

States Of Consciousness

When a computer goes wrong, we are told to turn it off and on again. In Am I Dreaming?, science journalist James Kingsland reveals how the human brain is remarkably similar. By rebooting our hard-wired patterns of thinking - through so-called 'altered states of consciousness' - we can gain new perspectives into ourselves and the world around us. From shamans in Peru to tech workers in Silicon Valley, Kingsland provides a fascinating tour through lucid dreams, mindfulness, hypnotic trances, virtual reality and drug-induced hallucinations. An eye-opening insight into perception and consciousness, this is also a provocative argument for how altered states can significantly boost our mental health.

A history of literature, science and art delving into the mysteries of human consciousness, with a new introduction by Mark Hadron, published to coincide with a major exhibition at Wellcome Collection in 2016 "The boundaries which divide Life from Death are at best shadowy and vague. Who shall say where the one ends and where the other begins?" Edgar Allan Poe Understanding the nature of consciousness continues to challenge even our leading scientists and psychologists. Yet we all experience some form of consciousness and make daily journeys between these states as we sleep and wake. Through the eyes of writers, artists, scientists and philosophers, States of Mind explores the meaning of consciousness and, in particular, the nature of interrupted or liminal conscious experiences, such as somnambulism, synesthesia and disorders of memory. These diverse - even conflicting - perspectives pose fundamental questions about what it means to be alive, aware and human. This engaging collection draws on five centuries of thinking, probing science and the soul, language and memory, being and not being. It includes works by Jane Austen, Samuel Taylor Coleridge, Arthur Conan Doyle, Francis Crick, René Descartes, Emily Dickinson, H.I Gold, Franz Kafka, H.P Lovecraft, Marcel Proust, Mary Shelley, Henry David Thoreau, Alan Turing, H.G Wells and Emilia Zola.

Do we consciously cause our actions, or do they happen to us? Philosophers, psychologists, neuroscientists, theologians, and lawyers have long debated the existence of free will versus determinism. With the publication of The Illusion of Conscious Will in 2002, Daniel Wegner proposed an innovative and provocative answer: the feeling of conscious will is created by the mind and brain; it helps us to think and remember our authorship of the things our minds and bodies do. Yes, we feel that we consciously will our actions, Wegner says, but at the same time, our actions happen to us. Although conscious will is an illusion ("the most compelling illusion"), it serves as a guide to understanding ourselves and to developing a sense of responsibility and morality. Wegner was unable to undertake a second edition of the book before his death in 2013; this new edition adds a foreword by Wegner's friend, the prominent psychologist Daniel Gilbert, and an introduction by Wegner's colleague Thalia Wheatley. Approaching conscious will as a topic of psychological study, Wegner examines cases both when people feel that they are willing an act that they are not doing and when they are not willing an act that they in fact are doing in such phenomena as hypnosis, Ouija board spelling, and dissociative identity disorder. Wegner's argument was immediately controversial (called "unwarranted imperitence" by one scholar) but also compelling. Engagingly written, with wit and clarity, The Illusion of Conscious Will was, as Daniel Gilbert writes in the foreword to this edition, Wegner's "magnum opus."

"Francis Bourzat has written an authoritative book on guided psychedelic therapy with important lessons for anyone thinking of either guiding or being guided."—Michael Pollan via Twitter A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

This volume presents various perspectives on altered states of consciousness and mental health and places them within the boundaries of cross-cultural psychology. Part One considers theoretical and methodological issues in the study of altered states of consciousness; Parts Two and Three link altered states of consciousness and mental health by focusing on both its therapeutic and pathological aspects. The final section concentrates on models highlighting a variety of paradigms and diverse methodological approaches.

Breakthroughs in Understanding the Biology of Consciousness This textbook covers fundamental discoveries about the biological basis for spiritual and shamanic states, transpersonal experiences, and consciousness itself. Derived from explorations into the very earliest prenatal development, this book describes how consciousness is based on biology inside the cell. Developmental Events: Spiritual and shamanic states are a legacy of our earliest prenatal growth stages. The Primary Cell: Consciousness extends from just one cell of the body. Triune Brains: The cell organelles are the basis of the 'subconscious' triune brains. Transpersonal Biology: Spiritual, shamanic and psychic phenomena are based on access or perception of biological structures inside the cell. Inherent Dangers: Triggering certain prenatal traumas may cause serious or life-threatening problems. With this theoretical foundation, we can now understand what traditional spiritual and shamanic practices do at a biological level, as well as the cell what makes different healing therapies effective. More important are the very practical applications - entirely new techniques for spiritual growth and healing become possible, through a synthesis of traditional concepts with modern microbiology. This textbook on the theory of peak states and the biology of consciousness is used in our therapist training classes. Although it is written for professionals, we've made it available for laypeople that are interested in the cutting edge of consciousness research and its applications to psychology and medicine.

Altered States of Consciousness and Mental Health

A Cross-Cultural Perspective

The Illusion of Conscious Will

Achieving New States of Consciousness Through NLP, Neuroscience and Ritual

Neurochemistry of Consciousness

Experimental Insights into Meditation, Waking, Sleep and Dreams

Holotropic Breathwork and Altered States of Consciousness

Neurotransmitters in Mind

Altered States of Consciousness

Foundations of Consciousness

Magical States of Consciousness

Covers topics of consciousness from both a natural science and cognitive psychology viewpoint. Based on the belief that psychology is a natural phenomenon and product of the brain's functioning, it emphasizes systematic research and theoretical interpretations and discusses clinical applications.

Despite the increase in meditation studies, the quality remains variable; many of them are trivial, and most remain unreplicated. Research on meditation has been plagued by insubstantial theorizing, global claims, and the substitution of belief systems for grounded hypotheses. Meditation punctures some of the myths about meditation, while retaining a place of value for mediation as a normal human function. In each chapter includes discussion of the major questions addressed, followed by a detailed critique of important theoretical, clinical, and research issues. In several instances the reader may find that questions seem to beget questions; research bearing upon certain issues may be contradictory, or not yet of sufficient thoroughness. In these cases, the author suggests the specific future research necessary to resolve the questions posed, so that claims about meditation are justified, and which are not. The profession of psychology itself is, and has been, in a polarized debate between the "practitioners" and the "experimentalists." The latter accuse the former of being "soft, non-empirical, non-scientific," while practitioners accuse the experimentalists of conducting research which is essentially irrelevant to human concerns. This approach provides a bridge between research and clinical practice. Meditation provides an encompassing survey of the topic—nearly forty tables and figures; sample questionnaires, evaluations and programs and a detailed overview of a controversial field. Shapiro separates self-regulation with self-delusion, to outline questions and possible answers. Deane H. Shapiro, Jr. is professor emeritus of Psychiatry & Human Behavior, School of Medicine at the University of California, Irvine. He is internationally recognized as one of the world's foremost authorities on the clinical, therapeutic and medical health care applications of meditation and his research and writing on meditation and self-control have been requested by universities and medical schools throughout the world.

Explores deep sleep (susupli), one of the three states of consciousness in Advaita Vedanta, and the major role it plays in this philosophy. Machine Dreaming and Consciousness is the first book to discuss the questions raised by the advent of machine dreaming. Artificial intelligence (AI) systems meeting criteria of primary and self-reflexive consciousness are often utilized to extend the human interface, creating waking experiences that resemble the human dream. Surprisingly, AI systems also easily meet all human-based operational criteria for dreaming. These "dreams are far different from anthropomorphic dreaming, including such processes as fuzzy logic, liquid illogic, and integration instability, all processes that may be necessary in both biologic and artificial systems to extend creative capacity. Today, multi-linear AI systems are being built to resemble the structural framework of the human central nervous system. The creation of the biologic framework of dreaming (emotions, associative memories, and visual imagery) is well within our technical capacity. AI dreams potentially portend the further development of consciousness in these systems. This focus on AI dreaming raises even larger questions. In many ways, dreaming defines our humanity. What is humanity special about the states of dreaming? And what are we losing when we limit our focus to its technical and biologic structure, and extend the capacity for dreaming into our artificial creations? Machine Dreaming and Consciousness provides thorough discussion of these issues for neuroscientists and other researchers investigating consciousness and cognition

This book explores the role of altered states of consciousness in the communication of social and emotional energies, both on a societal level and between individual persons. Drawing from an original reading of Durkheimian social theorists (including Mauss, Hertz, and Hubert) and Jungian psychology, Louise Child applies this analysis to tantric Buddhist ritual and biographical material. She suggests ways in which dreams and visionary experiences (including those related to the 'subtle body') play an important and previously under-explored role in tantric understandings of the consort relationship.

The volume presents seventeen papers by different scholars that examine, from an interdisciplinary perspective, questions concerning meditation and yogic perception. The contributions focus on various aspects, such as the nature of consciousness, the relation of body and mind, and health, and bind together the perspectives and approaches of disciplines such as South Asian, Buddhist and Tibetan studies, religious studies, philosophy and the history of philosophy, medieval European history, anthropology and psychology. In contrast to recent interdisciplinary studies on meditation that take the natural sciences as their focal point (notably, quantum mechanics and neurophysiology), this volume uses methods established in the social sciences and humanities as tools for understanding meditative traditions, especially those found in Buddhism and Hinduism.

In this accessible overview of current knowledge, an expert team of editors and authors describe experimental approaches to consciousness. These approaches are shedding light on some of the hitherto unknown aspects of the distinct states of human consciousness, including the waking state, different states of sleep and dreaming, meditation and more. The book presents the latest research studies by the contributing authors, whose specialties span neuroscience, neurology, biomedical engineering, clinical psychology and psychophysiology, psychosocial medicine and anthropology. Overall this anthology provides the reader with a clear picture of how different states of consciousness can be defined, experimentally measured and analysed. A future byproduct of this knowledge may be anticipated in the development of systematic corrective treatments for many disorders and pathological problems of consciousness.

Machine Dreaming and Consciousness

Strangers to Ourselves

In the Mind's Eye

Alterations of Consciousness

An Empirical Analysis for Social Scientists

The Mystery of Consciousness

Yogic Perception, Meditation and Altered States of Consciousness

The Dream Drugstore

Alternate States of Consciousness

ESP and Altered States of Consciousness

Unself, Otherself, and Superself

Meta-Magic: The Book of ATEM

The conscious mind is life as we experience it; we see the world, feel our emotions and think our thoughts thanks to consciousness. This book provides an easy introduction to the foundations of consciousness: how can subjective consciousness be measured scientifically? What happens to the conscious mind and self when the brain gets injured? How does consciousness, our subjective self or soul, arise from the activities of the brain? Addressing the philosophical and historical roots of the problems alongside current scientific approaches to consciousness in psychology and neuroscience, Foundations of Consciousness examines key questions as well as delving deeper to look at altered and higher states of consciousness. Using student-friendly pedagogy throughout, the book discusses some of the most difficult to explain phenomena of consciousness, including dreaming, hypnosis, out-of-body experiences, and mystical experiences. Foundations of Consciousness provides an essential introduction to the scientific and philosophical approaches to consciousness for students in psychology, neuroscience, cognitive science, and philosophy. It will also appeal to those interested in the nature of the human soul, giving an insight into the motivation behind scientist's and philosophers' attempts to understand our place as conscious beings in the physical world.

This book presents an analytic investigation into the nature of cognitive reality. The author explores various manifestations of consciousness with rational and empirical rigor; he begins with more ordinary states such as thinking, sleeping, and dreaming and then continues on with more extraordinary states such as hypnosis, trance, psychedelic experiences, transcendence, and experiences associated with death. This comprehensive overview of altered states examines consciousness from the physiological, cognitive, and experiential points of view. Readers will gain from this text an enriched understanding of consciousness, reality, and the scientific endeavor. (PsycINFO Database Record (c) 2004 APA, all rights reserved).

The wide expanse of Dickens' novel on the riches and hardships of the Industrial Revolution is triumphantly brought to life in his skillful adaptation of Hard Times for a cast of four. The nineteen or so main speaking parts are portrayed by two actors and two actresses, each of whom also takes a share of the passages of direct narration; the various interior and exterior settings can be simply but effectively suggested with a minimum of props and furniture.-2 women, 2 men

In Inner Sound, author Jonathan Weinel traverses the influence of altered states of consciousness on audio-visual media, explaining how our subjective realities may change during states of dream, psychedelic experience, meditation, and trance.

The archer stands and pulls back the bow, visualizing the path of the arrow to the target. Does this mental exercise enhance performance? Can we all use such techniques to improve performance in our daily lives? In the Mind's Eye addresses these and other intriguing questions. This volume considers basic issues of performance, exploring how techniques for quick learning affect long-term retention, whether an expert's behavior can serve as a model for beginners, if team perfor

is the sum of individual members' performances, and whether subliminal learning has a basis in science. The book also considers meditation and some other pain control techniques. Deceit and the ability to detect deception are explored in detail. In the area of self-assessment techniques for career development, the volume evaluates the widely used Myers-Briggs Type Indicator.

Drawing on neuroscientific research and metacognitive theory, this groundbreaking volume examines the theoretical implications that are elicited when neural correlates of consciousness (NCC) are identified. The relationship between consciousness and the brain has concerned philosophers for centuries, yet a tacit assumption in much empirically minded consciousness research seems to be that if we can only develop a map of correlations, no further questions remain to be asked.

Beyond Neural Correlates of Consciousness starts where others stop, by asking what these correlations may tell us about the nature of consciousness. The book contains chapters considering the upshots of finding the neural correlates of consciousness in light of the most prominent contemporary theories in the field. This illuminates the theoretical consequences of succeeding in the quest for the neural correlates of consciousness from the perspective of global workspace theory, higher-order thought theory, local recurrency theory, and RECON models, in addition to considering how this quest is shaped by different conscious phenomena, such as dreaming, altered states of consciousness, and different levels of consciousness. This insightful text features sophisticated theories that goes beyond correlational inferences and neural mapping, and will be of interest to students and researchers of consciousness, particularly those interested in interpreting neural correlates.

This pioneering book explores in depth the role of neurotransmitters in conscious awareness. The central aim is to identify common neural denominators of conscious awareness, informed by the neurochemistry of natural, drug induced and pathological states of consciousness. Chemicals such as acetylcholine and dopamine, which bridge the synaptic gap between neurones, are the 'neurotransmitters in mind' that form the substance of the volume, which is essential reading for all who believe that unravelling mechanisms of consciousness must include these vital systems of the brain.Up-to-date information is provided on: • Psychological domains of attention, motivation, memory, sleep and dreaming that define normal states of consciousness. • Effects of chemicals that alter or abolish consciousness, including hallucinogens and anaesthetics. • Disorders of the brain such as dementia, schizophrenia and depression considered from the novel perspective of the way these affect consciousness, and how this might relate to disturbances in neurotransmission. (Series B)

Indigenous Wisdom, Entheogens, and Expanded States of Consciousness for Healing Healing and Growth

Human and Machine Consciousness

The Science of Altered States, from Psychedelics to Virtual Reality and Beyond

The Psychology of Consciousness

Handbook of States of Consciousness

Volume 2: Acquiring Extraordinary Spiritual and Shamanic States

Tantric Buddhism and Altered States of Consciousness

Beyond Neural Correlates of Consciousness

The Unity of Consciousness

States of Consciousness

Consciousness, Transcendence, Therapy and Addiction.

Am I Dreaming?

"Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually do and what other people think about you. Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, Strangers to Ourselves marks a revolution in how we know ourselves.

Encompasses a summary of major research and scientific thought regarding the nature of consciousness, the neural circuitry involved, how the brain, body, and world interact, and our understanding of subjective states.

States of Consciousness expands on the pioneering work of J.H. Jackson, offering contemporary models for studying consciousness in both pathology and normal altered states, including relaxation, sleep, meditation, and hypnosis. The author clarifies distinctions between the neuroscientific and psychiatric components of consciousness; at the same time, his theories are rooted firmly in the biopsychosocial approach. The book's scope and the author's attention to detail make it a work of great versatility.

The second edition of The Neurology of Consciousness is a comprehensive update of this ground-breaking work on human consciousness, the first book in this area to summarize the neuroanatomical and functional underpinnings of consciousness by emphasizing a lesional approach offered by the study of neurological patients. Since the publication of the first edition in 2009, new methodologies have made consciousness much more accessible scientifically, and, in particular, the study of disorders, disruptions, and disturbances of consciousness has added tremendously to our understanding of the biological basis of human consciousness. The publication of a new edition is both critical and timely for continued understanding of the field of consciousness. In this critical and timely update, revised and new contributions by internationally renowned researchers—edited by the leaders in the field of consciousness research—provide a unique and comprehensive focus on human consciousness. The new edition of The Neurobiology of Consciousness will continue to be an indispensable resource for researchers and students working on the cognitive neuroscience of consciousness and related disorders, as well as for neuroscientists, psychologists, psychiatrists, and neurologists contemplating consciousness as one of the philosophical, ethical, sociological, political, and religious questions of our time. New chapters on the neuroanatomical basis of consciousness and short-term memory, and expanded coverage of comas and neuroethics, including the ethics of brain death The first comprehensive, authoritative collection to describe disorders of consciousness and how they are used to study and understand the neural correlates of conscious perception in humans. Includes both revised and new chapters from the top international researchers in the field, including Christof Koch, Marcus Raichle, Nicholas Schiff, Joseph Fins, and Michael Gazzaniga

An investigation into the brain's chemistry and the mechanisms of chemically altered states of consciousness. In this book, J. Allan Hobson offers a new understanding of altered states of consciousness based on knowledge of how our brain chemistry is balanced when we are awake and how that balance shifts when we fall asleep and dream. He draws on recent research that enables us to explain how psychedelic drugs work to disturb that balance and how similar imbalances may cause depression and schizophrenia. He also draws on work that expands our understanding of how certain drugs can correct imbalances and restore the brain's natural equilibrium. Hobson explains the chemical balance concept in terms of what we know about the regulation of normal states of consciousness over the course of the day by brain chemicals called neuromodulators. He presents striking confirmation of the principle that every drug that has transformative effects on consciousness interacts with the brain's own consciousness-altering chemicals. In the section called The Medical Drugstore, Hobson describes drugs used to counteract anxiety and insomnia, to raise and lower mood, and to eliminate or diminish the hallucinations and delusions of schizophrenia. He discusses the risks involved in their administration, including the possibility of new disorders caused by indiscriminate long-term use. In The Recreational Drugstore, Hobson discusses psychedelic drugs, narcotic analgesia, and natural drugs. He also considers the distinctions between legitimate and illegitimate drug use. In the concluding Psychological Drugstore, he discusses the mind as an agent, not just the mediator, of change, and corrects many erroneous assumptions and practices that hinder the progress of psychoanalysis.

It has long been one of the most fundamental problems of philosophy, and it is now, John Searle writes, "the most important problem in the biological sciences": What is consciousness? Is my inner awareness of myself something separate from my body? In what began as a series of essays in The New York Review of Books, John Searle evaluates the positions on consciousness of such well-known scientists and philosophers as Francis Crick, Gerald Edelman, Roger Penrose, Daniel Dennett, David Chalmers, and Israel Rosenfield. He challenges claims that the mind works like a computer, and that brain functions can be reproduced by computer programs. With a sharp eye for confusion and contradiction, he points out which avenues of current research are most likely to come up with a biological examination of how conscious states are caused by the brain. Only when we understand how the brain works will we solve the mystery of consciousness, and only then will we begin to understand issues ranging from artificial intelligence to our very nature as human beings.

An international collection examining the opportunities for using music-induced states of altered consciousness. The observations of the contributors cover a wide range of music types capable of inducing altered states. It will interest practicing music therapists, musicologists, and ethnomusicologists, students and academics in the field.

Enhancing Human Performance

Implementing Mobile TV

Durkheim, Emotional Energy and Visions of the Consort

The Neurology of Consciousness

Cognitive Neuroscience and Neuropathology

Altered States of Consciousness in Electronic Music and Audio-visual Media

Experiences Out of Time and Self

Inner Sound

Music and Altered States

Consciousness Medicine

States of Mind

Experiences at the Edge of Consciousness – an Anthology

In *The Unity of Consciousness* Tim Bayne draws on philosophy, psychology, and neuroscience in defence of the claim that consciousness is unified. In the first part of the book Bayne develops an account of what it means to say that consciousness is unified. Part II applies this account to a variety of cases - drawn from both normal and pathological forms of experience - in which the unity of consciousness is said to break down. Bayne argues that the unity of consciousness remains intact in each of these cases. Part III explores the implications of the unity of consciousness for theories of consciousness, for the sense of embodiment, and for accounts of the self. In one of the most comprehensive examinations of the topic available, *The Unity of Consciousness* draws on a wide range of findings within philosophy and the sciences of the mind to construct an account of the unity of consciousness that is both conceptually sophisticated and scientifically informed.

Consciousness is widely perceived as one of the most fundamental, interesting and difficult problems of our time. However, we still know next to nothing about the relationship between consciousness and the brain and we can only speculate about the consciousness of animals and machines. *Human and Machine Consciousness* presents a new foundation for the scientific study of consciousness. It sets out a bold interpretation of consciousness that neutralizes the philosophical problems and explains how we can make scientific predictions about the consciousness of animals, brain-damaged patients and machines. Gamez interprets the scientific study of consciousness as a search for mathematical theories that map between measurements of consciousness and measurements of the physical world. We can use artificial intelligence to discover these theories and they could make accurate predictions about the consciousness of humans, animals and artificial systems. *Human and Machine Consciousness* also provides original insights into unusual conscious experiences, such as hallucinations, religious experiences and out-of-body states, and demonstrates how ‘designer’ states of consciousness could be created in the future. Gamez explains difficult concepts in a clear way that closely engages with scientific research. His punchy, concise prose is packed with vivid examples, making it suitable for the educated general reader as well as philosophers and scientists. Problems are brought to life in colourful illustrations and a helpful summary is given at the end of each chapter. The endnotes provide detailed discussions of individual points and full references to the scientific and philosophical literature.

"A beautiful piece of work on the theory of altered states of consciousness ." "Stanislav Grof, M.D. author of *Realms of the Human Unconsciousness"*

"In *Meta-Magic: The Book of Atem*, Philip H. Farber combines traditional ritual sensibilities with contemporary concepts of neurolinguistics and memetics to create a unique entity - Atem. In this instance, the essence of an entity is encoded in a book and activated by the reader. At the same time, the book is a comprehensive manual of evocation, containing dozens of easy-to-follow rituals and exercises for exploring and creating magical entities of every sort. Farber teaches readers to wake up from their habitual trance, to reprogram themselves to stand in the Mystery without unnecessary mystification. This supercharged fusion of tried-and-true magical and psychological techniques moves beyond trauma, healing, and recovery into self-fulfillment and self-transformation. Combining both disciplines with methods such as intentionality, autohypnosis, visualization, personification, and experiential journeys, Farber creates a powerful system that opens the way to peak experiences, self-knowledge, even cosmic consciousness. Rather than importing standardized healing images, readers learn to create their own emergent metaphors, their own creative strengths and flexible freedom.

What altered states of consciousness—the dissolution of feelings of time and self—can tell us about the mystery of consciousness. During extraordinary moments of consciousness–shock, meditative states and sudden mystical revelations, out-of-body experiences, or drug intoxication–our senses of time and self are altered; we may even feel time and self dissolving. These experiences have long been ignored by mainstream science, or considered crazy fantasies. Recent research, however, has located the neural underpinnings of these altered states of mind. In this book, neuropsychologist Marc Wittmann shows how experiences that disturb or widen our everyday understanding of the self can help solve the mystery of consciousness. Wittmann explains that the relationship between consciousness of time and consciousness of self is close; in extreme circumstances, the experiences of space and self intensify and weaken together. He considers the emergence of the self in waking life and dreams; how our sense of time is distorted by extreme situations ranging from terror to mystical enlightenment; the experience of the moment; and the loss of time and self in such disorders as depression, schizophrenia, and epilepsy. Dostoyevsky reported godly bliss during epileptic seizures; neurologists are now investigating the phenomenon of the epileptic aura. Wittmann describes new studies of psychedelics that show how the brain builds consciousness of self and time, and discusses pilot programs that use hallucinogens to treat severe depression, anxiety, and addiction. If we want to understand our consciousness, our subjectivity, Wittmann argues, we must not be afraid to break new ground. Studying altered states of consciousness leads us directly to the heart of the matter: time and self, the foundations of consciousness.

Meditation

[ATSC Mobile DTV, Mediaflo, Dvb-H/SH, Dmb, Wimax, 3g Systems, and Rich Media Applications](#)
[Chemically Altered States of Consciousness](#)
[Charles Dickens's Hard Times](#)
[Models for Psychology and Psychotherapy](#)
[Peak States of Consciousness](#)
[Self-Regulation Strategy and Altered State of Consciousness](#)
[Consciousness, the Brain, States of Awareness, and Alternate Realities](#)