

What is Defiance ?

Have you ever known that you must do _____, but been absolutely unable to do it?

Or, have you started out after much struggle, only to eventually stop doing the thing, even though you knew you had to do it because it would solve so many of your other problems?

The block is Defiance.

Defiance is the reason so many of us stop dead in our tracks, regardless of how important the subject is to our health, finances or family. It is like a willful child having a temper tantrum!.

Ignored, Defiance is like swimming in the ocean with an anvil around your neck. Eventually you will sink. You spend so much time fighting the current and the Defiance that you don't have the energy to do anything else, which is the point.

What is the purpose of Defiance?

Defiance is a tool of the subconscious. There has been a cluster of traumas that have gone unaddressed and the subconscious has put the breaks on.

We must deal with the traumas that we ignored which caused the inner Defiance or we simply can't move forward.

We may even think we have addressed them with years of therapy or whatever work we did – but we did not completely resolve them “energetically” otherwise we would not have the Defiance against doing good things for ourselves.

How to identify Defiance? Dr. Hawkins Map of Consciousness – Low Frequency – Shame, Guilt, Apathy, Grief, Fear, Desire, Anger & Pride.

Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

How do we identify their symptoms, the Distractions? The Distractions are the things we do instead of the goals that we desperately need to do, in reaction to our Defiance and Rebellion.

The world economy is built on supplying us with innumerable Distractions.

These are usually unresolved childhood traumas – due to unresolved parental conflict during the formative years 0-7. Perhaps we have done a ton of therapy or other types of work on these issues and we believe they are resolved, and yet the energy of the trauma is still in our bodies and hence, our Subconscious is screaming NO! It doesn't have to be childhood traumas – any trauma that we did not deal with can cause this.

Recently all of us were traumatized by the so-called “covid pandemic” and it's repercussions – we were traumatized by our public officials overstepping their roles, we were traumatized by our friends and families who gave us ultimatums about when and how we could see them. Many of us lost our friends, families and jobs during this time. This kicked up unresolved traumas from the formative years of childhood. Then most of us have not resolved that trauma because we did not know how, since all of us have gone through it – not one of us has been immune to the recent traumatic goings on in politics and the media.

Reviewing Dr. Hawkins' chart from the Lowest Frequency first:

Shame: the heaviest of all levels, is characterized by a sense that there is something inherently wrong with “me”. I'm not good enough, I'm unworthy, who am I to deserve anything good, why even try?

Guilt: this level is characterized by feelings that it is my fault, I've done something wrong, I messed up, I don't want to make mistakes again, it's all my fault, I've hurt others, I don't deserve too much.

Apathy: this level is characterized by a sense of stuckness, deadness, depression: an unwillingness to move in any direction or make an effort. Why bother? All is lost, I can't do it, I will never get it.

Grief: this level is characterized by a heaviness, a sadness, a longing for someone to help me or do it for me. I can't do it, it's so hard, I need someone to help me, life is not fair.

Fear: this level is characterized by an unwillingness to move for fear of being punished, judged, criticized, etc. I'm too scared to do anything, something bad will happen to me, I am afraid of failing, what will others think of me.

Lust / Desire: this level is characterized by a somewhat higher frequency than previous levels but there is a neediness, a sense of lack, a hole in the soul that we need to fill with inappropriate distractions. I have to do it perfectly, I have to be perfect, I'll show them, I won't let them have it, I need more than “my share” so I will never be without what I need.

Anger: at this level, we seem to have more energy but it is borrowed energy that depletes itself in the end and there is the spiritual disease of resentment eating us alive, we use self-righteous indignation as power. It only gives us a few inches to move. They give it to others but not me, I'll take them down with me, they're stopping me, they're the reason I can't have it.

Pride: while often associated with positive achievement, pride is insidious because it is attached to scarcity. It is a feeling of being better than others, or being owed something and entitled to something. I'm better than everyone else, I deserve this, they owe it to me, I don't need to do this, I didn't want it anyway.

In the rest of this document, I will present several ways to identify and release Defiance.

First I present below a how Defiance is preventing us from moving forward the areas where we are most Defiant in life. relating to having, being, feeling, distracting and procrastinating:

Defiance Against Doing Exercise, Eating Healthy, Chores, Meditation, Succeeding, Commitment

Defiance Against Being Successful, Single / In a relationship, Vulnerable, Healthy, Seen, Healed

Defiance Against Feeling Sad, Happy, Fear, Guilt, Abandonment, Betrayal

Distractions and Procrastination in reaction to Defiance:

Binge-Watching Netflix, Channel Surfing, Pornography, Dangerous Sexual Situations, Staying up late, cheating on partner, double-minded activities, shopping, gambling, playing video games, drinking, drugging, overeating, dieting. Making physical your psychic pain: cutting, pulling your hair out, getting overly tattooed, pierced, branded. Picking our skin and zits, Bulimia & Anorexia, biting your fingernails, picking your cuticles, splitting your hair, etc

If you know how to do the Emotion Code, you can clear them that way, by finding the trapped emotions which are holding these various Defiances in place.

If you know the Belief Code, there are belief systems under each one that you can clear.

Otherwise, you can do a written inventory of the Defiances.

A Defiance Inventory is one in which you can look carefully at what is the payoff for continuing to be Rebellious.

Using Muscle-Testing or Dowsing Rods, find out which of the Defiance symptoms you have.

Admit to all the Distractions you are using.

1. List them one per page.
2. Write down under each of them, ways and situations in which you use each of these Rebellions, Defiances, and Distractions. Write down who is affected and how.
- 3.a. Write down how your self-esteem is affected – “Defiance against “success” affects my belief about who I am ...”
- b. How is my home, job, money or emotional security, effected by my “Defiance against “success” ?
- c. How is what I want in my life effected by my “Defiance against “success” ?
- d. How are my relations with friends and family effected by my “Defiance against “success” ?
- e. How are my relations with my partner or men, women effected by “Defiance against “success” ?

- f. How is my pride – my belief about who I am in the eyes of others effected by my “Defiance against “success” ?
4. Become deeply humbled by how this is effecting your life. Pray for help.
5. a. Now look at where you are / are not getting what you want by staying stuck, regarding this aspect of Rebellion.
- b. Where am I lying by omission or commission regarding this aspect of Rebellion?
- c. What am I afraid of? Losing what I have? Not getting what I want?

When you are done – use the Emotion Code to remove trapped emotions.

Use the Belief Code / Body Code to release imbalances, beliefs and trauma around each of these symptoms. There will be a Belief system for each of these clusters of Trauma: Grief, Fear, etc.

Do you have a resistance to Healing your Defiance Blocks?
Is there a belief system holding you back?

You might find that you have ALL of the symptoms of Defiance and all of the Distractions. Great! Just do one Belief Code per day, or whatever your body says you can clear, but no more than one, per day.

Or Emotion Code.

You have written a great inventory but you still must clear the blocks – without using the Codes, you could pray and also be of service to others and make right wrongs done in the past.