



MASARYK UNIVERSITY
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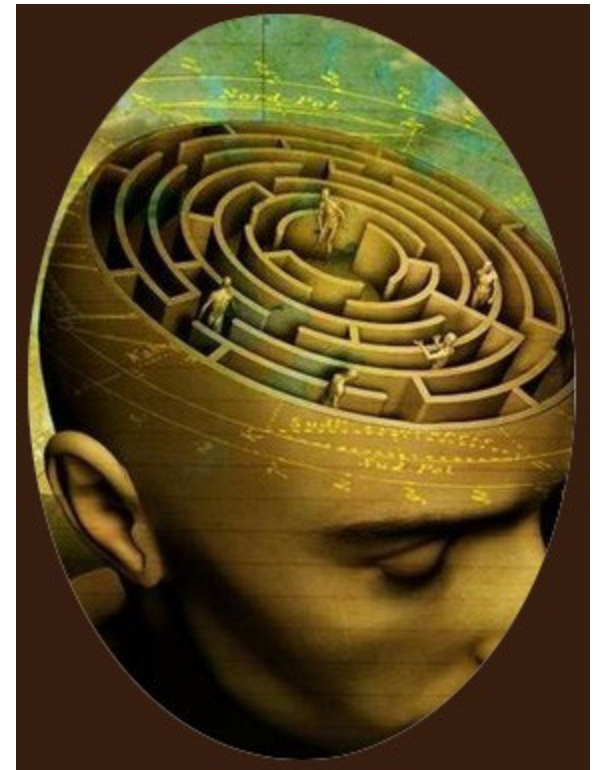
Psychology of Self-knowledge

5th lecture

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Ways of self-knowledge

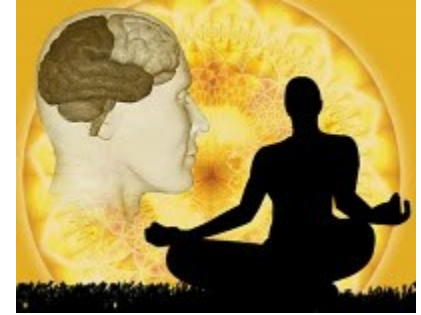
- Self-analysis
- Self- acceptance
- Methods of self-knowledge
- Searching for harmony



Main principles of self-knowledge

1. Relaxation
2. Concentration
3. Visualization
4. Self-hypnosis





An **altered state of consciousness** is a temporary change in one's normal mental state without being considered unconscious. Altered states of consciousness can be created intentionally, or they can happen by accident or due to illness.

ALTERED STATES OF CONSCIOUSNESS

- 1. Waking and Sleeping**
- 2. Dreaming**
- 3. Hypnosis**
- 4. Pathological States**
- 5. Orgiastic Trances**
- 6. Drug Induced States**
- 7. Aesthetic State**
- 8. Mystic State**
- 9. Other States of Consciousness**

- **Pathological States.** The hysteric trance and schizoid states have been studied as altered states of consciousness using the phenomenological approach.
- **Orgiastic Trances.** This type of trance results from group singing and dancing, often associated with religious ceremonies.
- **Mystic State.** This is the most important among all the altered states of consciousness. The term mystic is used in the sense of beyond description. Hindus call this samadhi, Buddhists nirvana, Sufis fana, Christians pneuma and the term used in Zen Buddhism is satori.

- **Other States of Consciousness.** There seems to be no sharp line of demarcation between feeling states and states of consciousness. A person in a fit of rage functions differently from his normal pattern of behavior. Fainting may involve alterations in consciousness and effects of isolation may produce alterations in consciousness. Activities like sports may induce peak experience in expert players.

CHARACTERISTICS OF NORMAL WAKING CONSCIOUSNESS

- Level of awareness. Awake and generally aware of internal and external events. A good sense of place, time and reality.
- Content limitations. More constrained and controlled.
- Controlled and automatic processes. Attention is focused or highly selective and can be divided between tasks.
- Perceptual and cognitive distortions. Perceptions are realistic and normal. Affective control of memory processes: storage and retrieval. Thought processes are organised and logical.
- Emotional awareness. Greater awareness of emotions and control of emotional awareness.
- Self-control. More control over actions and movements.
- Time orientation. Clear sense of time.

Modern methods of self-knowledge and self-management

CHARACTERISTICS OF ALTERED STATE OF CONSCIOUSNESS

- Level of awareness. Level of awareness is lowered during an altered state but can be increased when a person experiences heightened awareness.
- Content limitations. Usually less constrained or controlled, with reduced ability to process information but fewer limitations on content.
- Controlled and automatic processes. Usually less (although sometimes more) able to perform controlled processes and automatic processes. Usually less control over attention, which may be highly selective, but less able to be divided between tasks.
- Perceptual and cognitive distortions. Perception (including pain) may be altered. Memory processes may be disrupted or distorted: storage and recall may be more fragmented or less accurate. Thought processes are disorganised and less logical.
- Emotional awareness. Less (although sometimes more) control of emotions, e.g. more or less affectionate, aggressive, anxious.
- Self-control. Usually less control over actions and movements, e.g. not able to make yourself walk in a straight line.
- Time orientation. Distorted 'sense' of time, e.g. time may appear to speed up or slow down.

Specific methods of achieving altered states of consciousness:

- autogenous training;
- meditation ;
- breathing techniques (Holotropic breathing);
- various rituals and ceremonies.

Holotropic Breathwork is a powerful approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, Eastern spiritual practices, and mystical traditions of the world. The name *Holotropic* means literally "moving toward wholeness" (from the Greek "*holos*"- whole and "*trepein*"- moving in the direction of something).

Methods of self-improvement

- Self-control of competence
- Inventorization of changes in ourselves
- The ability to learn from others
- Table of life and professional goals
- Diary of achievements and failures
- Modeling of own portrait
- Development of motivation

Modern methods of self-knowledge and self-management

“Valuable self-image”

1. Choose the exciting situation in which you do not know what to do.
2. Identify three skills that will help you to be in this situation the most successful (psychological state, some real skill, a metaphorical construct and so on).
3. Take one of your skill and remember when in your life it was successfully used. It is important to see yourself in full height, the smallest details in changing behavior, facial expressions, movements, clothes...
4. Then, you have to imagine how this “successful man” is transferred to a street on any neutral city and walk their.
5. The same operations necessary to repeat with the other two skills.
6. After that they should be connected. You have to imagine how you are going down these three roads with your skills and then these roads lead to one area and all three images combine into one on it.

YOUR TASK

You should analyze

Highlight the importance of altered states of consciousness for the human experience.

What are the main methods of self-improvement ?

You should do

Emotional diary

You can read

Stanislav Grof (2010) *Holotropic Breathwork: A New Approach to Self-Exploration and Therapy*.

Rochais A. (1997) General introduction to PRH education. Winnipeg.

You should write

Essay on the next topic “Self-knowledge is a self-baring, or not ?”

Several questions based on the reading of new articles

Thank You!

