

# Knowingness Scale

## Love-Wisdom (Natural Knowing)

In the Present  
No Fear  
Acceptance  
Joy-Spontaneity  
The Natural Child  
Ultimately-Nothing-no awareness of differences or separation

## Unknowing

Letting go of limiting beliefs, positions, judgments and safety of ego  
Trusting  
Not needing to "know" ...  
I know I do not know

## Knowing

Trusting your own experience  
Trusting your own inner authority  
Coming from the inside out  
Becoming your own source

## Experience

Emotions, body, mind, spirit -- a combination  
Participate in the moment totally  
Not judging, analyzing, etc.  
Not figuring out, planning or controlling

---

## Belief

Have decided about  
Made up your mind about  
Taken a position  
Consider in terms of right or wrong

## Do Something About

Gather information about  
Investigate -- Authority is coming from the outside in  
Talk about  
Analyze, compare, judge, censor, plan, edit, figure out

## In Mystery About

Have heard mentioned  
Have rather vaguely or superficially come into contact with  
Subject has entered your awareness just enough to be noticed

## Unconscious About

Not aware that the subject exists  
It is not in your awareness