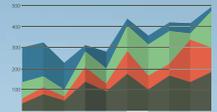
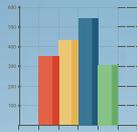


2019 Global Consciousness Report



Barrett Academy for the
Advancement of Human Values

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Background

The Global Consciousness Indicator (GCI)[®] is a barometer of consciousness for measuring the level of well-being experienced by the citizens of a nation. The GCI is based on the Barrett Seven Levels of Consciousness Model[®], which in turn is based on an expanded version of Maslow's Hierarchy of Needs. Annex 1 provides a detailed explanation of the construction of the Seven Levels of Consciousness Model.

There are many types of global indicators for measuring and comparing nations: each indicator focuses on a specific aspect of societal development – such as the Health Index, Peace Index, Education Index, Democracy Index, Gender Gap – but there is nothing measuring the whole; nothing that measures the overall level of well-being in a nation. The GCI is an attempt to rectify this situation.

Most of the current global indicators look at what is happening in a nation through a single lens. Each lens represents one aspect of a level of consciousness. For example, the Health Index focuses on an aspect of the survival level of consciousness; the Peace Index focuses on an aspect of the relationship level of consciousness; the Education Index focuses on an aspect of the self-esteem level of consciousness; the Democracy Index and the Gender Gap focus on two aspects of the transformation level of consciousness; etc.

The GCI was constructed by allocating two, three or four global indicators to each of the seven levels of consciousness – 17 global indicators in all (see Figure 1).

The scores for the 17 global indicators were normalized, and the normalized scores for the indicators at each level of consciousness were averaged to obtain a score for each level of consciousness (out of 100). The average scores for the seven levels of consciousness were added together to obtain an overall GCI score (out of 700) for the nation.

It should be recognized that the GCI model does not provide a perfect measure of every level of consciousness. Some levels are better represented than others. However, overall it is a reasonably good representation, and has the advantage of providing a single score that represents the level of well-being of the people of a nation.

The focus of each level of consciousness and the number and types of indicators used at each level of consciousness are shown in Table 1 on the next page.

FIGURE 1: The construction of the GCI for a nation

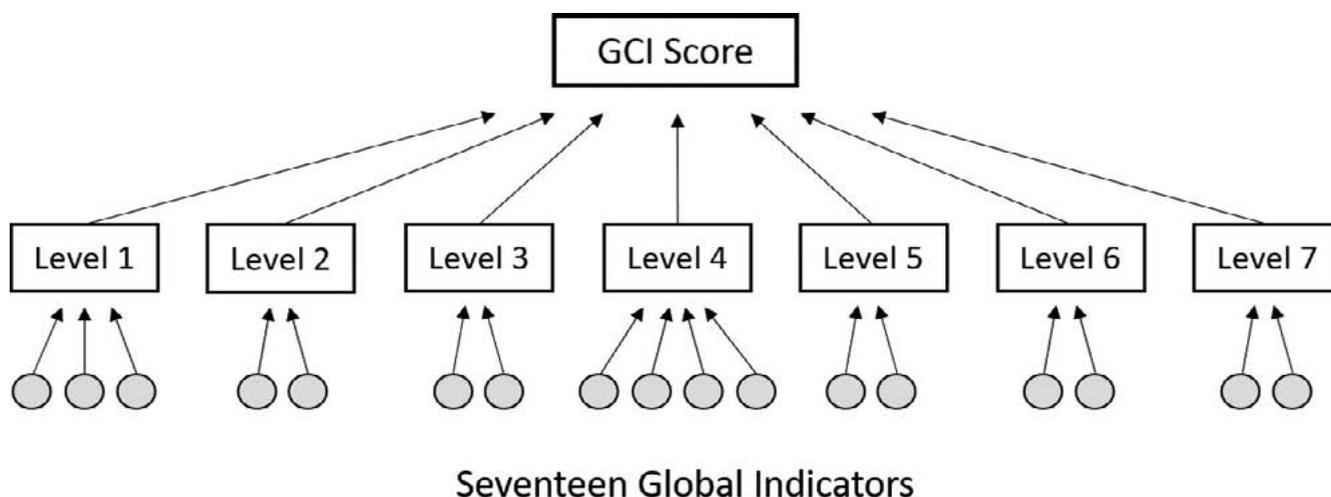


TABLE 1: The number and types of indicators at each level of consciousness

Focus of national level of consciousness		Types and (number) of indicators
7	Satisfying citizens' needs for stability, well-being and happiness.	Strength, stability and legitimacy of the State, and level of happiness of the people. (2)
6	Satisfying citizens' needs for environmental quality and environmental preservation.	Health and quality of the natural environment, and quality of preservation efforts. (2)
5	Satisfying citizens' needs for inclusion, fairness, openness, tolerance and transparency.	Strength of personal relationships, social network support and civic participation (social cohesion), and foundations and opportunities for social progress. (2)
4	Satisfying citizens' needs for freedom, equality and accountability.	Legal rights, individual freedoms and social tolerance, level of democracy, press freedom, and gender equality. (4)
3	Satisfying citizens' needs for education and a supportive business environment.	Access to and quality of education, and business infrastructure, support to entrepreneurs and labour market flexibility. (2)
2	Satisfying citizens' needs for safety, protection and peace.	Societal safety and security, and the level of militarization and peace/violence. (2)
1	Satisfying citizens' needs for health care and economic performance.	Level of corruption, physical and mental health infrastructure, and economic performance. (3)

The evolution of world consciousness

Based on data from 145 nations, the average GCI score for the world in 2018 was 444. World consciousness increased from 435 to 448 (2.79%) between 2014 and 2016 and decreased from 448 to 444 (0.75%) between 2016 and 2018.

Evolution of world consciousness by level of consciousness

The average GCI scores by level of consciousness for the world in 2014, 2016 and 2018 by level of consciousness are shown in Table 2. The increase between 2014 and 2018 is shown in row five. The percentage improvement

is shown in row six. There was an increase at every level of consciousness. The most significant increases occurred at three levels: Level 5 consciousness – satisfying citizens’ needs for inclusion, fairness, openness, tolerance and transparency (4.70%), Level 7 consciousness – satisfying citizens’ needs for stability, well-being and happiness (4.36%), and Level 1 consciousness – satisfying citizens’ needs for health care and economic performance (4.03%).

World consciousness increased by 2.79% between 2014 and 2016 and decreased by 0.75% between 2016 and 2018.

Of the two global indicators that make up the Level 5 consciousness, 94% of the improvement was due to an increase in social cohesion, and only 6% was due to an increase in social progress. Of the two indicators that make up the Level 7 consciousness, 90% of the improvement was due to an increase in the strength, stability and legitimacy of nations and only 10% was due to an increase in happiness. Of the three indicators that make up the Level 1 consciousness, 96% of the improvement was due to better economic performance.

Out of the 17 indicators, the largest increases were in economic performance (+9.08), social cohesion (+4.82), and the strength, stability and legitimacy of nations (+4.13).

The only level of consciousness that showed a decrease was Level 2 consciousness – satisfying citizens’ needs for safety, protection, peace and harmony. Of the two indicators that make up Level 2 consciousness, 56% of the decrease was due to an increase in violence and 44% was due to a decrease in the level of personal safety.

TABLE 2: World GCI scores by level of consciousness 2014, 2016 and 2018

Year	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
2014	60.94	70.05	64.31	58.28	66.69	56.10	59.09
2016	63.71	70.40	65.65	59.58	65.16	61.01	62.11
2018	63.40	68.07	64.46	59.67	69.83	57.16	61.67
Change	2.46	-1.98	0.15	1.39	3.14	1.06	2.58
%	4.03%	-2.82%	0.24%	2.38%	4.70%	1.89%	4.36%

TABLE 3: GCI scores by region

Regions	2014	2016	2018	Change	%
Africa (37)	302	350	358	56	18.46%
Americas (24)	481	500	484	3	0.62%
Asia (23)	369	363	352	-17	-4.64%
Australasia (2)	644	646	640	-4	-0.62%
Europe (40)	511	512	513	2	0.38%
MENA* (19)	305	315	318	13	4.30%
World	435	448	444	9	2.02%

* MENA = Middle East and North Africa

Evolution of world consciousness by region

The average GCI scores by region are shown in Table 3. The number of nations in each region is shown in brackets. The overall change in score between 2014 and 2018 is shown in column five. The percentage improvement is shown in column six.

Consciousness in Sub-Saharan Africa increased by 18.46% between 2014 and 2018.

The region with the highest GCI score in 2018 was Australasia (New Zealand and Australia) with an average overall score of 640. Europe was the second highest with an average overall GCI score of 513. The lowest-scoring region was MENA with an average overall GCI score of 318.

The largest improvement was in the Africa region (+18.46%). The second-largest improvement was in the MENA region (+4.30%). The largest decrease was in the Asia region (-4.64%). There was very little change in the other regions.

The key issues in each region

The average GCI scores by region and levels of consciousness for 2018 are shown in Table 4. The lowest-scoring level of consciousness in each region is shown in bold and underlined. The second-lowest scoring level of consciousness is shown underlined.

The primary issue in the world is satisfying citizens' needs for environmental quality and environmental preservation.

The primary issue in the world is Level 6 consciousness – satisfying citizens' needs for environmental quality and environmental preservation. This is also the primary issue in all regions except Africa and MENA, where it is the most important secondary issue.

The most important secondary issue in the world is Level 4 consciousness – satisfying citizens' needs for freedom, equality and accountability. This is also the primary issue in the MENA region. The primary issue in the Africa region is Level 7 consciousness – the strength, stability and legitimacy of nations and the happiness of the people.

TABLE 4: GCI scores by region and level of consciousness in 2018

Regions	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Score
Africa (37)	46.82	61.73	48.47	58.15	57.77	<u>43.61</u>	41.44	358
Americas (24)	<u>65.99</u>	69.29	68.25	72.72	73.30	63.45	71.00	484
Asia (23)	55.52	57.26	57.15	<u>42.16</u>	54.35	38.81	46.98	352
Australasia (2)	<u>89.31</u>	91.17	93.42	89.57	98.79	82.93	94.91	640
Europe (40)	71.55	79.45	74.36	71.56	75.92	69.51	<u>71.02</u>	513
MENA1 (19)	51.19	49.56	45.12	23.83	58.84	<u>44.67</u>	44.69	318
World	63.40	68.07	64.46	<u>59.67</u>	69.83	57.16	61.67	444

TABLE 5: The world's most conscious nations

2014		2016		2018		
Ranking	Nation	Score	Nation	Score	Nation	Score
1	Switzerland	658	New Zealand	659	Norway	659
2	New Zealand	651	Finland	657	New Zealand	656
3	Denmark	648	Norway	650	Finland	654
4	Finland	646	Iceland	649	Denmark	652
5	Norway	646	Switzerland	649	Switzerland	651
6	Sweden	643	Denmark	648	Iceland	645
7	Iceland	639	Sweden	642	Sweden	638
8	Australia	636	Australia	633	Ireland	631
9	Canada	631	Canada	631	Canada	630
10	Netherlands	626	Ireland	621	Australia	624

The world's most conscious nations

The nations with the highest GCI scores in 2014, 2016 and 2018 are shown in Table 5.¹ Nine of the same nations were in the top ten every year. These included the five Nordic nations – Denmark, Finland, Iceland, Norway and Sweden – plus New Zealand, Australia, Switzerland and Canada.

The most consistent performer was New Zealand, which ranked in the top two every year. In 2016 the Netherlands dropped out of the top ten and Ireland came into the top ten.

The most conscious nations in the world in 2018 were Norway, New Zealand, Finland, Denmark and Switzerland.

Nations that are consistently improving in consciousness

Sixty nations increased their level of consciousness over the periods 2014 to 2016 and 2016 to 2018. Column five in Table 6 shows the increase in GCI score between 2014 and 2018. Column six shows the percentage increase. Eight of the ten most consistent improvers were in West Africa. The other two top ten consistent improvers were Kyrgyzstan and Romania.² There is no consistent pattern to the improvements in the top ten nations between 2014 and 2018.

TABLE 6: World's (top ten) consistent improvers in consciousness

Nation	2014	2016	2018	Increase	Percentage
Guinea	184	200	245	61	33.33%
Togo	193	227	241	48	24.87%
Côte d'Ivoire	210	241	250	40	19.31%
Nigeria	218	225	256	38	17.43%
Sierra Leone	231	247	267	36	15.65%
Kyrgyzstan	316	363	365	49	15.65%
Romania	408	451	467	59	14.58%
Comoros	243	252	274	31	12.76%
Mali	198	202	221	23	11.64%
Senegal	288	302	318	30	10.42%

¹ For a full listing of the GCI scores for all 145 nations see <https://www.barrettacademy.com/gci-tables-2018>.

² Consult the Atlas of World Consciousness to see which nations are increasing and declining in consciousness.

TABLE 7: World's consistent decliners in consciousness

Nation	2014	2016	2018	Decrease	Percentage
Turkey	354	346	330	-24	-6.85%
Saudi Arabia	384	364	360	-24	-6.30%
Gabon	271	267	255	-16	-5.90%
Thailand	399	392	378	-21	-5.26%
Mauritania	191	191	185	-6	-3.20%
Australia	636	633	624	-12	-1.83%
Chile	508	507	500	-8	-1.63%
Austria	619	615	612	-7	-1.16%
Laos	283	281	280	-3	-1.02%
Sweden	643	642	638	-4	-0.69%

Nations that are consistently decreasing in consciousness

Only ten nations consistently decreased their level of consciousness over the periods 2014 to 2016 and 2016 to 2018. These are shown in Table 7. Column five shows the decrease in GCI scores between 2014 and 2018. Column six shows the percentage decrease.

The nations with the most significant decrease – more than 2% – are Turkey (-6.85%), Saudi Arabia (-6.30%), Gabon (-5.90%), Thailand (-5.26%) and Mauritania (-3.20%). All the remainder show a decrease of less than 2% between 2014 and 2018. There are three Western nations among the nations that consistently decreased – Australia, Austria and Sweden. There is no consistent pattern to the decreases in consciousness.

Australia, Austria and Sweden all decreased in consciousness between 2014 and 2018.

Full spectrum consciousness

Full spectrum® consciousness applies to nations that enable citizens to meet their deficiency needs (Levels 1, 2 and 3),³ their transformation needs (Level 4)⁴ and their growth needs (Levels 5, 6, and 7).⁵

The best nations for satisfying citizens' deficiency needs

The nations with the highest scores for satisfying citizens' deficiency needs in 2014, 2016 and 2018 are shown in Table 8. Eight of the nations listed were in the top ten in each year. They include four of the five Nordic nations in 2014, and all five Nordic nations in 2016 and 2018. In addition, Switzerland, Singapore, New Zealand and Hong Kong appeared in the top ten every year. The Netherlands dropped out of the top ten and Norway came into the top ten in 2016.

³ Deficiency needs are our basic survival, safety and security needs. Once we have satisfied these needs, we no longer pay them much attention.

⁴ Transformation needs are our freedom, autonomy and independence needs. Once we have satisfied these needs, we can begin to focus on our growth needs.

⁵ Growth needs are our self-actualization, making a difference and service needs. It is only when we can satisfy these needs that we begin to feel a sense of fulfilment in our lives.

TABLE 8: The best nations for satisfying citizens' deficiency needs

2014		2016		2018		
Ranking	Nation	Score	Nation	Score	Nation	Score
1	Switzerland	96.02	Switzerland	95.42	Singapore	95.80
2	New Zealand	94.85	Singapore	94.91	Switzerland	93.91
3	Singapore	94.83	New Zealand	94.55	New Zealand	93.73
4	Denmark	94.11	Denmark	93.75	Denmark	93.07
5	Finland	93.77	Finland	93.02	Norway	92.42
6	Sweden	93.02	Sweden	91.89	Finland	92.38
7	Hong Kong	93.00	Hong Kong	91.77	Hong Kong	91.85
8	Canada	91.70	Norway	91.17	Sweden	90.96
9	Australia	91.49	Iceland	90.85	Iceland	90.96
10	Netherlands	91.28	Canada	90.83	Canada	90.92

The best nations for satisfying citizens' transformation needs

The nations with the highest scores at Level 4 consciousness are shown in Table 9. These are the nations with the highest levels of freedom and equality. The five Nordic nations plus New Zealand, Canada,

Ireland and the Netherlands appear in the top ten every year. In 2018 Switzerland dropped out of the top ten and Luxembourg came into the top ten.

The best nation in the world for freedom and equality in 2018 was Iceland.

TABLE 9: The best nations for satisfying citizens' transformation needs

2014		2016		2018		
Ranking	Nation	Score	Nation	Score	Nation	Score
1	Iceland	97.81	Iceland	98.08	Iceland	97.46
2	Norway	95.49	Norway	95.8	Norway	97.1
3	Sweden	94.14	Finland	94.32	Sweden	94.56
4	Finland	92.03	Sweden	92.86	New Zealand	93.6
5	New Zealand	91.26	New Zealand	91.05	Finland	93.48
6	Denmark	90.35	Ireland	90.81	Ireland	91.97
7	Netherlands	89.39	Netherlands	87.37	Canada	91.52
8	Canada	88.31	Switzerland	87.09	Denmark	88.88
9	Ireland	87.5	Canada	87.04	Netherlands	88.05
10	Switzerland	87.39	Denmark	86.33	Luxembourg	85.65

TABLE 10: The best nations for satisfying citizens' growth needs

2014		2016		2018		
Ranking	Nation	Score	Nation	Score	Nation	Score
1	Switzerland	94.07	New Zealand	94.7	Switzerland	94.87
2	Norway	92.44	Finland	94.53	Norway	94.81
3	Australia	91.96	Norway	93.57	Denmark	94.77
4	Denmark	91.83	Denmark	93.4	Finland	94.48
5	New Zealand	91.75	Iceland	92.8	New Zealand	93.64
6	Finland	91.04	Australia	92.62	Iceland	91.54
7	Iceland	90.29	Switzerland	91.81	Australia	90.78
8	Austria	89.87	Sweden	91.22	Ireland	90.56
9	Sweden	89.86	Canada	90.61	Luxembourg	90.29
10	Canada	89.15	Austria	88.6	Sweden	90.28

The best nations for satisfying citizens' growth needs

The nations with the highest score for satisfying citizens' growth needs (Levels 5, 6 and 7) are shown in Table 10. The five Nordic nations plus Switzerland, Australia and New Zealand appear in the top ten each year. In 2016 Austria and Canada dropped out of the top ten and Ireland and Luxembourg came into the top ten.

Full spectrum nations

There are only six nations that can be regarded as full spectrum nations – in the top ten of the best nations for satisfying citizens' deficiency, transformation and growth needs. These are Denmark, Finland, Iceland, Norway, Sweden and New Zealand.

The best nations at each level of consciousness in 2018

Level 1 Consciousness

The top five nations for satisfying citizens' needs for health care and economic performance are Singapore, Switzerland, Luxembourg, Sweden and Denmark.

Level 2 Consciousness

The top five nations for satisfying citizens' needs for safety, protection, peace and harmony are Hong Kong, Iceland, Malta, Luxembourg and Austria.

Level 3 Consciousness

The top five nations for satisfying citizens' needs for education and a supportive business environment are the United States, Singapore, Finland, New Zealand and Switzerland.

Level 4 Consciousness

The top five nations for satisfying citizens' needs for freedom, equality and accountability are Iceland, Norway, Sweden, New Zealand and Finland.

Level 5 Consciousness

The top five nations for satisfying citizens' needs for inclusion, fairness, openness, tolerance and transparency are Norway, New Zealand, Iceland, Australia and Denmark.

Level 6 Consciousness

The top five nations for satisfying citizens' needs for environmental quality and environmental preservation are Switzerland, United Kingdom, France, Finland and Luxembourg.

Level 7 Consciousness

The top five nations for satisfying citizens' needs for stability, well-being and happiness are Finland, Norway, Denmark, Switzerland and Iceland.

Further information

For more information

The World Atlas of Consciousness: An interactive map of the world showing the GCI scores and percentage changes between 2016 and 2018.

GCI Scores for 145 Nations: An interactive spreadsheet showing the GCI scores for 145 nations in 2014, 2016 and 2018.

Further reading

The 2019 Consciousness Report for the Nordic Region: A comparison of the evolution of consciousness in Denmark, Finland, Iceland, Norway and Sweden.

The 2019 Consciousness Report for the European Union: A comparison of the evolution of consciousness in the member nations of the European Union.

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Annex 1: Description of the Seven Levels of Consciousness Model[®] by Richard Barrett

From 1995 to 1996, I worked on simplifying and expanding Maslow's Hierarchy of Needs to use it as a tool for measuring consciousness. I made three changes:

- A shift in focus from needs to consciousness.
- An expansion of the concept of self-actualization.
- Relabelling the basic needs.

Changing from needs to consciousness

It was evident to me that when people have underlying fear-based beliefs about being able to meet their deficiency needs, their subconscious mind will stay focused on finding ways to satisfy these needs.

Survival consciousness

For example, when a person has a subconscious fear-based belief at the survival level of consciousness, no matter how much money they earn, they will always want more. For them enough is never enough. Because

of their early experiences they feel they cannot trust the universe to provide for them. Therefore, they must stay vigilant, earn as much as they can and watch every penny they spend. Such people can remain focused at the survival level of consciousness all their lives, even though compared with others they are financially well-off.

Relationship consciousness

When a person has a subconscious fear-based belief at the love and belonging level of consciousness, no matter how much love and affection they get, they will always want more. They cannot get enough. They want to experience the love and affection that was not accorded to them in their childhood. Such people can remain focused at the love and belonging level of consciousness all their lives, even though they may be in a loving relationship.

Self-esteem consciousness

When a person has a subconscious fear-based belief at the self-esteem level of consciousness, no matter how much praise or accolades they get, they will always want more. They cannot get enough. They want to experience the respect and recognition that was not accorded to them in their teenage years. Such people can remain focused at the self-esteem level of consciousness all their lives, even though their accomplishments are frequently acknowledged by the people around them.

These three considerations led me to recognize that the fear-based beliefs that we use to interpret our reality strongly influence the levels of consciousness we operate from during our adult years; they keep us focused on our deficiency needs, not allowing us to explore our growth needs.

Expanding the concept of self-actualization

The second change I made was to give more definition to Maslow's concept of self-actualization. I achieved this by integrating the concepts of Vedic philosophy into Maslow's model and expanding self-actualization from one level to three.

According to Vedic philosophy we can experience seven states of consciousness. The first three – waking, dreaming and deep sleep – are part of everyone's daily

experience. The next four are dependent on the level of self-actualization we reach.

In the fourth state of consciousness, we recognize we are more than an ego in a physical body. By contemplating the question Who am I? we begin to recognize that we are also a soul.

In the fifth state of consciousness, we learn to fully identify with the motivations of our soul. We give more focus to exploring our natural gifts and talents and we begin to experience a fear-free state of psychological functioning.

In the sixth state of consciousness, we become aware of the deep level of connection we have to other people. We realize that there are no 'others' because at a deeper level of being we are all energetically connected.

In the seventh state of consciousness, we become one with all there is. The self fuses with every other aspect of creation in a state of oneness. There is no separation between the knower and the object of knowing.

The frequency of our experiences of these higher states of consciousness depends on the degree to which we have released the fear-based beliefs we learned during our childhood and teenage years. As we make progress in releasing our fears and mastering our deficiency needs, we gain more access to the higher states of consciousness. We begin at the transformation level and from there we go through three stages of self-actualization.

Transformation

The fourth state of consciousness corresponds to Carl Jung's concept of *individuation*. I call this level of consciousness *transformation*. Transformation occurs when we find the freedom and autonomy to be who we are: when we begin to inquire into our true nature. We learn to make our own choices; to develop our own voice, independent of our parental and cultural conditioning, and thereby become the author of our own life. This is an important preliminary step before we enter the first level of self-actualization.

The first level of self-actualization

The fifth state of consciousness in Vedic philosophy corresponds to the first level of self-actualization. I refer

to this level of consciousness as *internal cohesion*. At this level of consciousness, our ego motivations merge with our soul motivations. We want to identify our unique gifts and talents and find our personal transcendent purpose – our calling or vocation in life. We become a soul-infused personality wanting to lead a values-driven and purpose-driven life.

The second level of self-actualization

The sixth state of consciousness in Vedic philosophy corresponds to the second level of self-actualization. I refer to this level of consciousness as *making a difference*. At this level of consciousness, we begin to feel a sense of empathy towards the disadvantaged; we want to use our unique gifts and talents to support and help them; we want to improve the world. We learn that we can make a bigger difference if we connect and collaborate with others who share the same values and the same sense of purpose.

The third level of self-actualization

The seventh state of consciousness in Vedic philosophy corresponds to the third level of self-actualization. I refer to this level of consciousness as *service*. We arrive at this level of consciousness when our pursuit of making a difference becomes a way of life. We begin to feel a sense of compassion for the world. Wherever we are, we want to be of service to others – we just want to help in any way we can. At this level of consciousness, we learn to show love and kindness in all situations; we learn to be at ease with uncertainty and tap into the deepest source of our wisdom.

Whilst I fully realize the correlations I have made between Vedic philosophy and Maslow's concept of self-actualization are not exact, they are sufficiently close to provide insights into the motivations and underlying spiritual significance of the process of self-actualization.

Relabelling the lower levels of consciousness

The last change I made to Maslow's Hierarchy of Needs was to combine Maslow's physiological and safety levels into a single *survival* level, and rename the love/belonging level *relationship consciousness*. Since the fundamental biological purpose of developing strong relationship bonds is to feel protected and safe, I often refer to the relationship level of consciousness as the safety level.

Although I left the self-esteem level unchanged, I frequently refer to this level of consciousness as the security level because our self-esteem and the level of confidence we feel are usually related to the respect and recognition we get from others: we feel more secure when we are held in high regard by our peers.

The Seven Levels Model

This is how I created the Seven Levels Model. The first three levels focus on our deficiency needs – survival, relationship (safety) and self-esteem (security); the last three levels focus on our growth needs – internal cohesion, making a difference and service.

Bridging the gap between our deficiency needs and our growth needs is the transformation level of consciousness. This is where we begin to release the limiting fear-based beliefs we learned during our formative years and start to align our ego motivations with our soul motivations. Figure A.1 shows the Seven Levels of Consciousness Model.

It is important to understand that when people or groups operate from the first three levels of consciousness, their sense of well-being will always be linked to the gratification of their deficiency needs. Only when they have learned how to satisfy and master these needs are their minds free to focus on the gratification of their transformation and growth needs.

We achieve well-being at the transformation level when we find freedom and autonomy to be who we really are. We achieve well-being in the upper levels of consciousness when we find a meaning and purpose to our lives; when we feel we can make a difference in the lives of others; and when we can be of service to our family, community, country or the well-being of the Earth. The joy we experience from gratifying our growth needs makes us want to do more.

In order to achieve full spectrum well-being, we must learn to satisfy our deficiency needs, our transformation needs and our growth needs.

FIGURE A.1: The Seven Levels of Consciousness Model

