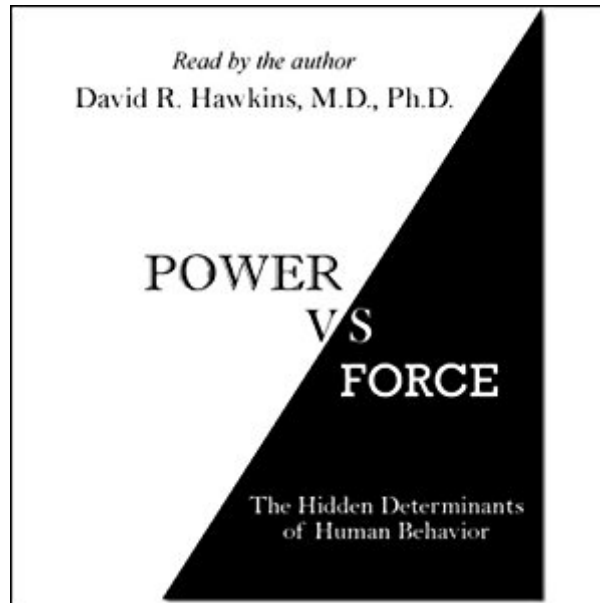


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Power Vs. Force: The Hidden Determinants Of Human Behavior



Synopsis

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Book Information

Audible Audio Edition

Listening Length: 8 hours and 10 minutes

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Customer Reviews

I bought a copy of David Hawkins' "Power vs. Force" at the recommendation of a good friend and fellow spiritual seeker who has been quoting Hawkins at me for a couple of years. I am certainly glad to have read this book, and will add that I found it intriguing enough to order the two subsequent books in Hawkins' trilogy. At the same time, I have rather mixed feelings about what I read-- which is reflected in this review. Whereas I tend to keep an open mind, I have considerable skepticism of any teacher, mystic or expert who claims to have "THE answer." Although he'd like us to think he has the "definitive answer," what Dr. Hawkins has-- and offers readers-- is a PERSPECTIVE, much the same as most other Teachers. And whereas it may be an intriguing and possibly life-altering perspective for some, it is none-the-less still just that: a perspective. Since the majority of the reviews written so far seem to be offering largely *opinions* I'll start by trying to explain what this book is actually ABOUT. This is mostly a spiritual book, masquerading under a facade of questionable science. Loosely speaking, Hawkins pokes at the fringes of Nonduality, vaguely drawing on traditions of Teachers ranging from Sri Ramana Maharshi to Eckhart Tolle. Yet, at the heart of Hawkins' theories about life, and "How Things Work" is the "science" of Applied Kinesiology (AK). AK is not exactly new, having first gained some attention in the 1960s. It is basically a kind of "muscle testing" which posits that we simply "know" whether something is truth or not-truth, regardless of intellect, training, experience or anything else. Thus if something is "bad,"

"untrue" or "evil," our muscles will be "weak" in its presence.

The new science of Kinesiology ushered in a powerful diagnostic tool called "muscle testing". (Muscle testing is a simple procedure for testing strong/weak responses, such as that of an outstretched arm, in response to questioning). Despite the revolutionary nature of these discoveries, most people are willing to rationalize that something other than the "conscious mind" is at play, something whose function it is to oversee the well-being of the individual and manage the body's myriad complex subsystems. It could then be extrapolated that this benign functionality - "subconscious mind", "field" or whatever - would be willing to communicate with the "outside world" when matters regarding the well-being of its charge were concerned. Dr. Hawkins, however, has taken a quantum leap with the idea of muscle testing. Rather than simply regarding the field or subconscious mind as the governing mechanism of the individual's body, he applied muscle testing in the context of traditional metaphysical paradigms stating that all things are connected, that all events, actions, thoughts and emotions are written into the unlimited Database of Consciousness, and that as participants in this universe, we all have access to that Database. Thus through muscle testing we have the ability to get the answer to any question we can formulate (except pertaining to the future, which has not yet been written into the record). The implications of this are staggering. Did aliens put a face on Mars? Is the government telling the truth about thus-and-such? We now have the means for direct knowledge. Most authors would be content to base an entire book solely on these revelations, but surprisingly this is merely the groundwork laid out by Dr. Hawkins for the rest of the book!

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