

Power Versus Force

From the work of David R. Hawkins, M.D., Ph.D., 1995

Force	Power
Arises from falsehood	Arises from founding principles (Declaration of Independence, Constitution, Bill of Rights)
Is arguable, requires proof	Is self-evident
Insists on a win/lose dichotomy, polarizes, incites defensiveness, creates enemies and results in ongoing struggle	Unifies and produces win/win solutions
Consumes energy and must be constantly fed	Values, supports and energizes life
Flaunts itself because it originates in self-doubt	Manifests as creativity and genius
Exploits others for self-serving ambitions	Serves the people
Uses persuasion, coercion, intimidation, violence	Inspires
Relies on propaganda and disguise, cannot tolerate dissent, must be justified	Requires neither defense nor justification
Appeals to what is crass	Appeals to what is noble
Can be seductive and glamorous. May manifest as false patriotism, prestige or dominance. May depict romance, privilege and style.	Has integrity, which leads to faith and confidence
Is arrogant and pompous	Is humble and unassuming
Attracts the weak	Attracts the strong
Attacks and tries to punish, control or take revenge	Is caring, fosters the positive and supports solutions
Is motivated by personal pride, greed or the desire to dominate and therefore becomes weak	Is motivated by love, honor or excellence and therefore accesses grace
Is vulnerable to flattery	Manifests as mastery with humility and gratitude
Distorts truth for self-serving purposes	Creates space for ideas, is tolerant, considerate, sincere and responsible
Argues that the ends justify the means and therefore sells out freedom for expediency	Upholds pure principles knowing that the means and the ends are the same
Authoritarian, dictatorial, tyrannical, repressive	Respects and upholds the dignity of others, provides stewardship for the greatest benefit of all
Fights opposition and results in counter-force	Just is
Focuses on getting	Stands in awareness of already having
Is humorless and insecure	Includes laughter, joy and clarity
Is judgmental	Is compassionate
Offers quick, easy solutions	Requires maturity, discipline and patience
May require extreme effort	Accomplishes with ease
Is limited	Draws from endless, unlimited source
Is associated with religions that incite strife, conflict and war	Is associated with spirituality that practices nonviolence, freedom and peace
Is possessive	Is independent of external circumstances
Is exemplified by colonizing	Is exemplified by Gandhi
Is exemplified by brutality	Is exemplified by Martin Luther King Jr.
Ends	Continues