the list is an enlightening experience, focusing on true value instead of selfish promotion. He applies his standard to current society's values in politics, the marketplace, sports, and progressing to the human spirit, the arts, creativity, success and health.

Part III is entitled Meaning. Here Dr. Hawkins lays out a roadmap for the possible way for mankind to elevate both individual and societal levels of consciousness. He draws on the Collective Consciousness of Karl Jung and the modern physics and mathematics of Chaos Theory and the Theory of Attractors. He states that just reading his books is consciousness raising and I believe he is correct.

Robert P. Goldman, M.D.