

# Density of Consciousness & Connections to the Chakras

## Evolution of Consciousness



1st Density Consciousness

Simple Pure Existence of Being

"if this/then that"

**1D consciousness** is the basis and beginning of life. It is about the pure existence of a being. As such it is also found represented in your being by your **base chakra**, which is indeed involved with your existence.

The consciousness of the first density is that of simple existence. The most basic biological functions of organic consciousnesses and electro-chemical functions of inorganic consciousnesses occur at this density. Many of your body's functions occur from, and within, this level of consciousness. For example: a cell takes sustenance across its cellular membrane by a process of osmosis. This alters the chemical balance of the cytoplasm, which causes a biochemical switch to be turned on, leading to an increase in metabolism. All of this occurs in quite an autonomic way. No one had to decide anything for this to occur. The decisions were all taken when the system was created. Now it runs like a machine on automatic: it is the very simplest switch-like logic of "if this/then that" which makes up the world of 1D consciousness.

1D is also represented by the first stage of human life – the fetus and the new-born baby that is coming to terms with the basics of survival: ingestion, digestion and excretion; breathing in and breathing out. These are actions that are required for your life to continue. At the 1D level there is no decision-making process. 1D consciousness expresses itself, as suggested, at the level of "if this/then that". If there is carbon-dioxide in the lungs, then breathe out. If the lungs are empty, then breathe in. Very, very simple logical processes such as these are the domain of the 1D consciousness, but without these crucial processes nothing more complex could occur.

1D consciousness is therefore the basis and beginning of life. It is about the pure existence of a being. As such it is also found represented in your being by your base chakra, which is indeed involved with your existence.



## 2nd Density Consciousness

Instinct, Urges  
and Drive

**The consciousness of the second density** begins to add more complexity, is that which you might call instinct or “drive”. This consciousness is expressed in your sacral chakra – the chakra in your pelvis where it is often associated with sexual and reproductive urges. This is one aspect, which would be a simple shallow understanding as it is actually about all drives, urges and instincts.

Here on our planet, it occurs in higher-order animals which have developed nervous systems. These nervous-systems allow animals (including the human) to feel urges from various systems within the body and will drive you to respond in a particular manner. You don’t need to think much about these drives but you can, if required, you can over-ride them.

Which is just as well. For example: if you haven’t eaten for a while your body will begin to enact the hunger drive. You will feel a compulsion to find food and to eat. If, in this state of hunger, you were to encounter a small child with an ice-cream, for example, your instinctual drive would have you take the ice-cream from the child and eat it. That would be an appropriate response from the 2D consciousness’ perspective. But that does not mean your 2D-conscious self would always steal every ice-cream he saw. If, by way of another example, you were to come across a person who appeared very much larger and more powerful looking than yourself, and you saw this person was eating an ice-cream, your 2D self would evaluate your chances against him and probably decide the ice-cream was not worth the beating you were likely to take over the attempt to steal it. And that is an illustration of 2D consciousness in action.

You experience 2D consciousness impacting your life all the time. Hunger, thirst, the need for sleep, the desire to have sex, the desire to have children, the urge to run away from harm, the drive to stand and fight when challenged... these are some of your 2D urges, and sometimes these urges can be extremely complex. When a pregnant woman is in urgent need of a particular nutrient for the continued sustenance of her unborn child’s body – or her own body for that matter – she will feel cravings. It is a well known phenomenon. The craving will be for a foodstuff – or a combination of foodstuffs – that is needed for the continued biological well-being of the mother and the growing fetus.

In fact, some notable exceptions aside, most higher-animals on planet earth at this time are of 2D consciousness. Their choices and actions are governed by instinct and drive. This leads them to eat and procreate and migrate and do all the other things that each species needs to do for its continued survival.

**A 2D being is not self-aware in the way that you are.** They do not have a sense of a “me” as an individual. There is simply the drive to do this or that in response to the environment. There certainly is decision making... sometimes quite complex decisions taking numerous factors into account... but there are no ideas, beliefs or philosophies and there is not the sense of a “self” as being separate from what is outside of “me”.

The second phase of human life, the baby and toddler, are representative of 2D consciousness. At the point at which the baby begins to express desires... to want this and not want that... to accept this mouthful of food and reject that one. This is when this new human being is expressing 2D consciousness. And indeed, such a little being

has not yet conceptualized the “self” as being something apart from its world and its experiences. It is still simply following its urges and desires in its quest for survival.



### 3rd Density Consciousness

"I am this", "I am not that"

"This is what I do" ... "I am this kind of person"

The third density will likely be very familiar to you.

This level of consciousness represents the current collective level of consciousness of our planet and the level of most human beings now alive on Earth. 3D is the consciousness of self-awareness and of true choice. It is the consciousness of ethics and morality. It is the consciousness of “good” and “bad”. And because it is the consciousness of “self” versus “other” and “good” versus “bad” it is also the consciousness of duality.

The world of 3D consciousness is complex, intricate and often confusing. It is also the world of ego: the place in your psyche where you say “I”.

- “I am this. I am not that.”
- “This is what I do.”
- “I am that kind of a person.”

These are the statements of 3D consciousness, which it is centered in your solar-plexus chakra.

This is the place from which resolve and will-power originate. It is the go-it-on-my-own and do-it-my-way consciousness. And it is a very powerful force. Empires are built by such a consciousness when it is in full effect.

The third phase of life, which is the 3D phase, starts when a small child first utters concepts such as “I” and “mine”. To observe an awakening 3D-consciousness is to observe toddlers squabbling over possessions and the right of access to playground equipment.

Our planetary consciousness is 3D and so most beings reside at this level for much, if not all, of their incarnation. Sometimes a softening occurs in what is termed old-age. At this point there is a natural diminishing of the ego-body as the being discovers its limitations.

In a healthy world this phase would continue for only a few years. It would very soon be moderated by the reinforcement of reward for more socially accepted behaviour such as sharing, kindness and empathy. Certainly this level of consciousness should, in a healthy world, have been replaced by 4D consciousness long before the child has emerged from puberty into adulthood. In a world where all children are loved and emotionally nurtured this is what would happen. The desire to prove the self, define the self, and separate the self from parents and others would be drawing to a close by the late teens or early twenties at the latest. But this is not the case in your current planetary reality.

This can cause the being to **move from ego to heart** and become more 4D conscious but it certainly does not always work out this way. More usually a move from 3D consciousness to 4D consciousness happens as a result of a being actively choosing to **“listen to their heart”** or to “find their own truth” or to love unconditionally. When it happens in a 3D world like ours then the being finds themselves a little out of sync with the rest of the world as they ascend the ladder of densities and leave the 3D world of “me-first and damn the rest” behind.

The third density is the density of choice... at 3D, you find yourself constantly being offered places in which to invest your energy. Our planetary consciousness is 3D and so most beings reside at this level for much, if not all, of their incarnation. Sometimes a softening occurs in what is termed old-age. At this point there is a natural diminishing of the ego-body as the being discovers its limitations.

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## As we move beyond 3D consciousness

### You must choose what you will serve, what you will love

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4th Density Consciousness

Service to Other or Service to Self

The 4th density of consciousness is represented in your body by your outer-**heart chakra** (there is an inner-heart chakra too), will be discussed later.

When you have made the choice clearly and unambiguously then you are ready for the 4th density, which is the **density of love and of service**. Beings that have moved from the indecision of 3rd density consciousness into either a Service-to-Self or a Service-to-Other mindset find themselves at 4th density consciousness.

At this level of awareness the being begins the journey to true individuation as a soul, sovereign entity. Beings residing at the 3D level might wish to think of themselves as such but, in fact they are still very much a fragmentary consciousness. Spending a little time in conversation with beings of 3D consciousness will show this to be true: at the level of 3D consciousness there is a lot of internal conflict, as there are diverse opinions, beliefs and desires which are in internal competition in the mind of each 3D individual. This inner-conflict is obvious in the world in which 3D beings live. The world itself is wracked with conflict. Some of the conflicts are large and very obvious such as the wars that have raged across the globe unabated for all of your history. Some of them are equally obvious but perhaps less violent, such as the social conflict that occurs over every possible and imaginable schism: racism, classism, sexism... if there is a group, then there is another group in conflict with them. This all changes at the 4th

density level of consciousness. In order to graduate from 3D to 4D, each individual needs to come to certain clear decisions about itself.

Those decisions can be paraphrased as:

- “Who do I love?” Or
- “What do I serve?” OR
- “To what will I give my energy?”

The answer to that question will vary from person to person. One possible answer is “myself,” another equally valid answer is “others”. And so it is that the 4D level of consciousness is often quite correctly identified as the density of **Service To Self and Service To Other**. This is why it is also called the density of polarity because there are these two polar opposites in the manner in which you direct your energy.

Most often people who have moved their consciousness to the 4D level are not aware that they have done so and they are usually also not CONSCIOUSLY aware of taking this choice. But, for example, the person who is living their life on the streets among the poor, giving all of their energy to the upliftment of others... such a person clearly exemplifies 4D STO.

As does the person who has chosen to serve planet, earth or the animals upon her. All of these are 4D STO beings living amongst us in our 3D reality. By their example they offer us the choice to similarly decide to love (or serve) the other. The 4D STO polarity is called the polarity of **compassion**, as that is what rules the heart of such beings.

On the opposite pole is STS. This is where you will find petty dictators of every stripe who have decided that they love themselves only. They give all their energy towards the constant drive to attaining power, wealth and influence. Such people will attempt to ruthlessly destroy anyone who gets in the way of their desire to expand their ego-reach. They will strive at all costs to manipulate others around them to serve their wishes, desires and ego-gratifications. Such people will often SAY that what they are doing is, in some way, for the greater good. They will SAY they are serving the needs of the electorate, the shareholders, the customers, the community or whoever they are pretending to serve. But you need not look too carefully to see that this is a sham. They will go directly against the interests of anyone and everyone if their own ego will be better served by them doing so. 4D beings of the STS polarity can be found playing out their dramas anywhere from criminal gangs to corporate offices, to political parties, to religious organizations and beyond.

4D beings, irrespective of the details of their polarity, are characterized by a kind of clarity of purpose. They have clearly decided where their energy should go. Such beings follow their hearts and go where they must. Because they are not pulled hither and thither by all manner of conflicting thoughts and beliefs, they can align their personal energy with their goals and drive towards those goals with great power. 4D beings get things done!

The challenge for those at this density is that, eventually, all 4D beings begin to run out of resources. The occupational hazard of the 4D being is burnout. You give all you have and then you exhaust all that is at your disposal. Illness and disease easily then takes hold of the body and you exit the incarnation. The reason for this is simple: no system can exist in which the energy only flows in one direction. A dam which ONLY gives water, and is never replenished, will run dry. A dam that ONLY receives water, and never releases any, will burst its banks. Or, more likely, people will find a way to bypass it entirely because they know it is useless to them. Both STS and

STO beings find that, lifetime after lifetime, they run out of resources. They either burn themselves out or end up all alone with nothing.

This is why 4D beings (and 4D societies) can achieve a modicum of success and power but they are ultimately quite limited. 4D beings will never get the traction and the reach that they desire to really change the world.

At least not until they find themselves ready to awaken to a simple fact:....

**You have to give to get ... and you have to get to give ...**

**When you realize and choose you awaken to**

**5D Consciousness**



5D Consciousness

Balanced Polarity

5D consciousness is represented in your body by your **throat chakra**. It is all about powerful expression.

At this level of awareness the ascending being will still be inherently STO or STS, depending on where they came from. But they will now know that they must also balance their polarity with some of the opposite polarity.

The 5D STO being will know that she must be willing to receive with an open heart from all those that would give to her, SO THAT she can give her great service. She will become a powerful force for change in the world because she is now, for the first time, really beginning to channel energies through herself rather than simply giving from her own small store of personal energy.

The 5D STS being, by contrast, will know that he must be willing to give to others around him, to feed them and to nurture them, SO THAT they will remain faithful and loyal to him and continue always to give him what he demands. He becomes a “benevolent tyrant” and might very well be admired, respected and even loved by his subjects. At 4D you find “bosses” but at 5D you find “leaders”. Here you find beings who inspire followers and unite them with their vision. Powerful corporate CEOs and admired national presidents are perfect examples of this level of consciousness.

As 5D really is about a deep knowing of how to give to get (or how to get to give) and because it is based on the wisdom of knowing how to manage the self and the other, it is very aptly called the density of wisdom.

5D consciousness is represented in your body by your throat chakra. It is all about powerful expression.

At some point the 5D being will awaken a little more too. At some point, eventually, she will tire of all the endless cycles upon cycles of life in which she tries to change the world in order to make it different from what it is. At some point she will begin to wonder what it is all really about. “What is the point of all this endless service of the

self or the other,” she will wonder. For indeed she will have noticed that there is a simple rule that seems to work, always:

What you do to another you do to yourself also.

And at this point she might be ready to choose to make the leap to the realization that the separation between “self” and “other” is only illusory, that, in fact, All is One.

If she does... then 6D consciousness dawns for her!

## Realization - I am not separate

### ALL is ONE



6 Density Consciousness

Unity

At the 6th density there is no more polarity. The STO and STS streams converge. It matters not which path you trod before. Now all paths are one path. And because the 6D being knows that All is truly One, this density is often called the density of Unity Consciousness.

It is represented in your body in the **brow chakra**. The aspect of self that observes what is. That takes it all in. That resides in loving acceptance and surrender.

The 6D being's “natural” body is a light-form. A pure expression of bright light. But the 6D consciousness CAN still experience itself in a human body, for example, and this is the highest level of consciousness that one can attain whilst still attached to a dense body. But when you meet such a being outside of incarnation, you will see it as it really is: a bright light-form.

The sixth density of consciousness is a truly beautiful place to find yourself in. This is the level of awareness in which you finally have a good and useful grasp of the meaning of life in this system of reality and are able to enjoy it to the full without constantly tripping yourself and hurting yourself.

To enter the sixth density is to discover that you are **One with All That Is**. And so you live a life that is congruent with that truth.

For example: you only put out what you want back. And you therefore only get back that which you want to experience. Life becomes a lot more harmonious and peaceful. But at the same time you are able to enjoy all the fruits of the illusion of separation. You can play and love and explore. You can taste and feel. You can live in a wonderfully complex human body on Planet Earth (or a different body on another planet, for that matter). You can have all these wonderful experiences that separation provides and yet, at the same time, you can simply choose to forgo fear and suffering!

The 6D being knows that he is One with Life. He knows, when he meets you, that you and he are two faces of the same eternal, infinite Source of All. He knows also that he is the creator of his own reality and that he is constantly bringing all his experiences to himself by his deepest beliefs. He therefore dedicates some of his time and energy to learning to heal the beliefs he holds which bring him results he finds undesirable. In this way he masters his thoughts and choices. In this way, in fact, he masters himself.

Though, from the perspective of the 3D being, even a 4D being is of a more ascended consciousness, I myself would not consider a being to have attained mastery until they have attained at least the 6th density of consciousness.

Before this they are still experiencing inner-conflict, suffering and pain. Before this they are still creating fear and undesirable dramas in their lives. The 6D being rises above this. And it is precisely because the 6D being rises above fear, pain and suffering that these things cease to drive him to evolve any further.

Below 6D his evolution was driven by his desire to move away from that which he did not wish to experience. By a kind of a “running away” motivation. At the 6D level his motivation changes to a “running towards”. That is to say, the 6D being, as a direct consequence of his level of consciousness, no longer finds himself having “negative” experiences. This allows him the deep peace and stillness necessary to truly observe “what is”. In that state he can see quite clearly who he really is and how, from the deepest depths of his Soul, he wishes to respond to life. In this state of truly still BEing he can clearly see his own true purpose. He can see himself as he is and he can see life as it is. He can see what the perfect fit between himself and all of life is. He can see EXACTLY why he is in this particular here and now. And so, from this place, the 6D being responds and delivers to all of Life his Greatest Gift.

And THIS is the motivation of the 6D being: neither to serve the other nor the self. For that is an irrelevant thought at this level of existence. No. Neither to give nor to get. None of these things. But indeed, simply to find and express his truest nature, moment by moment. And doing so cannot be anything other than him giving his greatest gift. It cannot be any other than that which is MOST desired and needed by the Life that he finds around himself at that time. He MUST, by divine right order, be the perfect response at the perfect time to Life’s needs, there and then.

But of course we, by now, know the way life works, don’t we? We know that: What you put out is what you get back.

Right?

So I am sure you can imagine what our 6D friend’s life is like. He is giving his greatest gift and this is his highest joy. And so Life responds by giving Its greatest gift right back to him! It can do no other! So he finds himself living a remarkably abundant life too.

And just as it is true that what the 6D being does, is to give his greatest gift, so too is it so that this is the means of his continued growth, expansion and evolution. Anything that you do repeatedly you will get better at. Your skill and capacity will increase. And so much more so if you really love what you are doing. And so it is that the 6D being will come to truly master the giving of his gift. His reach will become great. His impact very large indeed. And all this will become close to effortless for him.

There are further levels of Density Consciousness that will be explored further at a later date.



*This writing is but one perspective of many potential perspectives on the definition of Consciousness. Please take what resonates with you and discard the rest. The above is a rework of an original inspired writing from a wonderful teacher in Africa. Full permission was granted to share here and adapt the writing to the reader. The original inspired writings can be found here: <https://zingdad.com>*